

## Sustainable Farming Will Help Both the Environment and Farmers

by Kiran Cremer and Nadia Synyavska

Did you know that you are contributing to global warming through your consumption of that McDonald's hamburger? Did you know that you are contributing to the decline in biodiversity when you buy produce that's not organic? Sustainable farming in Newton and reducing beef consumption could help the environment and slow the process of climate change.

Sustainable methods of producing can help to prevent things such as soil erosion, pest control, and water preservation. Sustainable farming is also very simple, because things like crop rotations can help and keep pests under control, which prevents the need for pesticides and other chemicals that are troublesome for the earth. Sustainability is something that the agriculture industry is having problems adopting the practices of while still meeting demands and maximizing profits. Sustainable farming practices include increasing the quality of the soil, using grasslands to feed livestock, reducing impacts from insects using natural means, reducing antibiotics, and introducing beneficial insects to the environment, and helping earthworms in the soil, which can increase yield by 25%.

Sustainable farming would also be extremely beneficial in the the fight against climate change. Climate change affects everyone, particularly Boston and the surrounding areas, as it's a coastal city. In as little as twenty years, there could be regular flooding in Eastern Massachusetts. Sustainable farming is "anything from composting to growing organic, not using pesticides," according to Kendall Driscoll, a substitute teacher at Bigelow Middle School in Newton, Massachusetts, who is passionate about organic gardening. "When I farm or am planting in a garden, I don't use regular water, from my house, I try to use rain water, for instance, to water [my vegetables]. I save up a rain bucket and save it in jugs of some sort so I can water my plants instead of having to use excess water."

Sustainable farming is a practice that is not only good for the earth, but is good for the people that practice it and the people that consume it. When farmers adopt sustainable farming practices they preserve the soil, encourage biodiversity, and save water, which are just some of the many benefits. When people consume sustainably farmed food, they are not consuming pesticides or other chemicals from produce, and when people consume sustainably farmed meat they aren't contributing to climate change and are endorsing farming practices that are beneficial for the environment. By educating both farmers and consumers about the benefits of sustainable farming, it will become second nature to support those practices.