

Sara Preston

SPEAKER | FARMER | EDUCATOR



*Speaker
Profile*

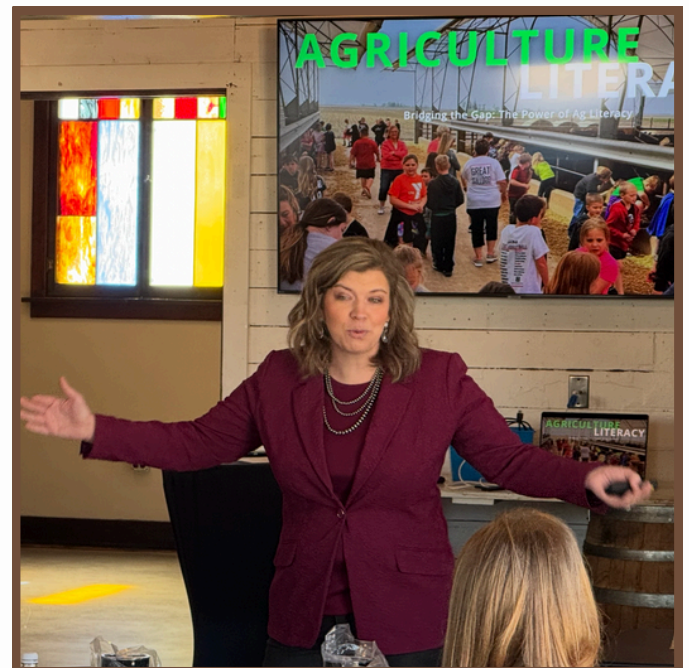
About Sara Preston

Sara Preston is a 6th-generation farmer, agriculture educator, wife, and mother of three, passionate about bridging the gap between the people who grow our food and the people who eat it. She is the founder of There's A Farmer in My Classroom, a yearlong virtual ag literacy program that connects elementary students and teachers with real-life farming through virtual farm tours, live Q&A sessions, and engaging classroom resources.

Sara's work blends her roots in farming with her gift for teaching, an influence she credits to her 3rd-generation teacher mother. She has spoken to audiences ranging from classrooms of curious third graders to conferences filled with agriculture professionals, bringing authenticity, humor, and heart to every presentation.

Her speaking and educational outreach have reached students and adults across the country, helping them see the human side of agriculture while tackling misconceptions about modern farming practices. Whether sharing how a birthday cake connects back to the farm, walking through the realities of raising beef cattle, or inspiring others to tell their own farm stories, Sara's mission is to create understanding and appreciation for agriculture's vital role in our world.

With over a decade of experience in hands-on farming and agricultural education, Sara offers a unique perspective that blends practical knowledge with relatable storytelling, equipping her audiences to connect, communicate, and advocate for agriculture with confidence.



Speaking Topics

1. Bridging the Gap Between Consumers and Farmers

Most consumers are now over three generations removed from the farm, which can lead to misunderstandings and mistrust. In this session, Sara shares how farmers can build authentic connections with the people they feed, using transparency, personal stories, and open conversations to create trust. Attendees will leave with practical tools for communicating in ways that resonate, break down barriers, and strengthen the relationship between farm and table.

2. The Power of Agriculture Literacy: Why It Matters for Our Future

Agriculture touches every part of our lives, from the food we eat to the clothes we wear, yet many students and adults don't fully understand the process. Sara highlights why agricultural literacy is critical for informed decision-making, strong communities, and the future of our food system. Through real-world examples, she demonstrates how fostering ag literacy benefits not just farmers, but everyone.

3. Practical Ways to Bring Ag into the Classroom

Teachers often want to include agriculture in their lessons but don't know where to start. Sara offers simple, engaging, and curriculum-friendly strategies for integrating ag into everyday learning, from science and math to reading and art. Participants will walk away with ready-to-use activities, digital tools, and creative ideas to make agriculture relatable and exciting for students of all ages.



Speaking Topics Continued

4. Breaking Down Misconceptions About Farming and Food Production

From pesticides to antibiotics to animal care, farming often faces criticism rooted in misunderstanding. Sara addresses common myths head-on, explaining the “why” behind farming practices in a way that is both science-based and deeply personal. Attendees will gain talking points and confidence to address tough questions, whether in the classroom, in the media, or around the dinner table.

5. Engaging the Next Generation: Inspiring Youth to See Careers in Agriculture

With less than 2% of the population farming, the need for passionate, skilled people in agriculture has never been greater. Sara shares how to spark curiosity in young people, both rural and urban, about the diverse and exciting career paths in agriculture. This session inspires educators, community leaders, and industry professionals to actively cultivate the next generation of ag leaders.

6. The Importance of Supporting Local Ag Youth Programs

Programs like 4-H and FFA don't just teach kids about agriculture, they build confidence, leadership, and lifelong skills. Sara explores how these programs impact youth development, strengthen communities, and secure the future of agriculture. She offers tangible ways for individuals, businesses, and organizations to get involved, from attending events and volunteering to sponsoring projects and mentoring young participants.



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