

## **Organic/Regenerative Farming vs. Conventional Farming**

By Dawn Lawless, King's Highway Elementary, Coatesville, PA

**Standard Statement(s):** To explain pest control

**Content Objective(s):** To identify and compare different methods of pest control used by conventional and organic/regenerative farmers

**Assessment Strategies:** Worksheet (to be completed while at website)

### **Background/Introduction to Topic:**

Regenerative farming as developed and practiced by the Rodale Institute (on their 333 acre farm near Kutztown University, PA) is a step beyond organic farming. Their focus is soil regeneration. They use practice the following techniques: composting, crop rotations, and cover cropping. Organic and regenerative farming is viewed as being more environmentally friendly because there are no synthetic chemicals, growth hormones, or genetically modified organisms.

### **Procedures:**

Have students visit [www.kidsregen.org](http://www.kidsregen.org) (this is the children's website from the Rodale Institute). Click on "action steps" on the left hand side of the screen. Allow students the opportunity to complete all 10 action steps (10 steps to a healthier you and healthier planet) On question #4, which allows students to learn why organic foods are a safer and healthier alternative for you and the environment, have them click on Farmer Phil says this and Farmer Fred says that (at the bottom of the screen). This will allow students to compare conventional agriculture to organic/regenerative agriculture. Five quotes are given by either a conventional farmer or organic/regenerative farmer describing farming methods. Students check a box in one of the two columns. When complete, have them print out the page, put their name on it, and give it to you to check. At the bottom of that question, have students click on Quiz: What kind of farmer is this in the field? The attached worksheet should be completed by them as they proceed through the activity on the website.

### **Conclusions:**

By growing healthy soil, you can grow healthy plants that are less susceptible to pest damage. Organic and regenerative farming is less damaging to the environment.

**References:** "Farming System Trial" by Rodale Institute  
"Farmers of Forty Centuries" by F.H. King

**Related Web Sites:** [www.kidsregen.org](http://www.kidsregen.org)  
[www.rodaleinstitute.org](http://www.rodaleinstitute.org)

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### **Suggested Level:**

2<sup>nd</sup>-4<sup>th</sup> grade

### **Standard Category:**

4.5.4 B

### **Materials:**

Internet access,  
worksheet

### **Instructional Strategies:**

Web research

