

GENERAL QUESTIONS TO ASK A FARMER

ASKING QUESTIONS is the best way to ensure that you're purchasing sustainably raised, healthy foods, and supporting sustainable farms. Here are some general questions to ask your local farmers. For more in-depth questions, information on why you should be asking them, and the answers you want to hear, download our detailed "Questions to Ask" guides for each type of farm listed below.

BEEF

- Are your cows raised on pasture?
- Do you feed your cows anything besides grass and hay?
- How are your cows finished?
 - If cows are finished on grain you should ask: How old are your cows when they're started on grain and how long are they fed grain?
 - Are your cows finished in a feedlot? If so, how old are they when they enter the feedlot? Approximately how long are they there? How many other animals are in the feedlot at any given time?
- Are your cows ever given antibiotics?
- Are your cows ever given hormones, steroids or other growth promoters?

POULTRY

- How are your chickens/turkeys raised? On pasture, indoors, confined?
- How much time do your chickens/turkeys spend outdoors each day?
- What do you feed your chickens/turkeys?
- Are your chickens/turkeys ever given antibiotics?
- Are they given hormones, steroids or other growth promoters?

DAIRY

- Are your cows raised on pasture?

- Are your cows fed anything besides grass and hay?
- Are your cows ever given rBGH or any other hormone?
- Are your cows ever given antibiotics?

EGGS

- How are your hens raised? On pasture, indoors, caged?
- How much time do the hens spend outdoors each day?
 - Are your hens ever force molted?
 - What do you feed your hens?
 - Are the hens ever given anti-biotics?

HOGS

- How are your hogs raised? On pasture, indoors, with proper bedding?
- Are the hogs born on your farm?
 - If yes: Are your sows ever held in a farrowing pen?
 - If no: Do you know if your hogs' mothers were held in a farrowing pen?
- How much time do your hogs spend outdoors each day?
- What do you feed your hogs?
- Are your hogs ever given antibiotics?
- Are your hogs ever given hormones or feed additives?

VEGETABLES/FRUIT

- Who grows the fruits and vegetables and where is the farm located?
- How big is the farm?
- Does the farmer use chemical pesticides, herbicides or fertilizers on the crops?
- Is the farm a diversified operation, with many varieties of vegetables and fruits?
- Does the farm grow any heirloom varieties of fruits or vegetables?
- Are any of the fruits or vegetables genetically engineered varieties?

