

# Book and Plow Farm

## About Book and Plow

Book and Plow is a five-acre, organic-practice farm located on the Amherst campus. Book and Plow was established in 2013 to provide local produce to Valentine dining hall, offer educational and research experiences to students, and support community-building on campus.

Dozens of students work on the farm each year, under the supervision of Maida Ives and Kaylee Brow. They grow and harvest vegetables and herbs sold to the dining hall, distributed through a CSA program, and donated to community partners addressing food insecurity. Book and Plow grows over 40 crops (vegetables, flowers, and herbs), including carrots, potatoes, onions, garlic, greens, squash, and tomatoes.

Book and Plow is committed to long-term environmental and social sustainability. To take care of the land, Book and Plow relies on cover cropping, integrated pest management, and applying compost; these strategies support the health of the soil and the surrounding ecosystem.



## Options and Ideas for Class

Bring your class to B&P for a self-guided visit or a farmer-led tour. Have a B&P farmer visit your class on campus. B&P can also co-plan discussions and group activities catered to your subject matter.

### Ideas:

- Soil sampling and discussion of the importance of cover cropping for soil health and carbon sequestration
- Explore local and global farmers' movements; topics of possible interest include food justice, GMOs, and seed saving
- Compare Book and Plow's farming practices to industrial practices; discuss the different ecological effects of each system (soil runoff, pesticides, climate impacts, etc)
- Study Amherst College's local food ecosystem - where does Val's food come from? Where do Book and Plow's resources come from?
- Examine food waste in the US; discuss strategies for decreasing waste at Amherst and opportunities to divert waste back to the farm or other local sites.



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