



# PORK

## YEAR-ROUND



**ARKANSAS**  
**FarmtoSchool**

**UofA**  
DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
*University of Arkansas System*





# PRODUCE

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Twelve or more piglets are born in a litter. Piglets receive nutrition from their mother for 21 days. Afterwards, they move to a nursery where they learn to eat solid food. Once pigs reach 270 lbs., they move to a finisher building. Pigs are harvested and pork products are packaged at an inspected processing facility.



# PREP

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Refrigerate whole cuts of fresh pork up to five days. Store ground pork up to two days. Pork may also be stored in the freezer; thaw in the refrigerator for 24 hours. There are six primary cuts of pork. Pork can be grilled, smoked, boiled, slow-cooked, and fried, depending on the cut.



# EAT

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Bite into a breakfast sandwich stacked with bacon or sausage! Enjoy smoked BBQ pulled pork or ribs. Savor carnitas or chorizo tacos! Share a roasted ham with family at dinner. Pork loin or pork chops are delicious entrées that can be paired with yummy side dishes.



# LEARN

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Pork is a **protein**. Pork is high in minerals and vitamins, like Vitamin B6, which supports brain health and reduces risk of heart disease. Pigs were introduced to present day Arkansas by a Spanish explorer in 1541. More than 1.2 million pigs are raised in Arkansas every year!

