

nourish

ACTIVITY

Regenerative Farm Challenge

ESSENTIAL QUESTION

Why does the way we farm matter to our community, our health, and the planet?


regenerative farming
A way of farming that restores soil, water, and biodiversity, leaving the land healthier than before.

soil health

How well soil works as a living system that supports plants, animals, and people.



ecosystem services

The benefits healthy ecosystems provide to people, such as clean water, pollination, and fertile soil.





biodiversity

The variety of living things in an area, from plants and animals to the life in the soil.

cover crops

Plants grown to protect and feed the soil between food crops, instead of leaving the soil bare.



Courtesy of King Grove Organic Farm: Real Organic Certified



compost

Food scraps and yard waste broken down into nutrient-rich soil.

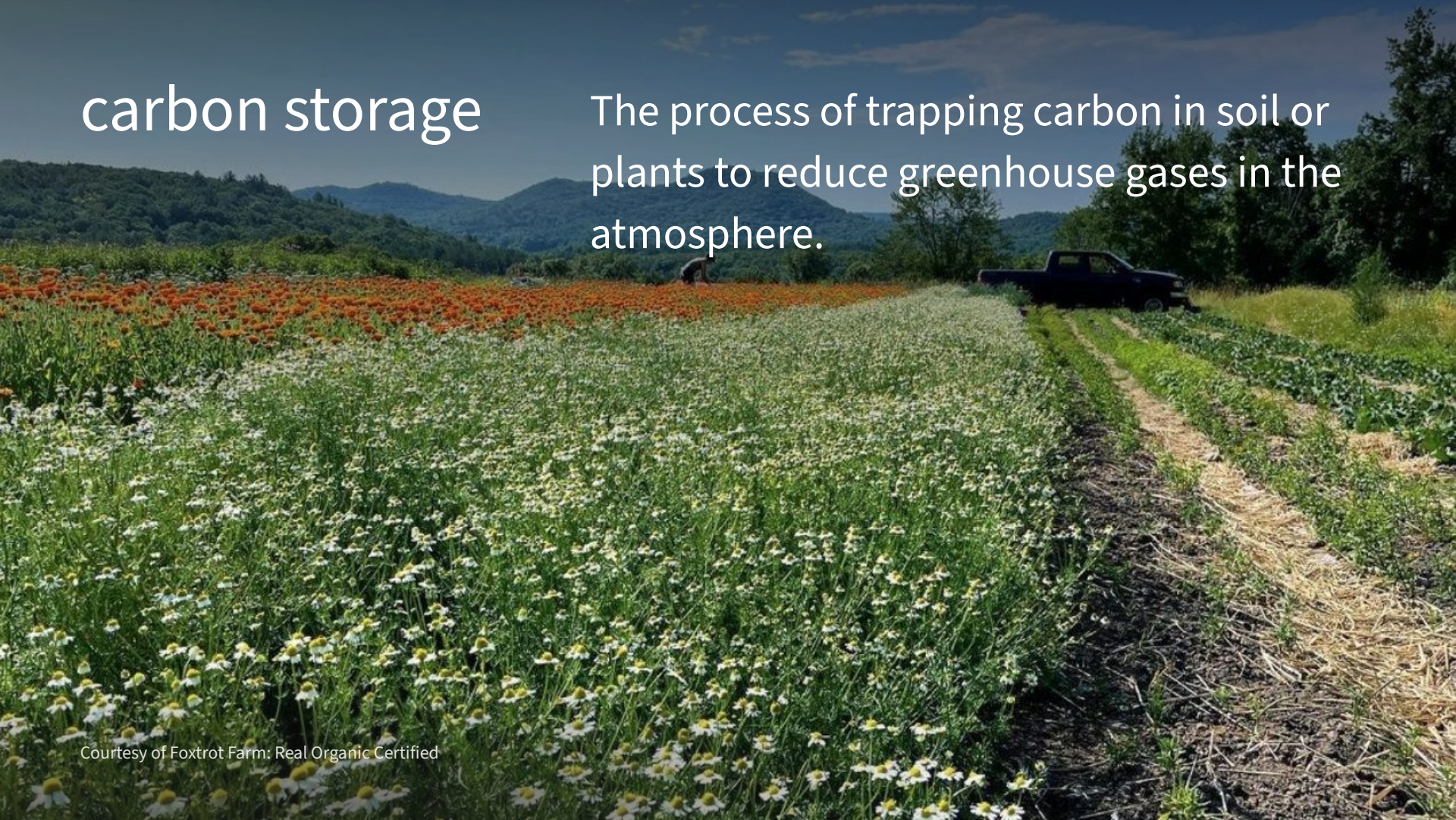


crop rotation

Changing which crop is grown in a field each season to support soil health.

carbon storage

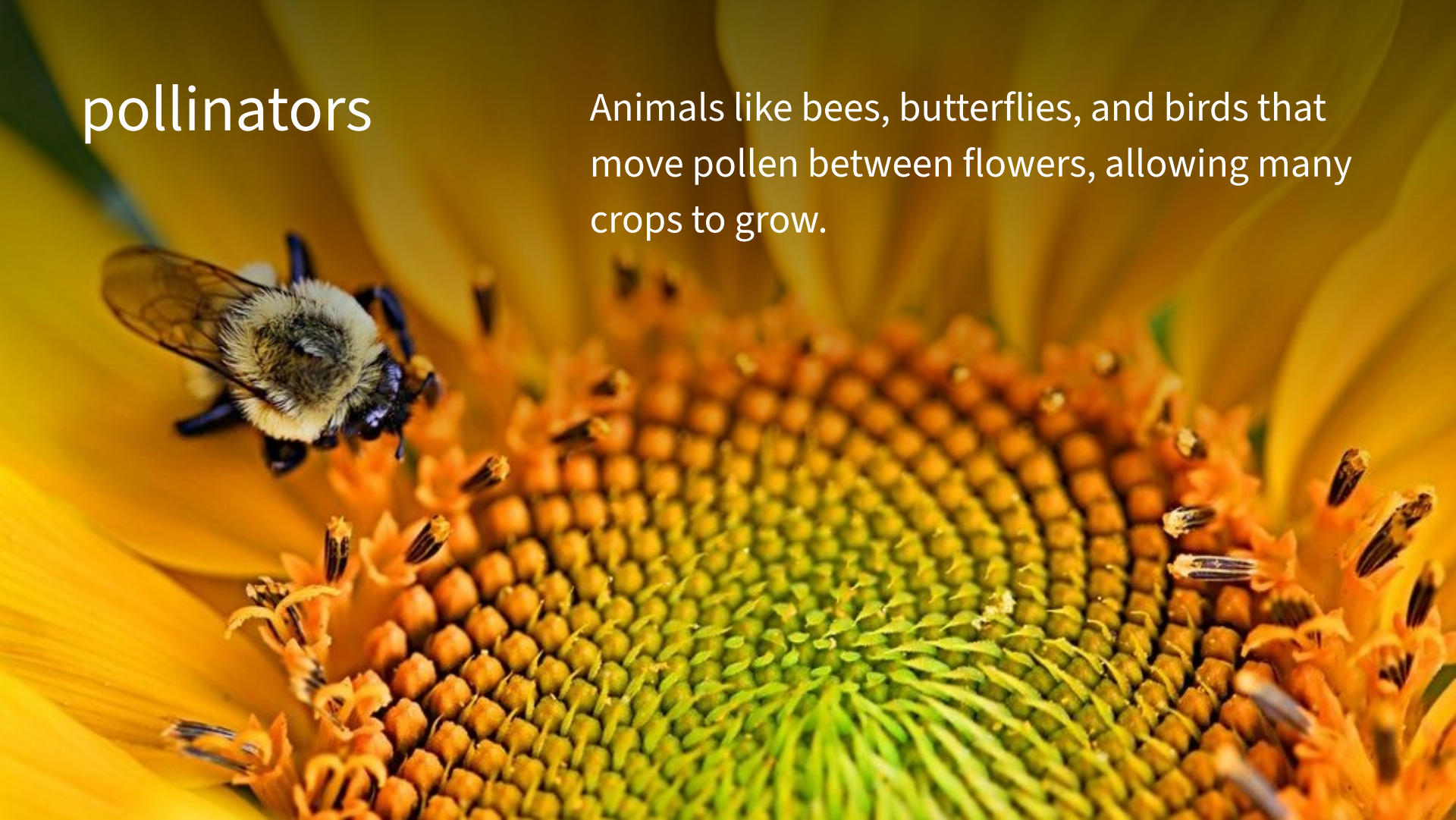
The process of trapping carbon in soil or plants to reduce greenhouse gases in the atmosphere.



Courtesy of Foxtrot Farm: Real Organic Certified

pollinators

Animals like bees, butterflies, and birds that move pollen between flowers, allowing many crops to grow.



ROUND 1

Soil and Water Foundations

Drought on the Farm

Plants are wilting and water is scarce. How can your team save water and protect the soil?

Soil Erosion

A storm washed away the topsoil. How can your team rebuild and protect the soil?

Water Pollution Threat

Runoff is polluting your farm's stream. How can your team protect the water?

As the **[role]**, I notice ___. I recommend we ___ because ___.

ROUND 2

Biodiversity Builders

Pest Outbreak

Insects are eating your vegetables. How can your team manage pests without harmful chemicals?

Pollinators in Trouble

Bees and butterflies are disappearing. How can your team create a safe haven for pollinators?

Loss of Biodiversity

One crop covers a whole field. How can your team bring diversity back to the farm?

As the **[role]**, I notice ___. I recommend we ___ because ___.

ROUND 3

Food and Community

The Community Needs Healthy Food

Families want fresh, affordable food. How can your team share what you grow?

Market Prices Drop

The market is paying very low prices. How can your team find more buyers?

As the **[role]**, I notice ___. I recommend we ___ because ___.

ROUND 4

Climate and the Future

Climate Impacts

Heat waves, storms, and heavy rain. How can your team make the farm resilient?

Labor Shortages

It’s hard to find farmworkers. How can your team inspire the next generation of farmers?

Lack of Public Awareness

Many people don’t know what regenerative farming is. How can your team spread the word?

As the **[role]**, I notice ___. I recommend we ___ because ___.