

## Pork Marketing Terms



**Grain-Fed-** Hogs are fed diets that contain grains (corn, wheat, barley, etc.)

**Soy Free-** Hogs are fed diets that are free from soybeans and soybean by-products.

**GMO Free-** Hogs are fed diets that are from genetically modified organisms (GMO), like corn and soybeans.

**Pasture Raised-** Hogs spend their lives on pasture, except when circumstances like bad weather restrict their access to pasture. Hogs are able to go about natural behaviors like rooting.

**\*Naturally Raised-** Hogs are raised without the use of hormones, growth promotants, steroids, or sub-therapeutic antibiotics. Hogs are also never fed any animal by-products.

**Certified Organic-** Hogs are raised according to USDA's organic standards from birth to processing.

**Humane Treatment-** Hogs are raised in a non-stressful environment and are always given everything they need to live comfortably.

**Antibiotics When Medically Necessary-** Hogs are given antibiotics in the event that they get sick. Producers follow strict guidelines to ensure there is no drug residue in meat that goes for sale.

**\*No Animal By-Products-** Hogs are never fed any proteins made from other animals.

**No Antibiotics-** Hogs are NEVER given any antibiotics.

**\*SMM producers pledge to NEVER feed animal by-products or use hormones and growth promotants!**

## Our Products...

All meats are produced in the five Southern Maryland counties of Anne Arundel, Calvert, Charles, Prince George's, and St. Mary's. The SMM product line includes beef, pork, lamb, goat, poultry, rabbit, and bison. Some farms are able to arrange custom meat cuts to meet customer needs.

Each farm raises, feeds and finishes its animals according to its own style and preference, however, all farms agree to:

- Uphold strict standards of quality
- Provide humane care and handling
- Used clearly defined terms when describing their raising and finishing practices.

**To Learn more about Southern Maryland Meats quality standards and find a SMM farm near you visit:**

[www.southernmarylandmeats.com](http://www.southernmarylandmeats.com)

### Sources:

Iowa State Extension  
University of Maryland Extension  
Perdue University  
National Cattleman's Beef Association  
Pork Be Inspired  
Food and Drug Administration  
Wild Country Meats

# Fill Your Freezer with Locally Raised Pork



## A Buyer's Guide for Purchasing Local Pork in Bulk



**“Goodness you can trust, fresh from  
the farm!”**

Southern Maryland Meats is a program of the Southern  
Maryland Agriculture Development Commission

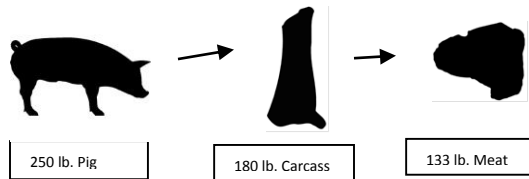
**SMADC**

[www.smadc.com](http://www.smadc.com)

## Frequently Asked Questions

### How much pork do I get from a whole animal?

Hogs raised for pork average about 250 pounds. After the animal is processed the carcass would weigh about 28% less than live weight. When cuts are made from the carcass an additional 26% of the carcass weight would be lost and perhaps more depending on deboning. Percentages vary between animals.



### Why do I lose weight from live animal to the meat I get back?

Weight is lost throughout processing due to losing the skin, internal organs, trimming into individual cuts, deboning, and other processing practices.

### What if I don't want the whole animal?

Families and friends can join together to buy a whole animal and share purchase price and product. Some producers offer individual cuts for purchase or the option to buy a whole or half side.

### How much should I expect to pay in total for my meat?

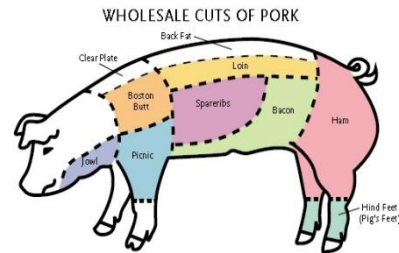
Price varies from producer to producer and depends on how they raise and finish their animals. Processing is often an additional expense. Processing costs also vary depending on the processor. In most cases a producer can give an estimate.

### How do I get my animal processed?

Most producers are able to recommend a processor. In some cases they will arrange processing for you and can often transport the animal to the processing facility.

## What cuts will I get?

Pork carcasses are broken up into primal cuts, each primal cut yields different cuts that you eat, like loin chops, bacon, hams, etc.



Primal Cut Yields		
Primal	% of Carcass	Lbs.*
Shoulder	25%	32 lbs.
Loin	22%	30 lbs.
Side/ Belly	23%	31 lbs.
Leg/Ham	30 %	40 lbs.
<b>Total</b>	<b>100%</b>	<b>133 lbs.</b>

\*-- Totals based on a 250 lb. animal. Once made into cuts more weight will be lost.

You can decide which cuts you want from your purchased whole or half side and the producer can help get the most economical use of your carcass. Cuts can also be smoked, speak with the processor about this practice.

### Common Cuts from Primal Cuts

<b>Shoulder</b>	<b>Side/ Belly</b>
-Boston Blade Roast	-Bacon
-Blade Steak	-Spareribs
-Arm Picnic	<b>Leg/ Ham</b>
<b>Loin</b>	-Ham Steak
-Rib Chops	-Bone-In Ham
-Loin Chops	-Boneless Ham
-Back Ribs	-Sirloin Tip Roast
-Country Style Ribs	

### Ground Pork/ Sausage

-Ground pork and sausage is usually made from the trimmed areas and cuts that you may not want. Ground pork is seasoned to make sausage. Ask to sample the processor's sausage before choosing to do a certain type.

## How do I store my meats?

Most often meat is frozen so it can be kept for a longer time. Household freezers can be used as storage. The amount of freezer space needed depends on size and shape of the cuts you buy. Remember meat cuts don't always stack well and come in different shapes and sizes. The rule of thumb is 50 lbs. of meat will fit in 2.25 cu. ft. of freezer space.

Recommended Storage Times		
	Refrigerator	Freezer
Chops/Roasts	2 to 4 days	6 months
Ground Beef	1 to 2 days	3 months
Smoked Pork	3 to 4 days	2 to 3 months

## How do I package my meats?

Packaging depends on the processor you use. Many use vacuum packaging, it allows you to store your meats longer and reduces the chance of freezer burn. There may be an additional charge for vacuum packaging.

## How do I safely handle my meats?

When picking up meats make sure to bring a cooler, so the cuts stay cold on the trip home. Be sure your freezer stays at or below 0°F. Handle your packages very gently, rough or frequent handling can cause the packaging to get pulled away from the cut, which increases chance of freezer burn.

**To thaw meats** follow FDA recommended guidelines. Thawing in the refrigerator, in a cold water bath, or use the microwave are some of the practiced methods. Cooking meats without thawing is possible but can take about 50% longer to cook.

**When cooking meats** follow FDA guidelines and prevent cross contamination. Common practices are don't used the same plate after cooking the meat that was used when the meat was raw, wash hands and utensils after using them on raw meats.

## Proper Cooking Temperatures for Pork

From Food and Drug Administration (FDA)

Chops and Roasts.....145°F with a 3 min rest interval  
 Ground Pork/ Sausage .....160°F internal temperature  
 Ham (Fresh).....160°F internal temperature