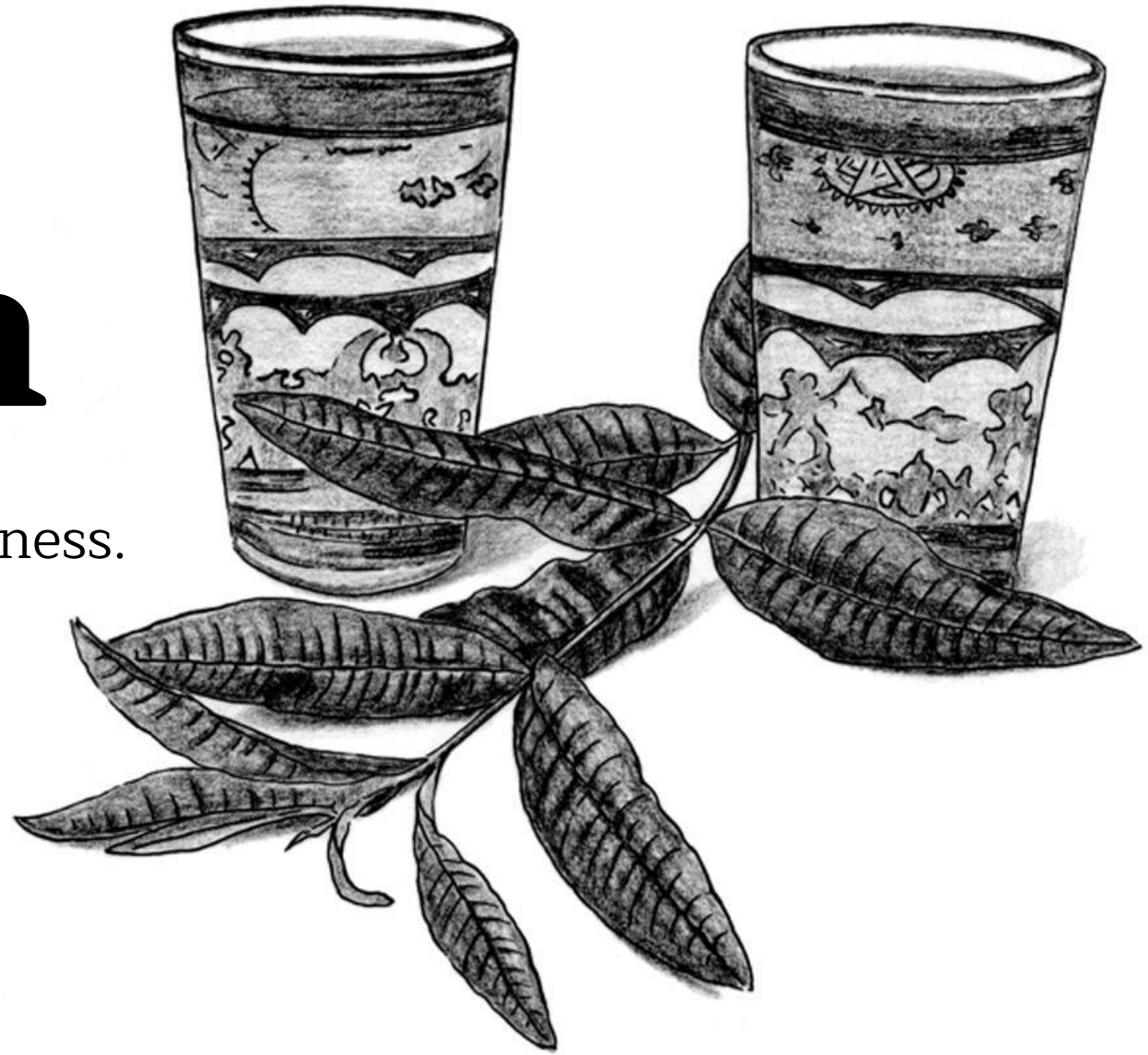


Health

A state of wellbeing,
being free from injury or illness.



What does health mean to you?

How do you practice or value health?

International Federation of Organic Agriculture Movements (IFOAM) definition:

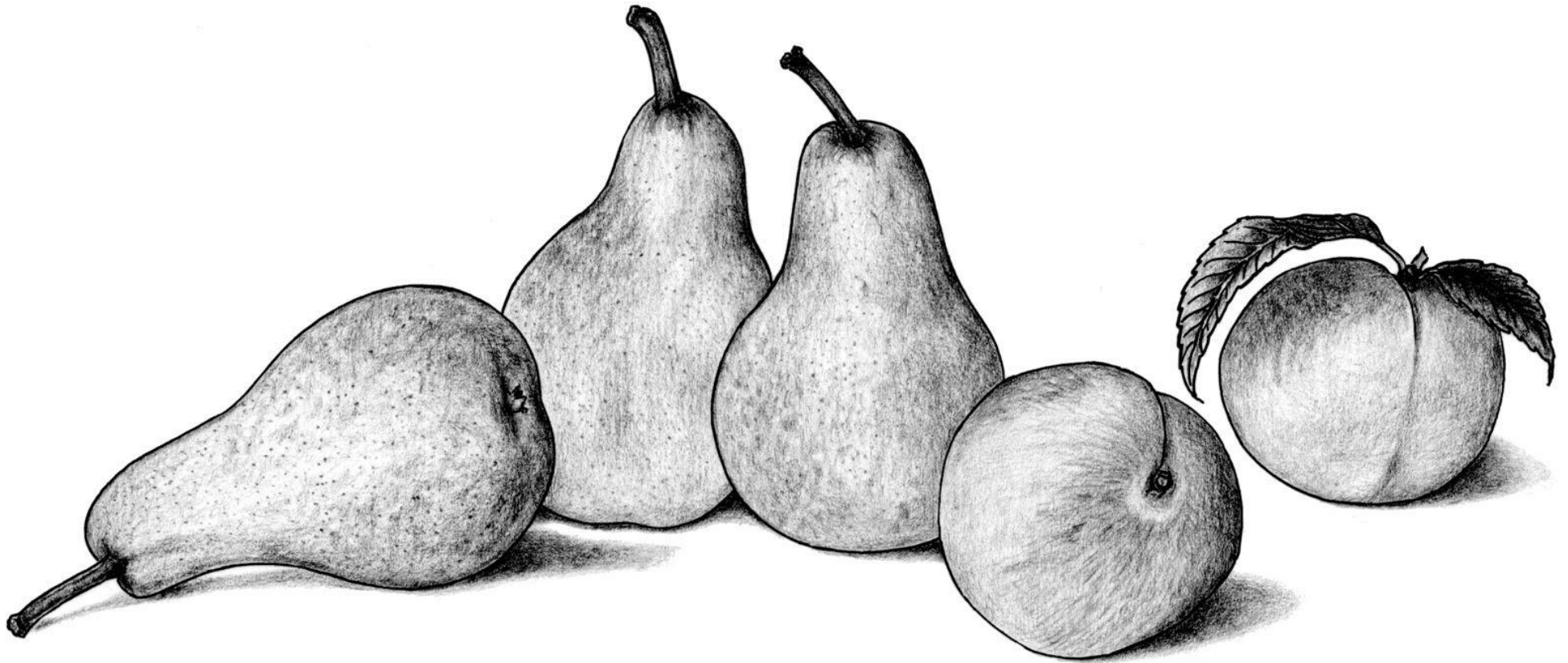
“Organic farming should sustain and enhance the health of soil, plants, animals and humans as one and indivisible”

How can health be practiced in farming?

Example: not using fumigants or chemical pesticides that broadly kill most living organisms living in or on the soil.

Care

To feel concern for and look after something.



What does care mean to you?

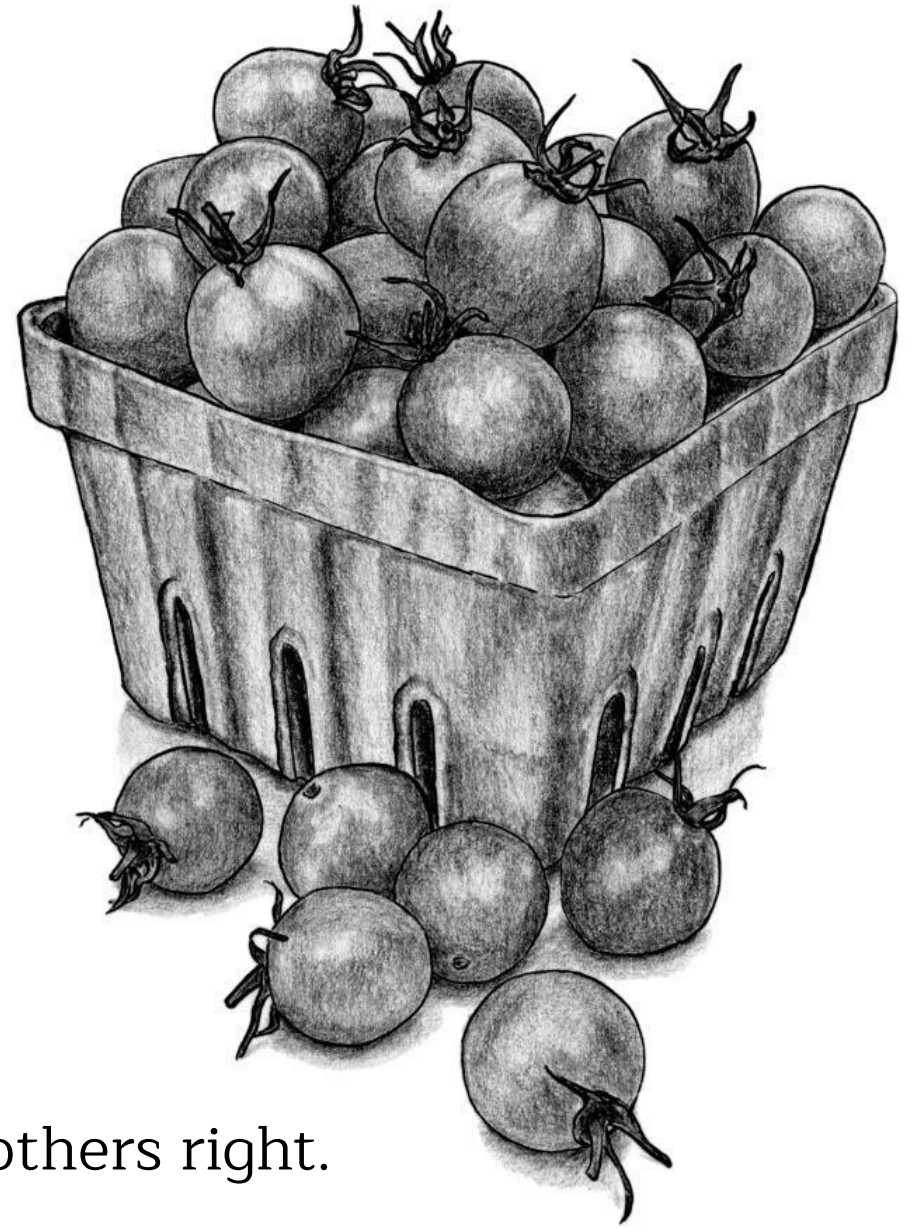
How do you practice or value care?

International Federation of Organic Agriculture Movements (IFOAM) definition:

“Organic farming should be managed in a precautionary and responsible manner to protect the health and well being of current and future generations and the environment”

How can care be practiced in farming?

Example: Planting cover crops to keep the soil hydrated, aerated, and living.



Fairness

Free from bias or injustice - treating others right.

What does fairness mean to you?

How do you practice or value fairness?

International Federation of Organic Agriculture Movements (IFOAM) definition:

“Organic agriculture should build on relationships that ensure fairness with regard to common environment and life processes.”

How can fairness be practiced in farming?

Example: Animals must be raised in living conditions that accommodate their natural behaviors.



Ecology

The study of living organisms including where and how many there are and what their relationship are with one another.

What does ecology mean to you?

How do you practice or value ecology?

International Federation of Organic Agriculture Movements (IFOAM) definition:

“Organic farming should sustain and enhance the health of soil, plants, animals and humans as one and indivisible”

How can ecology be practiced in farming?

Example: Using chickens to control pest bugs populations.