CARE FARMING

What is care farming? Care farming is the therapeutic use of agricultural landscapes and structured farming practices to promote wellbeing.

Sowing and producing crops, collecting eggs, feeding and cleaning animals, taking care of plants, and managing forests are all examples of the types of work that can be found on a care farm. On these farms, activities are professionally led, and are designed to promote health, social, or educational care.

Care farming is practiced around the world – led by Norway (550 care farms) and the Netherlands (430 care farms).

Care farming contributes to the rehabilitation and inclusion of people with varying abilities, and can be an educational tool. Working with plants, animals, and farm life offers space, structure, diverse activities, and stress reduction.

The working environment of a care farm offers opportunities to increase your wellbeing. Contributing to farming activities and interacting with plants and animals creates community and builds relationships between those who participate.

Care farms provide an essential link between where our food is grown and the urban consumer.

Tips courtesy of the University of Minnesota’s Center for Spirituality & Healing. csh.umn.edu