

All about B.C.

Pork

B.C.'s commercial pig farms are located in the Fraser Valley, Vancouver Island, the Peace and the Kootenay. B.C. produces **over 100,000 commercial pigs every year**; the majority of these pigs are raised on farms in the **Fraser Valley**.

Pork is high in **protein** and **thiamine** (vitamin B1). Protein supports growth. Thiamine helps your body turn food into energy.

Did you know? Pigs aren't able to sweat, so they are kept in cool, well ventilated barns. When they're outside, they also like to roll around or **wallow** in mud to cool off!



Did you know? Male pigs are called **boars**, female pigs that have given birth are called **sows**, a young female that hasn't given birth is called a **gilt**, and a pig that is younger than eight weeks old is called a **piglet**.



In B.C., commercial hogs are raised on a small number of commercial farms. To be considered a commercial producer, farmers must raise at least 300 pigs per year, that will be sold as meat.

There are over 1,000 non-commercial farms in B.C. that raise pigs, like the farm that Doran manages.



"Growing up on a farm, I learned the **value of work**, and that there is no problem that is ever too big. My grandpa always said, "**where there's a will, there's a way.**"

I'm also a firm believer that if you love what you do, you'll never work a day in your life. I'm a part of the farm - it's a **labour of love**. It's very healing and holistic, and I love our animals."
- Doran, pig farmer, Langley B.C.



Farmer Doran lives in Langley, where the Tsawwassen, **W̱SÁNEĆ**, Kwantlen, Stó:lō, Semiahmoo, Cayuse, Umatilla and Walla Walla people speak **Hul'q'umi'num' / Halq'eméylem / hə́ŋqəmiṇə́h**.

In Halq'eméylem the word for pig is **Kweshu**, and for pork is **Kweshu Sméyth**.

Langley rests upon the homelands and unceded territory *sc̓əwaθenaʔ təməxʷ* (Tsawwassen), *Á,LENENEŁ ŁTE* (W̱SÁNEĆ), Kwantlen, S'ólh Téméxw (Stó:lō), Semiahmoo, Cayuse, Umatilla, and Walla Walla people.