


Porko Tales

from **APPLE FARM**



Hello there. My name is Mrs Lippington and my husband and I breed pigs on our farm. Most of our pigs are raised for Pork production. Let me tell you a little bit about the history of Pork. Don't worry, it's not a history lesson. But the things you learn here will be very helpful when you and your teachers go back to the classroom.

Did you know that both the Greeks and the Romans ate Pork and the history books refer to 'swine' being kept as early as 800 BC?





At one time most people in Britain would have kept a pig. It would have lived in a 'sty' and would have been a major source of food to see them through the long, hard winters.

The way we farm our pigs today produces really lean meat, which is so much healthier for us. It is well known that Pork is a really good source of protein and that it helps keep our hunger at bay. But did you know that it is also brilliant at helping with the growth and repair of our bodies?

All sorts of products are made using Pork and one of the most popular is sausage. The Romans first brought sausages to Britain. They produced a wide variety of sausages which they called *salsicium* - that means 'something salted'.


Most sausages nowadays are made from minced Pork mixed with herbs, spices and rusk. They are great for a meal or snack. There are lots of different types and many butchers will have their own special recipe. For example, Cumberland Sausage is made with coarsely chopped pork spiced with pepper and sage and unlike other sausages, it is not divided into links but is curled into a circle.

The Romans also brought us Black Pudding. This is a very early processed food made from pig's blood and liver. Black pudding is great for breakfast and is really rich in iron.

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Often, for breakfast, we'll have sausages, black pudding and the other really popular product we get from pigs - yes, you've guessed it, bacon. Bacon is produced from fresh Pork which has been preserved in a salt solution known as brine.

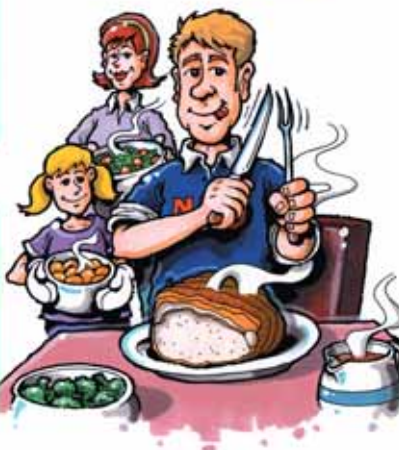

Bacon is good for us because it is rich in B group vitamins and they help release the energy from our food. By the way, we always grill our sausages and bacon because that's a really healthy way to cook them.

Ham is produced in a similar way to bacon but is cooked. If the Lippington family wants a quick snack or something light and healthy to eat then I'll make a ham salad or a round of ham and tomato sandwiches. Or sometimes we'll mix the ham with pasta or sprinkle it on our pizzas - just like the Italians do.

On Sundays I often cook a joint of Pork - roasted in the oven. The whole family sits down to lunch and I serve it with all the trimmings including the traditional apple sauce.


So whether you are going to sit down and tuck in to a yummy British breakfast, a sensational Sunday lunch or just a simple ham sandwich remember that lean Pork is positively good for you - and it's 96% fat free.

Now it's time to see if you can answer some questions. All the answers are right there in front of your nose - all you have to do is find them.

Quiz

from **APPLE FARM**




Hello again! Here are some questions about our pigs on the farm.

- How many pigs are there in Great Britain?
1 million 3 million 5 million
- Which one of these is not a breed of pig?
Duroc Pinkspot Landrace
- How fast can pigs run?
10 mph 20mph 30mph
- Why do pigs roll around in mud?
To annoy their mums To keep cool To annoy their dads
- How much food does a typical cow eat in one year?
1 tonne 2 tonnes 3 tonnes
- What is a male pig called?
A bore A boar A bow
- How long is a sow pregnant for?
1 month, 1 week, 1 day 2 months, 2 weeks, 2 days 3 months, 3 weeks, 3 days

Here are some questions for you to answer about Pork.

- Who introduced sausages into Great Britain?
The French The Germans The Romans
- Black pudding is rich in what mineral?
Iron Calcium Zinc
- Bacon is rich in which vitamin?
A B C
- What would you add to your ham sandwich to turn it into a healthy, balanced snack?
Mustard Salad Crisps
- What would you expect to be served with your Sunday roast Pork joint?
Mint Sauce Yorkshire Pudding Apple Sauce
- Lean Pork is positively good for us because it is
50% fat free 80% fat free 96% fat free



Now... make your own Sausage Stars

Feeds: Makes about 12-16 stars
Time to cook: About 15 mins
Oven temp: Gas mark 7, 220°C, 425°F

TAKE
Lean pork chipolata sausages
Packet puff pastry
Tomato ketchup
Canned or frozen sweetcorn
Low-fat Cheddar cheese

MAKE
Roll out 500g packet puff pastry on a floured surface (or use ready rolled).
Cut out 12-16 stars or other shapes using a cutter of your choice.
Dot with 30-45ml (2-3tbsp) tomato ketchup.
Sprinkle 30ml (2tbsp) canned or frozen sweetcorn over the stars.
Place a lean pork chipolata sausage on each star (any remaining can be cooked alongside the stars).
Sprinkle over 30ml (2tbsp) low-fat Cheddar cheese, grated.
Place onto baking sheets and cook in a preheated oven for approximately 15 mins until golden.

EAT
Serve with baked beans, potato wedges or salad. Try making mini vegetable kebabs to serve with them: thread cubes of peppers, cucumber, cherry tomatoes and cheese onto cocktail sticks.




Pigo Tales

from APPLE FARM


Hi My name is Beep and I'm a sheep dog.

Welcome to my farm. Well, actually, it's not really my farm. It belongs to Mr and Mrs Lippington. I look after them and they look after all the pigs that live here. What I'd like to do today is tell you all about our pigs. How they live at the farm, what they eat, what they do and how you benefit from them after they go to market. Some of this you might already know but I bet you a big box of dog biscuits that there's a lot you don't know.


For example, did you know there are over 5 million pigs in this country? Thankfully not all of them live on my, I mean our, farm! And there are lots of different types of pigs. Some of the breeds have really strange names. I mean, have you ever heard of Duroc, Landrace, Saddleback or Middle White? All breeds of pig, they tell me. I thought Tamworth, Berkshire and Hampshire were places. It turns out that they're all breeds of pigs as well!




5 million pigs!




Duroc




Landrace



Saddleback



Middle White



Our pigs are really lucky.
In Britain farmers make sure their pigs are kept in small groups so they can be sociable with one another and play. You should see them running around all over the place here. Did you know that pigs can run at almost 30 miles per hour if they want to? Unfortunately in some other European countries the farmers keep their pigs in small, tight stalls for some of the time - which can't be much fun if you're a pig.

Pigo Tales

from APPLE FARM


Contrary to what most people think, pigs are very clean animals.
But, hang on a doggone minute there. You know when you see pigs rolling around in puddles of mud in the summer, well they're not just doing it for fun apparently. It seems that, like me, pigs can't sweat and they do this to keep cool with the mud acting as a sort of sun block so they don't get sun burnt! How cool is that? Literally. It certainly is a dog's life down on this pig farm.

As far as I can see pigs don't really do that much. They seem to divide their time between eating, sleeping and playing. Our pigs live indoors in family groups in pens with deep straw and can move around freely. On some farms pigs live outdoors, sleeping in groups in straw bedded huts. Lovely stuff.


The adult pigs eat cereal grains like corn and soya bean meal which provides them with protein and carbohydrates and their diet is supplemented with vitamins and minerals.



Contrary to what most people think, pigs are very clean animals.




FACTOR 30



TROTTERS MENU
CORN
SOYA BEAN
VITAMINS
MINERALS

A typical sow (although I've yet to meet one of those) eats over 1 tonne of food each year.



1 TONNE

Pigo Tales

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A female pig, which has produced piglets, is called a sow. The male, or boar, will be kept with the sows until they are pregnant.

A sow (pregnant for 3 months, 3 weeks and 3 days) will produce about 10-12 piglets each time and will give birth to two litters a year. That's an awful lot of piglets.

Piglets are usually born at night. They weigh around 1kg at birth and can walk very soon after. Instinctively they make their way to the sow's udder to suckle for milk - they know what's good for them do the little piglets. Mr Lippington has to work hard to make sure that the piglets don't get squashed by the cows. To make sure this doesn't happen he normally places each sow into her own special cubicle which means they can't roll on top of the piglets.

The piglets are weaned onto a solid diet at around 4 weeks old when they weigh 7kg. By 15 weeks they weigh over 60kg (the average weight of a grown woman) and at 20-26 weeks they weigh 70-100kg (the average weight of a grown man).

They tell me that pigs are very intelligent and learn quickly. Apparently they can even recognise different people - which some people say makes them more intelligent than us dogs. I can't see it myself though. It'll never catch on. I mean, have you ever heard of a sheep pig? Oh well, looks like it's back to work for me. See you all down on the farm...



Boar



Sow



Birth



4 Weeks



15 Weeks



26 Weeks



