P1 100% 9.8.24 Final

[redacted]

Farm Quiz (in person.)

1. What are the 4 L.A.W.S. of plants? Circle all that apply: land, light, air , wind, soil, water, substrate.

2. Circle the main 3 nutrients/minerals needed for growing healthy plants. Potassium, Nutrition, Phosphorus, Vitamins, Nitrogen.

3. Soil health research has determined how to manage soil in what 4 ways to improve soil function? Circle all that apply.

- Maximize Tillage of Soil for Aeration
- Maximize Presence of Living Roots ✓
- Minimize Disturbance ✓
- Maximize Soil Cover ✓
- Maximize Biodiversity ✓

4. Crop residue on the soil surface helps improve soil health by providing protection against soil erosion, temperature extremes and water evaporation, and adding soil organic matter. Circle one: True or False.

5. Why do no till systems experience lower crop yields when first being established? Circle all that apply: Lower nitrogen availability, highly aerated soil, cooler soil conditions, compaction.

6. Sustainable farming refers to creating a closed-loop system where waste products are recycled back into the farming process, minimizing waste and making the system more self-sustaining. Circle one: True or False.

7. Which is not a benefit of sustainable farming? Circle your answer. Environmental Health, Human Health, Market Access, Economic Viability, Job Creation.

8. Organic farming mainly focuses on high productivity and efficiency to meet large-scale food production demands. Circle one. True or False.

9. Which is an advantage of organic or natural farming? Circle your answer. Certification Costs, Lower Crop Yields, Biodiversity, Market Access.

10. What are some common organic weed management strategies? Circle the correct answer(s). Mulching, Hand Weeding, Solarization, Grazing, Boiling Water, or all the above.

11. By implementing high-cost, nature-based practices, farmers can improve soil health, decrease fertility, and improve the overall sustainability of their farming systems. Circle one. True or False.

12. How do microorganisms help improve soil health and plant growth ? Circle your answer(s). By enhancing microbial diversity and activity; by adding pathogens to soil; by increasing phosphorus production; by decreasing pest pressure.

13. Circle all the organic sustainable fertilizers: Compost, Urea, Manure Tea, Fish Emulsion, Glyphosate.

14. Circle all the pest management strategies suitable for no-till farming. Beneficial Insects, MonoCropping, Companion

Planting, Physical Barriers, Crop Rotation, Trap Crops, Biological Controls, Healthy Soil Practices, or All of these.

15. Managing diseases in no-till organic farming involves several strategies to maintain soil health and control pathogens without disturbing the soil structure, excluding which strategy? Circle your answer (s). Crop Rotation, Companion Planting, Mulching, Sanitizing, Composting Diseased Plants.

16. Crop rotation and companion planting are not effective strategies in integrated pest management (IPM) and disease management in agriculture. Circle one. True or False.

17. In addition to Indigenous Microorganisms (IMO), incorporating other beneficial bacteria can further enhance soil health and reduce pathogen presence . Circle all that apply: Lactobacillus, Bacillus Subtilis, Trichoderma, Azotobacter, Syliumbaccilus.

18. Nutrient density refers to the concentration of essential nutrients (such as vitamins, minerals, phytonutrients, etc.) per unit of food or per calorie. It's a measure of how much nutrition you get from a food relative to its calorie content. Lower nutrient density means more nutrients per calorie, making the food more beneficial for health. Circle one. True or False.

19. What are some effective sustainable watering methods? Circle all that apply. Drip Irrigation, Mulching, Rainwater Harvesting, Xeriscaping, or all the above.

20. Tuba Farm's produce is naturally grown using organic practices, with no synthetic herbicides, pesticides, or fertilizers. Circle one. True or False.

21. Do you feel confident in growing your own produce for consumption in a sustainable no till manner? (Yes,) Maybe, No
22. Did farming/gardening as a moderate intensity exercise, for at least 2.5 hours weekly, improve your health outcomes? Explain.

YES. I HAVE EXPERIENCED MOBILITY, EASE IN SQUATTING, PERFORMING GARDENING TASKS FOR LONGER DURATION, AND REDUCTION IN OVERALL FATIGUE.

23. Did farming/gardening as a moderate intensity exercise, for at least 2.5 hours weekly, reduce stress? Explain

YES. OPPORTUNITY TO COMMUNE WITH NATURE, REPETITIVELY PERFORMING TASKS THAT REQUIRE PATIENCE AND FOCUSED CARE, AND IMPROVEMENTS IN MY PHYSICAL STATUS HELPED TO REDUCE/IMPROVE STRESS

24. Did increasing food and nutrition knowledge result in healthier choices? Explain.

YES. MY DIVERSITY OF FRUITS, VEGETABLES, & HERB USAGE FOR MYSELF & MY FAMILY HAS SIGNIFICANTLY INCREASED AND THE FREQUENCY IN USING THESE ITEMS FRESH OR IN PREPARED FOOD.

25. Did increased farm training improve knowledge of low-cost, and sustainable agriculture methods? Explain.

YES. I NOW AM MORE FAMILIAR WITH HARVESTING SEEDS FROM MY GARDEN TO USE FOR FUTURE SEASONS, CREATING DIY FERTILIZERS & COMPOST, AND APPLY NO-TILL PRACTICES.

26. Did increased farm training/workshops increase gardening/ farming self-confidence? Explain.

YES. I FEEL BETTER PREPARED WITH WHAT I HAVE LEARNED AND IMPROVED METHODS TO RESEARCH HOW TO SEED SELECT, GROW FROM SEED, COMPANION PLANT, SUCCESSION PLANT, APPLY PEST CONTROL PROCESSES, HARVEST, & PREPARE YIELDS FROM MY GARDEN

27. Did growing your own food and increasing access encourage consumption of fruits and vegetables? Explain.

YES & NO. WHILE MY OWN GARDEN HAD MIXED SUCCESS AND, THEREFORE, SMALL YIELDS, THE PROCESS OF CONSISTENT TRAINING AND APPLIED LEARNING CREATED AN INCREASED FOCUS AND APPRECIATION FOR FRUITS AND VEGETABLES IN OUR HOUSEHOLD, EVEN WHEN STORE-BOUGHT.

28. Did utilizing Tuba Farm as a community gathering space, improve the number and quality of social interactions and civic engagements you had this year?

YES. I VERY MUCH ENJOYED LEARNING, WORKING & SHARING AS A GROUP AND FELT IT SUPPORTED THE OVERALL LEARNING PROCESS.

29. Rate your satisfaction with the program 1-10 , 1 being horrible and 10 being exceptional. 10

30. What feedback would you provide to improve this program in the future?

POSITIVE ASPECTS OF THE PROGRAM?

- HANDS-ON LEARNING
- DIVERSITY OF ACTIVITY
- FARMING TEAM WORK
- SEEING THE GROWTH OF ITEMS PLANTED ON THE FARM
- INTERMEDIATE "TABLE-TALKS" TO SHARE LEARNINGS
- DIVERSITY OF EXPOSURE TO DIFFERENT FRUITS, VEGETABLES, HERBS & FLOWERS

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