

Can you introduce yourself and share what drives your passion for agriculture?

My name is Simona Hrochová, and my greatest motivation in agriculture is the opportunity to help restore ecosystems through soil regeneration, biodiversity conservation, and agroforestry practices.

What challenges have you faced in your career and how did you overcome them?

One of the biggest challenges is the growing lack of rainfall. However, the greatest challenge has always been balancing the demands of being a mother and wife with the intense physical, mental, and time commitments that agriculture requires. Also, people often assume that my husband is behind everything we have achieved. This reflects a broader tendency to underestimate the vital and challenging role of women in agriculture.

What led you to your current role? Was there a defining moment?

Over a decade ago, I chose to change my life, leaving the family business to start farming. Initially, my goal was to provide healthy food for my family and children. However, over time, my focus shifted to caring for the soil and the landscape, with the vegetables, fruits, and herbs produced for our CSA becoming a valuable bonus.



Simona Hrochová
Farmer at Rodinná Farna Částkov

A pivotal moment was when many of our customers experienced improved health from consuming our produce. The greatest gift of my journey in agriculture is the continuous opportunity to learn and witness, despite many mistakes, how my care and attention contribute to the healing of our ecosystem.

How does your work contribute to the future of agriculture?

I am responsible for the entire operation of the farm, including crop rotation, harvesting, and communication with customers. Over the past 11 years, a wonderful community has formed around our farm - not only made up of customers, but also of people eager to contribute to sustainable farming. Of course, there are also those who seek inspiration and want to see firsthand what farming without traditional dogmas looks like in practice. We follow no-till practices, use cover crops, and place a strong emphasis on nature.

Can you share a moment when you felt particularly supported or uplifted by other women in your field?

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The first and most significant moment of support from other women came when I met the women from AMPI upon officially joining the CSA network. This support was further strengthened by my nomination for the Laskavec Award, once again, by several women. That was when I truly realized the importance of women's roles in agriculture.

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