As cities continue to grow, finding enough space to produce food has become a challenge. One solution that has gained attention in recent years is urban farming. Urban farming refers to the practice of growing fruits, vegetables and other crops within city areas. It can take place on rooftops, balconies, vacant plots, and even inside buildings using modern technology.

Urban farming offers several benefits. First, it helps provide fresh and nutritious food to city residents. When the food is grown locally, it does not need long distances, reducing transportation costs and pollution. Secondly, urban farming creates green spaces that improve air quality and make cities more attractive. Plants absorb carbon dioxide and release oxygen, contributing to a healthier environment. Another advantage of urban farming is its educational value. Many schools and community organizations use gardens to teach children about nature, nutrition, and sustainable living. By participating in gardening activities, students learn where food comes from and develop a sense of responsibility toward the environment.

Technological innovations have also made urban farming more efficient. Methods such as hydroponics or vertical farming allow crops to be grown with less water and land than traditional farming. Hydroponics involves growing plants in nutrient-rich water instead of soil, while vertical farming uses stacked layers to maximize production in small spaces.

Despite its benefits, urban farming faces certain challenges. Limited space, high setup costs, and lack of awareness can make it difficult for some communities to adopt. Additionally, maintaining gardens requires regular care and access to suitable resources. However, with increasing support from local governments and environmental groups, urban farming continues to expand across the world.

Experts believe that urban farming can play an important role in improving food security and promoting sustainable development. While it may not replace traditional agriculture, it can complement existing food systems and help cities become more self-reliant in the future.

Multiple Choice Questions (MCQs)

1.)What is urban farming?

a) Farming only in villages b)Growing crops within city areas

c) Raising animals in forests d)Importing food to cities

2.)Which of the following is NOT mentioned as a place for urban farming?

a)Rooftops b. Balconies

c) Vacant plots d.Deserts

3.)How does urban farming help reduce pollution?

a)By increasing transportation b)By importing food

c) By reducing long-distance transport of food d)By cutting down trees

4.)What is hydroponics?

a) Growing plants in sand b)Growing plants in nutrient-rich water

c)Growing plants underground d) Growing plants without sunlight

5.)What challenge of urban farming is mentioned in the passage?

a) Excess farmland b) Too much rainfall

C) Limited space d)Lack of crops

One-Line Answer Questions

6.)What does urban farming mainly involve?