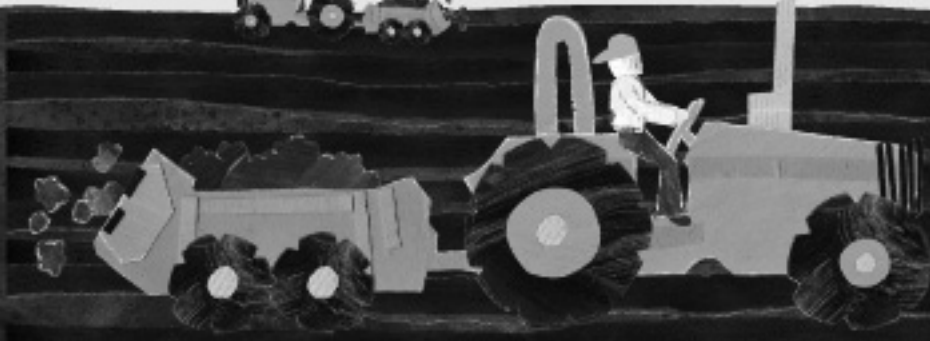


Good Farming = Good for the Land = Good Food = Good for all of us!








Just like the principal takes care of your school, a farmer takes care of the land.

A farmer knows that if she puts good things into her soil and animals they will be healthier and more productive. Her farm is both her home and her livelihood. **Healthy crops and livestock = good business.** Farmers know that they are borrowing the land from future generations to provide us with food today.

Farmers learn a lot from one another. They share ideas and use methods that have worked for generations. At the same time, farmers are always looking for new and sustainable ways of producing healthy and delicious foods while respecting the natural environment.

These are some of the positive things farmers do to grow food for you. Can you think of any others?

-  **Use farmer-friendly bugs** to chase after crop-damaging insects. Pest management is a positive way of controlling pest insects.
-  **Use companion planting** as a natural way of diverting pest insects.
-  **Use crop rotation** to keep the soil healthy and full of nutrients. By changing the type of crop each season, a farmer gives the soil a chance to regain its nutrients for the next crop. Crop rotation is also used to reduce disease.
-  **Recycle.** Farmers use crop wastes, manure and other organic waste to add nutrients to the soil. This helps the land to grow more food.
-  **Protect the soil from erosion.** Farmers grow hedges around their fields as a natural way of preventing nutrient-filled topsoil from being blown away. Mulching and composting also enrich the soil and stop it from being washed away in the rain.

