



# Longitudinal Assessment of Sustainable Farming Practices in Tanzanian Highlands: An Environmental Sustainability Review

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## Abstract

Sustainable farming practices are crucial for environmental sustainability in the Tanzanian Highlands, where coffee cultivation is prevalent among smallholder farmers. A mixed-methods approach combining qualitative interviews with quantitative data analysis to measure soil health, water quality, and biodiversity indicators over a five-year period. Sustainable farming practices have shown promise in enhancing environmental sustainability metrics among smallholder coffee farmers in the Tanzanian Highlands. Policy makers should incentivize further adoption through subsidies and extension services to maximise environmental benefits.

**Keywords:** *Tanzania, Highlands, Smallholder Farmers, Sustainable Practices, Agroforestry, Participatory Methods, Sustainability Metrics*

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