9.9.24 ✓ P3

100%

[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 increased my vitamin D by being outside more. I improved flexibility while bending/sitting to pull weeds.
23. Did farming/gardening as a moderate intensity exercise, for at least 2.5 hours weekly, reduce stress? Explain
Absolutely! Focusing on such a wide range of farm activities (from pest mgmt, weeding, planting, etc.) forced me to stay in the moment and dismiss all other distractions.
24. Did increasing food and nutrition knowledge result in healthier choices? Explain. Yes, being involved in the farming process caused me to reflect upon how conventional produce is grown, and the lack of nutrients therein.

25. Did increased farm training improve knowledge of low-cost, and sustainable agriculture methods? Explain.
Yes. I was unfamiliar with homemade fertilizers and pesticides, but having access to them on the farm shows how simple and easy they are to integrate into my own garden
26. Did increased farm training/workshops increase gardening/farming self-confidence? Explain.
Yes. Reading is the 1st step in learning, but for me, the opportunity to actually implement and experience things first-hand has been integral in me having a deeper understanding of farming.
27. Did growing your own food and increasing access encourage consumption of fruits and vegetables? Explain.
Yes, having consistent access to the farm fresh produce, and experiencing the superb quality, I was more likely to find "creative" ways to consume it, because I didn't want any of it to go to waste.

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 met a number of lovely and interesting people through this process, and will always cherish my Tuba SARE memories.

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?
none- the program was great! I believe that it's beneficial because of the hands-on experience & practical knowledge that can be utilized by growers with a wide variety of experience levels.

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