Question & Answer with Alison from Frosty Morning Farm

Name: ________________ Date: ________________

1. According to Alison, what are the positive aspects of being a farmer?

2. What are some things Alison thinks are the most difficult parts of being a farmer?

3. What dictates what Alison (and other farmers) can or can’t do each day?

4. Why is diversity important on a farm?

5. What is regenerative agriculture? (Hint: what are some of the farming practices Alison lists and what did she say they benefit?)

6. What does regenerative agriculture help combat?

7. What is the benefit of having wild places on the farm?

8. What does Alison do on an average day in June?

9. What does Alison do on an average day in the Fall?

10. What is one new thing you learned from this video?