

Environmentally Friendly Farmer

Farmers are sometimes referred to as "Stewards of the Land." This means they have a responsibility to take care of the land which produces the food we eat and fiber for our clothes. The land consists of many resources that are used to grow food, and crops for the fiber used in our clothes. Some of these resources are natural resources that are found in nature.

Today, natural resources are becoming less available. Some resources are **renewable** but they take many years to replenish themselves. Farmers grow renewable resources such as fruit, soybeans, corn, vegetables, and wheat. There are also non-renewable resources that do not replenish themselves. Oil is a non-renewable resource, which creates gas and diesel fuel, and coal, which is used for electricity. Both renewable and nonrenewable resources are used on farms.

All resources are a part of the environment in which we live. There are many methods that farmers use to help protect our land and water:



rich the soil.

Buffer Zones are used to decrease soil erosion and water pollution by planting trees, shrubs, and grasses along streams.

• Cover crops are planted after harvesting to prevent erosion and to protect and en-

• Fences are used to keep animal waste away from water by keeping animals confined to an area. They also keep unwanted pests away from the animals.



- **Manure Pits** are used to store manure until it is used as fertilizer on the fields.
- No-Till Farming is a method that reduces soil erosion by providing a protective layer of stalks and leaves to the soil.
 - Contour Farming is used to conserve runoff and reduce soil erosion.

How Can You Help?

Pennsylvania Farm Bur

Farmer's play their part in taking care of the environment, but what can YOU do to show you care?

- Turn the water off when brushing vour teeth.
- Turn off the TV and lights when you leave a room.
- Compost your food waste.
- Walk or bike when you can.
- Plant flowers and trees around your house to increase the amount of oxygen.
- Do not kill spiders because they eat other pests.
- Use rechargeable batteries.
- Take small amounts of food, you can always go back for seconds to reduce waste.
- Pack your lunch with reusable containers and lunchboxes.
- RECYCLE!
- Carry a refillable water bottle.



Plant a garden.

