

Tuba Farm's Gardening & Health Assessment Tool

* Indicates required question

1. Email *

Introductory Questions

2. What are your personal health goals for this program at this time? *

3. Define what health means to you? *

4. 1. How many seasons have you been gardening at Tuba Farm? *

5. 2. Did you have gardening experience prior to becoming involved at Tuba Farm? *

Mark only one oval.

- Yes, a lot of experience
- Yes, a little experience
- No, very little to no experience

6. 3. How often do you spend time at Tuba Farm? *

Mark only one oval.

- Every day
- Almost every day
- A few days a week
- Once or twice a week
- Less than once a week
- Less than once a month
- Not applicable/ I haven't started coming to Tuba Farm yet

7. 4. On days when you come to Tuba Farm, about how much time do you spend there? *

Mark only one oval.

- 5-10 minutes
- 10-20 minutes
- 20-30 minutes
- 30-45 minutes
- about 1 hour
- about 2 hours
- 3+ hours
- Not applicable/ I haven't started coming to Tuba Farm yet

8. 5. About how many hours per week do you spend gardening at Tuba Farm? *

Mark only one oval.

- Less than one hour
- 1-2 hours
- 3-4 hours
- 5-8 hours
- 8+ hours
- Not applicable/ I haven't started coming to Tuba Farm yet

Sharing Gardening Knowledge & Produce Questions

9. 6. In the past month, how often have you shared something you learned at Tuba Farm with someone else? *

Mark only one oval.

- A few times a week
- A few times a month
- Once in the last month
- Never

10. 7. In the past month, how often have you shared produce from your garden with people who do not live in your household? *

Mark only one oval.

- A few times a week
- A few times a month
- Never

11. 8. In the past month, how often have you sold food you've produced at Tuba Farm *
(for example, vegetables, fruit, eggs, etc.)?

Mark only one oval.

- A few times a week
 A few times a month
 Once in the last month
 Never

12. 9. Please indicate your level of agreement with the following statement: *
Gardening at Tuba Farm helps me save money on food.

Mark only one oval.

- Strongly agree
 Agree
 Slightly agree
 Neutral
 Slightly disagree
 Disagree
 Strongly disagree

Gardening Confidence

13. 10. How confident are you in your ability to: Prepare the soil and plant seeds or young plants for your garden plot? *

Mark only one oval.

- Very Confident
 Confident
 Fairly confident
 A little confident
 Not at all confident

14. 11. How confident are you in your ability to: Choose plant or seed varieties appropriate for your garden plot and season? *

Mark only one oval.

- Very Confident
 Confident
 Fairly confident
 A little confident
 Not at all confident

15. 12. How confident are you in your ability to: Weed, water and maintain your garden plot? *

Mark only one oval.

- Very Confident
 Confident
 Fairly confident
 A little confident
 Not at all confident

16. 13. How confident are you in your ability to: Harvest and use the vegetables you have grown in your garden plot? *

Mark only one oval.

- Very Confident
 Confident
 Fairly confident
 A little confident
 Not at all confident

17. 14. How confident are you in your ability to: Solve problems that arise in your garden plot? *

Mark only one oval.

- Very Confident
 Confident
 Fairly confident
 A little confident
 Not at all confident

Care for the Earth

18. 15. How familiar are you with the concept of composting and its benefits ? *

Mark only one oval.

- Very familiar
 Familiar
 Unfamiliar

19. 16. How often do you compost some or all of your family's food at home? *

Mark only one oval.

- Almost always
- Often
- Sometimes
- Rarely
- Never

20. 17. How often do you compost some or all of your family's food at Tuba Farm? *

Mark only one oval.

- Almost always
- Often
- Sometimes
- Rarely
- Never

21. 18. How often do you recycle? *

Mark only one oval.

- Almost always
- Often
- Sometimes
- Rarely
- Never

22. 19. How often do you conserve water? *

Mark only one oval.

- Almost always
- Often
- Sometimes
- Rarely
- Never

23. 19. How often do you harvest water (using buckets, tanks, etc.)? *

Mark only one oval.

- Almost always
- Often
- Sometimes
- Rarely
- Never

24. 20. How often do you conserve energy? *

Mark only one oval.

- Almost always
- Often
- Sometimes
- Rarely
- Never

25. 21. How often do you take the bus, carpool, bike, and/or walk? *

Mark only one oval.

- Almost always
- Often
- Sometimes
- Rarely
- Never

Health and Wellness

26. 22. How do you rate your overall health? *

Mark only one oval.

- Excellent
- Good
- Fair
- Poor

27. 23. Do you or does anyone in your household live with a chronic health condition? *
Please check all that apply

Check all that apply.

- No, not applicable
- Diabetes
- Heart disease
- Arthritis
- Asthma
- Other: _____

28. 24. How often do you eat fruits or vegetables as snacks? *

Mark only one oval.

- Everyday
- Often
- Sometimes
- Not often
- Never

29. 25. How often do you eat at least one fruit per day? *

Mark only one oval.

- Everyday
- Often
- Sometimes
- Not often
- Never

30. 26. How often do you eat more than one kind of fruit per day? *

Mark only one oval.

- Everyday
- Often
- Sometimes
- Not often
- Never

31. 27. How often do you eat at least one vegetable per day? *

Mark only one oval.

- Everyday
- Often
- Sometimes
- Not often
- Never

32. 28. How often do you eat more than one kind of vegetable per day, not including corn or potatoes? *

Mark only one oval.

- Everyday
- Often
- Sometimes
- Not often
- Never

33. 29. How often do you eat least 2 or more vegetables as part of your main meal, not including corn or potatoes? *

Mark only one oval.

- Everyday
- Often
- Sometimes
- Not often
- Never

34. 30. How do you rate the healthiness of your eating habits? *

Mark only one oval.

Excellent

Good

Fair

Poor

35. 31. Have your eating behaviors changed since you started working with Tuba Farm? If so, how? *

36. At this time are you confident in your knowledge of no-till farming? *

Mark only one oval.

Yes

No

Maybe

37. At this time are confident in your knowledge of sustainable farming? *

Mark only one oval.

Yes

No

Maybe

Survey Submission

If you have decided not to participate, please close your browser window now.
If you are still willing, then click the submit button below.

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