To Mom and Dad, thank you for allowing me to chase my dreams to the fullest xx

This book is dedicated to my late Grandma Shirley, who always encouraged me to learn and to never stop searching for more
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What is food?

Food is usually from plants or animals that gives the energy that you need to allow your body to grow. To be a healthy person there needs to be the right amount of different types of food that give you nutrients. Food has to be ingested to provide energy and growth.

Where does food come from?

Believe it or not food you eat comes from a farm! There are many different types of farms that we will get into later on. Some of our food comes from animals and some food comes from crops.

Some farms are now growing plants from which fuels are made. Others are using animal and plant wastes from their farms to make electricity. No matter where people live, they need food, fresh water, materials to build their homes, and energy to light and heat their homes. Farmers provide these things to people in urban areas who cannot easily grow or make these products themselves.

What is a farming?

Farming is raising or growing something so that it can be sold to others. There are two main types of commodity or product that is sold which are livestock animals and crops.
TYPES OF COMMODITIES

Livestock farms raise animals such as cattle, pigs, chickens, goats, cows, and sheep.

Fish farmers breed fish in lakes!

Crop farms grow plants producing fruits, vegetables, and grains.

Some farms have both!
WHY YOUR BODY NEEDS FOOD

Food is very important, it helps you grow! People eat a variety of food with carbohydrates, fats, proteins, vitamins and minerals. Here are some examples listed below:

You need food to give you energy. These foods contain sugar and starch, called carbohydrates, which give you energy.

These foods contain proteins. Proteins help you grow and keep you fit and strong.

These foods contain fats. Fats keep you warm, but too much is not good for your body.¹

WHAT IS YOUR FAVORITE FOOD TO EAT FOR BREAKFAST?

WHAT IS YOUR FAVORITE FOOD TO EAT FOR LUNCH?

WHAT IS YOUR FAVORITE FOOD FOR DINNER?

SMART SNACKS

Mini meals of fruit, raw veggies, cheese, low-fat yogurt, or whole-grain crackers spread with nut butter can fill in the gaps. When you are packing a lunch, include a healthy snack to eat between school and your after school activities.

BEST BEVERAGES

Water is the best beverage around, and your body thirsts for it. Make sure you drink plenty of it everyday, especially during and after exercise. Soda pop, fruit juices and punch all are very high in sugar. Milk fat-free or low-fat are better options. You can also try almond milk or coconut milk if you have dietary restrictions.

GOING VEGETARIAN

Many Americans have chosen to eliminate meat and other animal products from their diets. Some do it because of their beliefs and others do it for health reasons. A vegetarian diet can easily supply all the nutrients you need by make sure to have enough, protein, vitamins and minerals.²
The agricultural revolution took place about 10,000 years ago. Before then, people lived differently than we do today. They found and ate the food that nature provided by killing wild animals, gathering fruit vegetables and seeds from wherever they happened to grow just like how other animals do. This took a lot of effort and everyone had a job to find food as a hunter or gatherer.4

Farming in North America began with the native peoples of the land who grew foods such as corn or squash. As settlers arrived, many of them grew crops and raised livestock to feed their families. During the next few hundred years, settlers set up farms everywhere. New York City even used to be a region for farming.

People discovered that if they planted seeds into the soil, they could wait for the seeds to grow and harvest the crop. Growing plants and keeping animals allowed people to become farmers and live in one place and become domesticated.

Most people were farmers in the beginning and there are still farms today due to hard labor and new machinery which really began during the Industrial Revolution from 1790 to the mid 1800s. Farmers in wealthier countries began using machines such as tractors and combine harvesters. Machines meant that more work could be done by less people.2

Combines got their name because they combine several operations for harvesting crops into one process. They cut, reap, thresh, and winnow grains like wheat, oats, barley, and rye and crops like corn and soybeans. Finished grains are dumped into a cart pulled by a tractor traveling next to the combine.6

DID YOU KNOW?

Starting around 1850, thousands of people moved west and set up farms and homes on the plains and prairies. At first, they could make only enough food to feed themselves.
Here is a map of the United States depicted in regions where most commodities in the country are grown:

*This does not mean these commodities are not grown or raised elsewhere in the United States, this is just the most common examples*

- **Northwest** produces mostly dairy, cattle, barley, wheat, hay and potatoes.
- A lot of fruits and vegetables grow, especially lettuce in California.
- Alaska produces hay, mushroom, and lumber.
- Hawaii produces nuts, coffee and cattle.

- The Northwest produces mostly dairy, cattle, barley, wheat, hay and potatoes.
- A lot of fruits and vegetables grow, especially lettuce in California.
- Alaska produces hay, mushroom, and lumber.
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- The Canadian Prairies and the Great Plains (Midwest) region within the United States are where most cereal crops and other grains are grown. Cattle ranches and large farms can be found here too.

- Florida produces citrus fruits.
- Dairy farming and livestock farms are largely in regions of the East.
- Tobacco, peanuts, soybean, and cotton grow in the South.
WHERE DO YOU LIVE?

Circle the ones that best describe where you live:

- in the country
- in a small town
- in a big city
- in a house
- in an apartment
- on a boat
- on a quiet street
- on a busy street
- on a farm

Do you find any of these things where you live? If so, put a check in the box:

- Library
- Public Transportation
- Bike Lanes & Paths
- Hospitals & Clinics
- Fast Food
- Grocery Store
- Gardens & Farms
- Schools
- Sidewalks
- Farmers Market
- Playgrounds & Parks
MAP MY NEIGHBORHOOD

Draw a map of your neighborhood below and try to include the places you checked on the last page.

To start, draw where you live in a circle.

Put a star next to the things that help make people and YOU healthier
Many people consider themselves farmers because there are many different types of farms and many different ways to be a farmer.

**Family operated** agricultural farms are usually in a rural area. A rural area means the farm is surrounded by large fields and are usually in the countryside. Most farmers live in or near villages. These farms can be very small or very large depending on the amount of land they own. There are roles the family members have to do to take care of the farm. Families live in a house on their land, near the farm’s barns, silos, and sheds. Animals live in or take shelter in the barns. Silos are used to store food to feed the animals. Farm equipment is kept in the sheds to protect it from the weather.

There are many jobs on a farm. Everyday, the animals must be given food and water. Their barns need to be cleaned. Farmers use machines called tractors to make the job of moving big bales of hay or loads of manure much easier. Tractors also pull equipment that plow the land, sow seeds, and harvest crops.

Further in the book, there are interviews from women in the agricultural industry from all over the United States that you can read about to get a better idea first hand what it is like to grow up on a family farm.

**Large industrial agricultural farms** are owned and operated by big agribusinesses companies at a large scale. Most of these farms are the major distributors for many grocery stores and restaurants throughout the United States. This includes not only corporate ownership of farms and exchanging of commodities. Since these companies have a lot of income they are huge proprietors (have a lot of power on decisions) of agricultural education, research, and public policy through funding and lobbying government House committees.

**Urban farming or urban gardening** is the practice of cultivating and distributing fresh produce in a city. Many cities have undergone special projects to clean up an area and make it into a garden. Most people volunteer to keep this running and have it open to the public or donate to people in need.
Community Supported Agriculture or CSA, is where shareholders provide the funds needed to pay for the seeds, farm crew and equipment so shareholders can enjoy abundant produce year round.

In the spring, a farm offers a certain number of shares to the public, often to a group of people in one neighborhood or town. Each member pays a fee before the season begins (it could be $330 for 22 weeks for example), and this covers the share cost.

Every week during the growing season, the farm crew delivers freshly harvested produce to the designated pickup area and members pick up their share.

The farm crew offers a different assortment of fruits and vegetables every week including corn, peppers, cilantro, eggplant, kale, carrots, beets, squash, tomatoes, lettuce, and some surprises. Sometimes you will get something you have never tasted before.

If a farm provides a CSA, as opposed to selling to restaurants, stores or at farmers markets, they can focus on farming instead of marketing. They get paid for their work at the beginning of the season and regardless of the ups and downs of crop yields, weather and pests. This shared approach to working the land keeps small farmers in business.

Today, CSAs are springing up all over the country and tens of thousands of people are now members, and in some parts of the country, there is more demand for CSAs than there are farms able to provide for them.

The organization LocalHarvest.org has the most comprehensive directory of CSA and farmers markets in the country. Check them out and ask your family about signing up!

When it comes to fresh, healthy food, there is nothing better than being able to grow it yourself.

Whether it’s in a community garden or in your kitchen, growing closer to home guarantees freshness.

The current bill continues to subsidize the production of high-fructose corn syrup, which makes it harder to fight the obesity epidemic. In addition, it still favors corporate-owned big agribusinesses over small farmers. Some positive components are that the bill allows public schools to favor local farms for school lunch and authorizes more money for land conservation. Find more info at www.agriculture.house.gov/farmbill/
Organic Farming is when there are no artificial pesticides and fertilizers used. Typically organic farmers want to lessen the carbon footprint and have preservation. They avoid any pollution (negative effects to the air), pay attention to animal welfare, and look after wildlife habitats and the natural parts of their farm.

In 2002, the U.S. Department of Agriculture formalized their national standards for receiving the USDA certified organic label.

USDA Certified organic means that chemical fertilizers are not part of the farm process, nor are most synthetic herbicides, pesticides, or antibiotics. Animals under this program must be raised on organic feed and have access to the outdoors for at least some of the time. Grazing animals must be allowed to graze.

For some farmers, food producers, and consumers, being organic is also about a philosophy; they want to use cultivation and production techniques that emulate nature whenever possible. These farmers work to sustain the health of the earth’s soils, ecosystem and people. They rely on the ecological processes and on biodiversity, as well as cycles adapted to local conditions.

If organic food is better for you, why is it more expensive?
Two reasons. First when you’re not relying on chemicals and other non-sustainable methods to grow food, then you’re not using all the cheap shortcuts that non-organic food producers use. Soil must be enhanced through composting, other non-chemical food producers, and crop rotation (growing a series of crops in the same area so the soil on the farm is not used only for the same nutrients), which adds on to the overall labor expenses.

Weather patterns and disease will also have an profound impact and can not be predicted.

Second, while the federal government has slightly increased its support for organic farming over the last several years, offering a small number of food producers incentives and subsidies to use organic methods, the majority of agriculture subsidies still go to large farms that do not always use sustainable farming practices.

Look into health food stores located in your area to see if its something you are interested in!

DID YOU KNOW?

Only 95 percent of ingredients used to feed animals or to grow plants need to be organic for the resulting product to be deemed organic.
WHAT COMES FROM A FARM?

Whether it is a family operated, industrial farm or a CSA model, farms provide food for consumers to purchase and bring home. Plants need sunlight and water to grow. Livestock need to be fed. Farmers need to look after their land and animals. In dry times, the land may need to be watered. Fields need to be plowed to sow seeds so the soil won’t wash away in heavy rain.²

Soil is essential because it provides nutrients and minerals for growth and survival. Soil is made when rocks are broken down into sand, silt, and clay. Rotting plants and animals add organic material. Microscopic creatures in the soil change the organic material into the nutrients that the plants can use. This is the soil cycle. All living things end up in the soil. It is a living material.

New soil is being made all the time. But it is a very slow process. It takes from 3,000 to 12,000 years to make a layer of soil that can be used by farmer. Yet soil is being lost all the time through erosion.

Today farming is the case of most soil erosion. This is because plants and trees that hold the soil is left bare, and when it rains and is windy, the soil easily is whisked away. Overgrazing happens when animals eat all the grass and plants, leaving the soil bare. This occurs in some places because too many animals are grazing on the same plot of land. Soil is a valuable resource. Farming and the production of food depend upon soil. It is important that we treat soil with respect and that we conserve and make the best possible use of it.⁴

HOW DOES A SEED GROW?

Germination is the process of the growth of a seed. After a seed is planted and watered, they begin to grow roots. Once the root grows more, it will emerge out of the soil and this is called sprouting.
HOW DO YOU PLOW A FIELD?

Starting in the headland, the south east position of the field and make a circuit around both parcels, then plow up to the middle of the field. Next, you plow Parcel 1 in a circular pattern until there is a strip of unplowed land in the middle. Then you head over to Parcel 2 and make the first turn around Parcel 1. Finish plowing Parcel 2 in a circular pattern and plow the rest of the Headland.6

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FUN FACT

Originally, fields were plowed by a horse and below is an example of a Gale Manufacturing Co. “Chilled” Plow. This plow was advertised in the American Agriculturist that year for 16 dollars.
TRASH TO TREASURE?

Decide whether you should put the things on the right page in the trash, compost or recycling, or whether they could be reused.³

Draw a line connecting them to your choice. If you think it could be more than one, draw more than one line!

- Landfill
- Recycle
- Compost
- Reuse
- Styrofoam
- Milk Jug
- Yogurt Container
- Newspaper
- Plastic Bag
- Cardboard Box
LEARN HOW TO
COMPOST

1. Depending on where you live, you might not have a backyard to have a compost in. A solution is to have your family purchase a kitchen compost bin to place in your kitchen. There are many different colors that can match your home.

2. Make sure to also purchase biodegradable bags to put in the compost bin so when its full you can empty it with no mess.

3. You can compost lots of things!
Some examples are: Fruits and vegetables, eggshells, coffee grounds and filters, tea bags, nut shells, shredded newspaper, cardboard, paper, dryer and vacuum cleaner lint, hair and fur, and so on.

4. Do not compost plastic, glass, metal, oils, meat, dairy, coffee cups, medications, pet waste, processed sugars and weeds because they will not break down into soil.

5. Composting products are biodegradable, with composting you are lessening the carbon footprint by throwing out less in the trash that would normally go to a landfill. Once your bin is full, bring your bag to the local farmers market or compost drop off to make sure you have done your part. If you have a backyard you could also start a compost there too and that would allow you to put in large objects. You could even put worms in that one to help break down the compost faster than it would inside your home.

FAMILY FARM SPOTLIGHT
MEET MARY ALAMEDA

Mary is a fourth generation farmer on both sides from Salinas, California. On her mother’s side, her great-grandparents emigrated from Italy and eventually found themselves in California with other Italians. In 1924, they had the opportunity to start a produce trading venture. On her father’s side her great-grandmother worked in the produce industry as a farmer in the Bay Area of California around the early 1900s. The Alameda family moves with the season; following production to Yuma, Arizona, and parts of Mexico.

What commodities does your family grow/raise today?
Both sides of my family are still involved in agriculture. The two tend to overlap on some commodities, but both primarily focus on vegetable row crops.

Commodities include Lettuces (Iceberg, Spring Mix, Romaine, Butter), Spinach, Broccoli, Cauliflower, Endive, Escarole, Celery, Cabbage, Radishes, Leeks, Kale, Asparagus, Beets, Cilantro, Parsley, Radicchio, Arugula, Artichokes, Brussels Sprouts, Fava Beans, Fennel, Green onions, Pumpkins, and Cotton.
What has kept you interested in the Agriculture?
Growing up in agriculture, it was initially all I ever knew and since the majority of my family works in the industry, agriculture surrounds and supports my community and played a large part in my upbringing. I later fell in love with the people in the industry, the people that truly make agriculture in America what it is today. I grew up knowing of these wonderful people and their efforts to feed the world, but they were being misrepresented and crucified by the public and news. This sparked my fire to work in the marketing and public outreach sector of the industry. I want so desperately for people to know and love the industry as much as I do.

If you live on a farm, do you still buy food?
Yes, I try my best to not buy conventional products (non-organic) because it’s what I personally believe in socioeconomically.

If you were able to bridge the miscommunication of farming to consumers what would you recommend? What about for children?
To consumers, I’d recommend doing your homework and fact checking. There are so many misconceptions in agriculture and incorrect information being shared. Just because it is trending or made a headline does not mean that it is entirely true.

For children – I’d recommend trying it all! Whether it be trying it on your plate at home or being able to experience it on a field trip. There are so many opportunities in agriculture that a majority of our youth does not know about.

In some areas of the United States there are food deserts where families don’t have access to fresh food. What is one way we can help fix this growing problem?
Education. It seems like we have crucified farmers in America for absolutely everything, pricing, conventional vs. organic, GMO, etc. but have yet to acknowledge we are still putting children to sleep hungry in our own neighborhoods. I think this problem is larger than the agriculture industry itself. My best solution would be making more of an effort to introduce agriculture and eating fruits and vegetables to our youth.
How can non-ag people get involved in the agriculture community in their area?

Farm Bureau! (Visit www.fb.org)
Absolutely anything that can relate to agriculture in the slightest bit. Farmers markets, the county fair, 4H (4-H is the nation's largest youth organization where kids learn through fun, hands-on projects in STEM, healthy living, agriculture and citizenship) and FFA. Buying fruits and vegetables!

Some children in urban and suburban areas aren't able to identify the difference between fruits or vegetables or that chocolate milk is not from cows. What are ways we can help prevent this confusion?

Education. Education. Education. For whatever reason, nutrition and where our food comes from is not covered in curriculum.

There are extreme videos out there that show unrealistic and often controversial videos on farming that people believe are how farms operate. How would you explain to the public that this is not actually how farms work?

It takes one bad seed to ruin the entire package. Just because you saw a video that one time, of that one farm, where they doing that one bad thing doesn’t mean the rest of the industry operates the same way. Similar to the world, there is an abundance of wonderful people, yet it just takes one to skew our opinions.

Ulterior motives. While researching agriculture, look up PETA and the amount of money they cannot seem to account for. Everyone has an agenda, make sure yours aligns with those you support.

Mary currently attends California Polytechnic State University and is pursing a degree in Agricultural Communication.

FAMILY FARM SPOTLIGHT
MEET MADISON TAYLOR

Madison, her two sisters and one brothers grew up on at her family’s century farm in Randolph, Minnesota. She is a fourth generation farmer and her great-grandpa started the farm in Randolph. She has great great-grandparents that owned farms in Sweden and Norway and other parts of Minnesota before they established the farm they are at today. Madison was state reporter of the Minnesota FFA (Future Farmers of America) for 2015-2016. She is currently studying Agriculture Communication and Marketing and International Agriculture at the University of Minnesota-Twin Cities.

What commodities does your family grow/raise today?
Sweet Corn, Sweet Peas, Soybeans, Corn (for livestock feed), Turkeys, Pigs and Red Angus Cows for special FFA and 4H Projects such as livestock shows at the county and state fairs.

What has kept you interested in the Agriculture?
Growing up on my family’s century farm, I have always been very interested in agriculture and had a passion for it because of my hands on experience as a young child. I was also very involved in
youth agriculture organizations such as FFA and 4H growing up, to help further develop my knowledge, skills and leadership within agriculture. I have also done some international traveling work in Africa and South America promoting agriculture education and sharing my story as a farmer and agriculturalist. I continue to be involved in professional agriculture groups in order to further develop my skills as an Ag Communicator and help the ag industry grow and develop.

In some areas of the United States there are food deserts where families don’t have access to fresh food. What is one way we can help fix this growing problem?

We are producing enough food and always looking for ways to be sustainable, however, it is the distribution process that creates a problem for people not having access to food all over the world. Scientists, agriculturalists and community experts are constantly looking for new ways to help distribution be more efficient and farther reaching so that we don’t run into this problem more going into the future.

Another great way to aid in this problem is teaching these families and communities how to produce their own food and be sustainable with what they have in their area. By teaching these families how to grow food for themselves, they will be better off than when they started. There are programs that send farmers to these communities to show them some farming practices and teach them more about growing their own food.

How can non-ag people get involved in the agriculture community in their area?

A great way to learn more and get involved is by following social media pages of ag groups and organizations in the community to find more information on events and activities to get involved in! They can also find information on attending different meetings and outreach events.

Agriculture is the backbone of America! It is so important for us as farmers to share our stories and for consumers to be engaged and want to learn more about all types of agriculture. We are all impacted by agriculture everyday so it is important to be conscious and be thankful for it every day.
Jaime and her brothers grew up on a farm in Stanberry, Missouri with their parents. The Luke family has farmed as long as they know and their ancestors were farmers that emigrated from Germany.

What commodities does your family grow/raise today?
Corn, Soybeans, Beef Cattle, Hogs, Eggs.

What has kept you interested in the Agriculture?
My dad is a farmer and my mom also has a job in the ag industry. I grew up on a farm and was involved in FFA (Future Farmers of America) and agriculture classes in high school. Growing up my dad always said, “Everybody has to eat” which means agriculture is an industry that’s not going anywhere and everyone is able to survive because of farmers. With that said, I can’t think of a more noble and vital industry to be a part of. I have experienced the toils and triumphs that come from being in production agriculture, and I want to have a career that allows me to help farmers continue to farm.

If you live on a farm, do you still buy food?
Yes, I still shop at my hometown grocery store for the food we do not have grown or raised at the farm. I live in the Midwest where it is not ideal conditions for growing produce, I primarily buy fruits and vegetables from the grocery store. In the summer my family does have a small garden we use for growing our own produce. However, we consume the eggs, beef, pork, and chicken we raise. The corn and soybeans are used primarily for livestock feed, biofuels, or are exported. A very small amount of the corn and soybeans grown are used for direct human consumption.
If you were able to bridge the miscommunication of farming to consumers what would you recommend? What about for children? Those in ag need to tell their story and talk about what they do and why they do it. It’s a good idea to invite people to your farm who have never had the opportunity to be on a farm before and to be transparent with consumers when they ask questions.

For children – Agriculture education should be taught in elementary schools. As today’s youth become further and further removed from the farm, it is vital that we educate them on where their food is coming from.

There are extreme videos out there that show unrealistic and often controversial videos on farming that people believe are how farms operate. How would you explain to the public that this is not actually how farms work?

Farming is our way of life. Ultimately, its what we do to make a living and survive. Taking care of our livestock is of utmost importance to us. Their health and wellbeing is what allows us to make a profit. Doing anything to harm our livestock is incredibly counterintuitive. We treat our livestock when they’re sick or hurt so that they can return to utmost health just like you would a child.

Jaime currently attends the University of Missouri and is perusing a degree in Agricultural Economics.

Sarah and her brother grew up on a farm in Waterport, New York with their parents. Elijah Brown, an ancestor of Sarah, settled their farm in Upstate New York after his farm in Fishers Island, New York was burned by the British during the Revolutionary War. Today their family farm is Brown’s Berry Patch/Orchard Dale Fruit Co., LLC.

What commodities does your family grow/raise today?

Apples, Blueberries and Strawberries.

What has kept you interested in the Agriculture?

Today I work for a member organization called American Farm Bureau Federation for U.S. Farmers & Ranchers to advocate on their behalf. I love the work I do because I am doing my part to help speak up for farm families like my own so they have a voice in Washington D.C. and with companies that can make drastic decisions that can affect my family’s farm.
If you were able to bridge the miscommunication of farming to consumers what would you recommend? What about for children?

I always tell people to trust that farmers have the best intentions in mind. Farmers have to take care of the soil, the water and the environment to preserve it to continue to farm. They take good care of their animals because they need them to be happy and comfortable to be healthy. They treat their workers well so that they are encouraged to do good work and to stay to work for their farm. I also tell people when looking for information trust websites from accredited institutions or organizations, not sites where they are trying to get you to purchase products. You can trust U.S. food products because we have very strict regulations on production practices, food safety, animal welfare and labor laws that many other countries do not have. Also when you buy U.S. fruit, vegetables and meat you know that it has the lowest greenhouse gas footprint as the food has been shipped a shorter distance than buying from outside of the U.S. Encourage people to reach out and get to know a farmer that lives close to them, you will be amazed that people love sharing their story.

How can non-ag people get involved in the agriculture community in their area?

- Visiting a local farmer’s market
- Working in a community garden, or starting one of your own!
- Talk with local farmers about hosting events on their farm
- Asking local farms if can visit for a tour to learn more
- Supporting businesses that buy from local farmers

Some children in urban and suburban areas aren’t able to identify the difference between fruits or vegetables or that chocolate milk is not from cows. What are ways we can help prevent this confusion?

There are a lot of teacher resources that already exist that are created by organizations like www.agfoundation.org. We need to encourage teachers to use these resources and for schools to understand the importance of integrating these into STEM lesson plans. Many farmers are very open to hosting farm tours for children and classes, just call up and ask!
There are extreme videos out there that show unrealistic and often controversial videos on farming that people believe are how farms operate. How would you explain to the public that this is not actually how farms work?

A good example of this is a video I saw of pigs piled on top of pigs and in the video the narrative was that the pigs did not have enough room and had to sleep on top of each other. This organization was trying to raise money from viewers. What you may not realize is that if you were to pan out the lens those pigs had plenty of room in their large open pen to walk around, but it is a behavior of pigs that they love to “cuddle” and lay close to each other when they sleep, hence the term a “pig pile.” Unfortunately a lot of these organizations have become very successful at raising money from donations from viewers but they are not doing anything to help improve the welfare of animals. Instead they should be working with farmers to help them improve their operations rather than trying to shut them down.

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**PLAN A FARM VISIT**

**Plan a visit to a local farm.** Do some research beforehand on their website before you visit. There are usually many child-friendly events.

**Ask yourself some questions:**
- How are their fields used? Is it used for harvesting crops or for grazing animals?
- Does this change from year to year?
- Find out how each building is used, is the barn used for storing crops or for keeping cattle inside in the winter?

**Think about some questions you would like to ask the farmer.**
- How many animals do you have?
- How do you take care of them?
- What crops do you grow?
- Do you use fertilizer on the land?
- Do you do any conservation work on your farm?
- Are there ways I can volunteer?
THE ENDNOTES


you can be a 
FARMER,

Food is fundamental for survival. It is important for us to be conscious of the choices that we make on what is consumed.

The Farming Chronicles is an education workbook that was created for children to talk about what they eat, where it comes from, and why it matters. It concerned me that in some areas in the United States agricultural education is not a core subject. The premise of this project is to introduce the fundamentals of agriculture and inspire children and their families to take an active role in understanding how food gets to the table. I created #beyourownfarmer to emphasize that you do not need to own acres of land to be defined as a farmer. There are many other opportunities for one to engage in agricultural activities and be a part of a greater community. Some examples include tending your own family garden, visiting your local farmer’s market or state and county fairs, and joining a Community Supported Agriculture (CSA) Farm Share program.

Follow the project on Instagram @thefarmingchronicles

too.