

# CARES Recipient Profile

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THIS FARM  
CARES

**Farm:** Cook Farm

**Location:** Trenton, Gilchrist County

**Date of Origination:** 1969

**Commodities:** Cattle, grass seed, hay and produce



Jack and Adam Cook own and operate Cook Farm in Trenton, Florida. The farm was started in 1969 when Mr. Cook began with a herd of cattle and grew from there. They proudly produce cattle, grass seed, hay and produce.

The Cook family has been implementing Best Management Practices (BMPs) on the farm since 1999. BMPs are a set of guidelines that advise producers on how to manage the water, nutrient, and pesticides they are using to reduce agriculture's impact on the state's natural resources. Cook Farm uses a rotational grazing system to improve pasture longevity, allow more timely utilization of forage and conserve surplus forage. The Cook family has fenced off natural wetlands and created a series of man-made ponds in upland areas to protect natural wetland areas. These are just a few of the many BMPs the Cook family practices on a daily basis.

The Cook family is actively involved in their local community. The Cooks have served on the Gilchrist County Soil and Water Conservation District and provide a custom harvesting and application service for the agricultural community. The Cook family is actively involved in their local church.

When asked why they are farmers who CARE, the Cook family responded, "to provide an opportunity for future generations."