



MODULE 3: Digital Communication, Content Sharing and Responsible Practices. How to share the digital content through digital platforms?

CONTENT 5: How to post on social media



→ **SOCIAL MEDIA IS AN IDEAL TOOL FOR FARMS**

→ **FARMING IS VISUAL, OFFERS STORIES**


→ **PEOPLE CARE ABOUT FOOD:**

- Many are craving a connection to food and nature.
- People from all corners of the world are sharing photos of what they eat.
- 373.8M posts on Instagram for #food and 2.4M posts for #localfood to date.



INSTAGRAM

1182 profile visits in the last 7 days



724 posts

28.4K followers


153 following

Promote
Edit Profile


Full Belly Farm
Farm

Organic fruits, vegetables, animals, and humans grown in the beautiful Capay Valley in Northern California. #fullbellyfarm
fullbellyfarm.com/
16090 County Road 43, Guinda, California

Followed by quarterfarm, thebloombarco, wwoofusa + 184 more






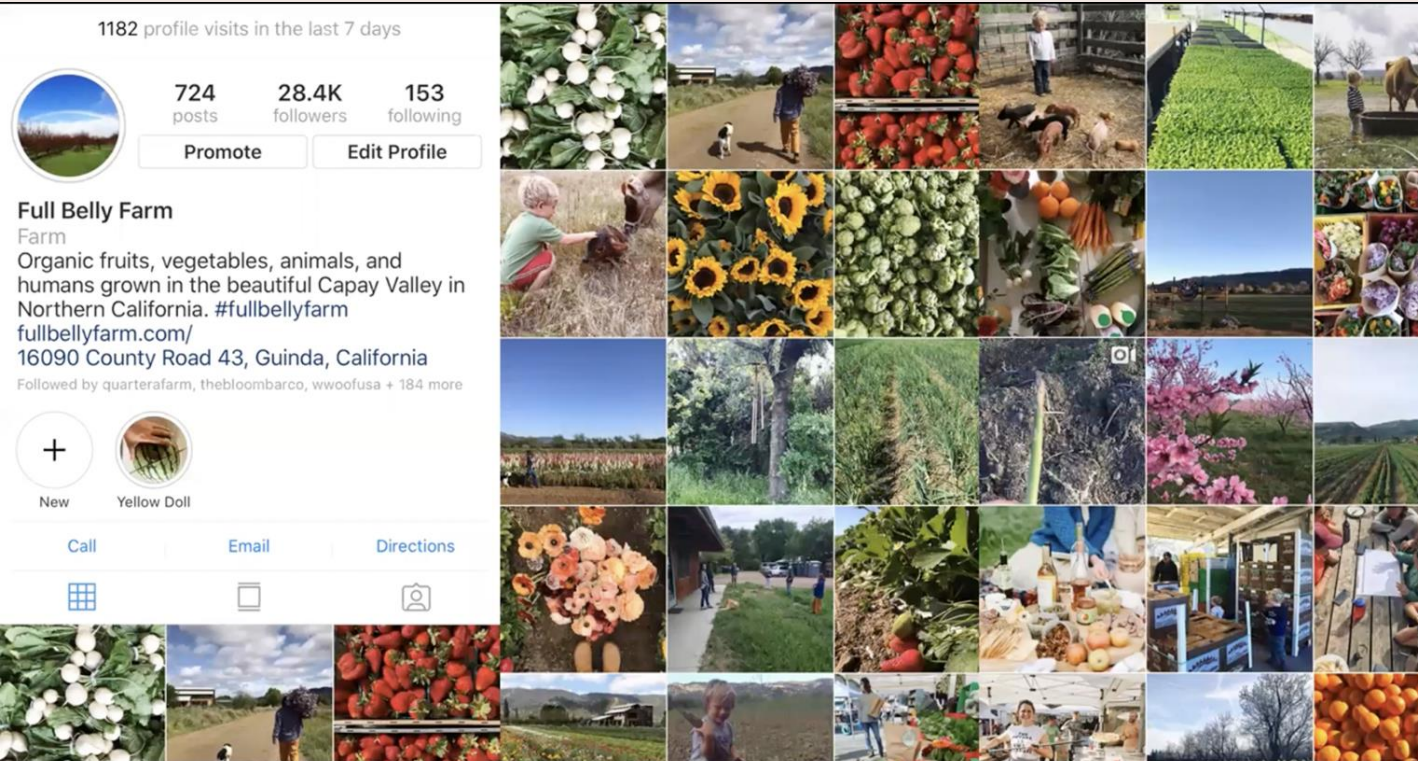
New


















Yellow Doll

Call
Email
Directions



Source: <https://www.youtube.com/watch?v=AchlWfoLnTQ>

Key points to post on INSTAGRAM

WHAT: CONTENT

- **Tell a story:** short, current reality, routine: operation, products, farm
- Add emphasis on the areas wanted to advertise: crops, livestock, food, events, tips
- Promotion, sell products



<https://www.youtube.com/watch?v=AchIWfoLnTQ>

WHEN: TIME

- Shedule
- You may post less in the off season, but don't stop posting completely
- Best times to post on social media:
 - **On weekdays between 10am and 3pm** (people browse before work and during lunch).
 - On the weekend there is less activity (people are out).
 - On **Sunday evening** activity returns (people is ready for another working week).

<https://shorturl.at/WaMyJ>



HOW: CONNECTION

- Use # **hashtags**
- Read and reply to **comments**
- Share, comment, **likes, links**
- **Tag** profiles @
- **Follow and interact** with other businesses, influencers, customers
- Edit and take good but casual **photos:** light, filters, selfies, special moments



<https://www.youtube.com/watch?v=enq1eH7wdxj>

Features to post on INSTAGRAM

STORIES

- They last only 24h
- Moments of your day, face time: share pictures or short videos

Highlights

- Keep important stories forever in your profile page

Live

- Live video

REELS

- Reels: videos of 60 seconds to share, multi-clip, with audio

POSTS / BOOSTING POSTS

- Photo or multiple photos in your feed
- 60 seconds videos
- Boosted post to a targeted audience showed like a sponsored ad

Selling products

- Tag a product in the post

INSIGHTS

- Audience demographics, analytics and behavior : interactions, age range, gender, followers...

Functions to post on INSTAGRAM

STORIES

- Interactions (questions, surveys)
- CTAs and promotions
- Minimal effort
- Personable

Live

- Streaming video / broadcast live
- Allows users to watch and comment
- Show them behind-scenes aspects

REELS

- Make engaging educational content easily
- Jump on current tren and tie your content to other trending topics

POSTS / BOOSTING POSTS

- Promotion
- Advertising

Selling products

- To see the price and product
- It will drive to your ecommerce website

INSIGHTS

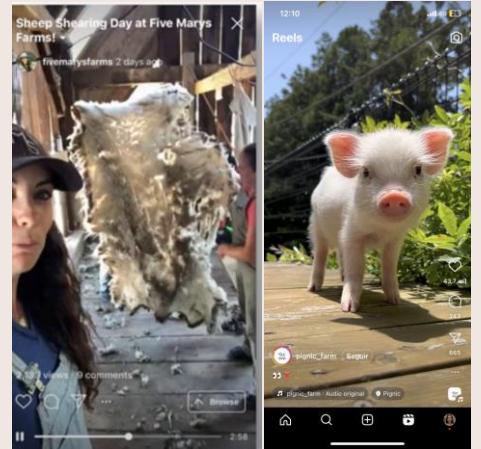
- Explore follower demographics and behaviour
- View post metrics
- Evaluate stories metrics
- View paid ads and boosted posts data

Appearance of posts on INSTAGRAM

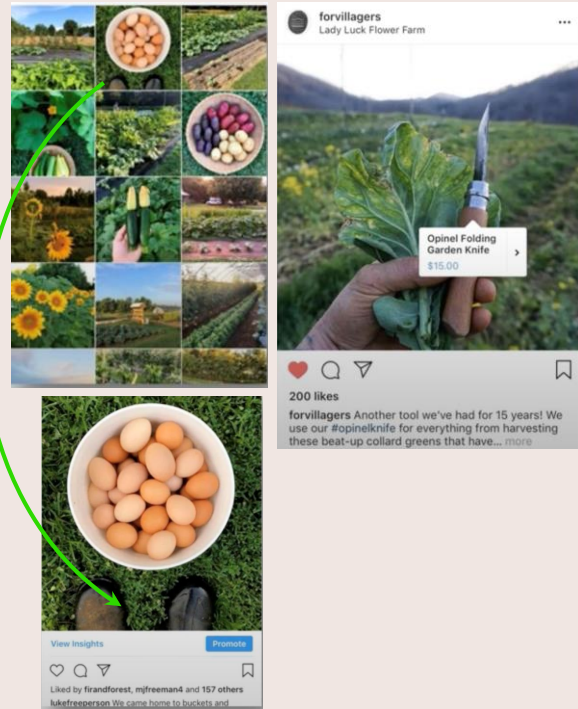
STORIES



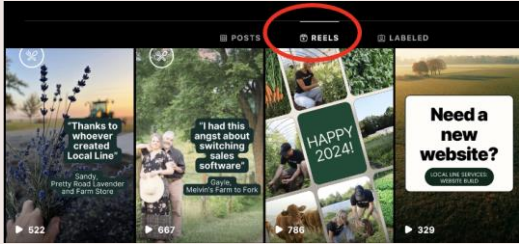
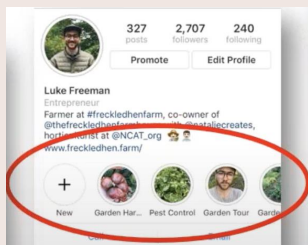
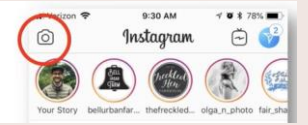
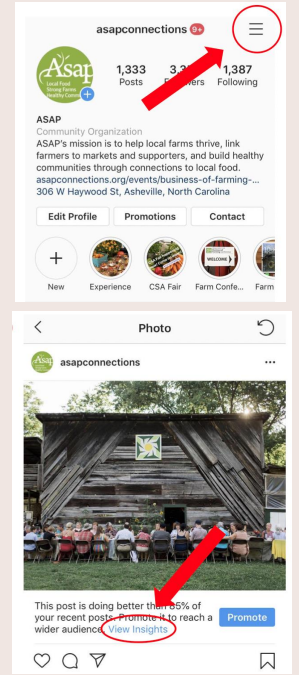
REELS



POSTS / BOOSTING POSTS



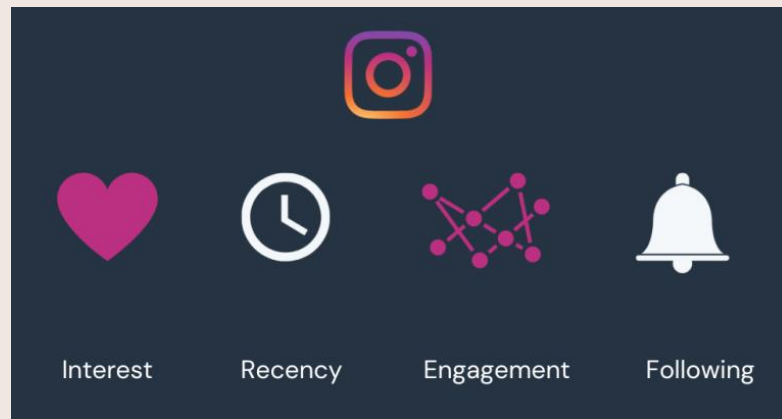
INSIGHTS



Source: Instagram

Understanding the algorithm

- How IG prioritizes content:
 - Based on user's interest
 - Recency of authors' posts
 - Relationship autor
 - Frequency of visits
 - How long users spend on IG



Source: LinkedIn

- Content prioritized from friends, family and people users interact with on a regular basis
- IG says: No preference to personal over business accounts

So: engage, video, post consistently, groups, paid advertising

STEPS TO POST IN INSTAGRAM

1. [Instagram.com](https://www.instagram.com) profile



2. POST



3. INSIGHTS

FEED POSTS □ BOOSTING POSTS

STORIES

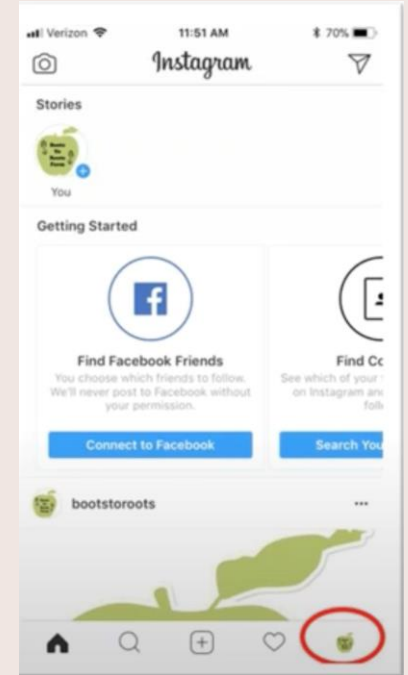
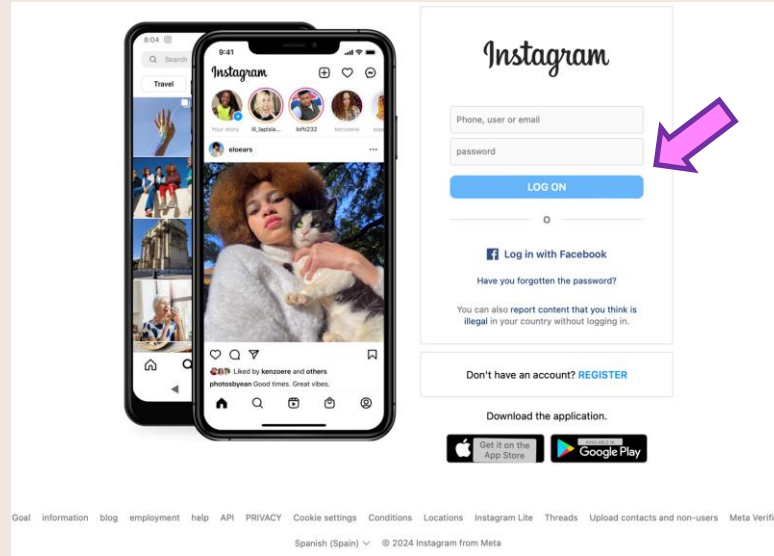
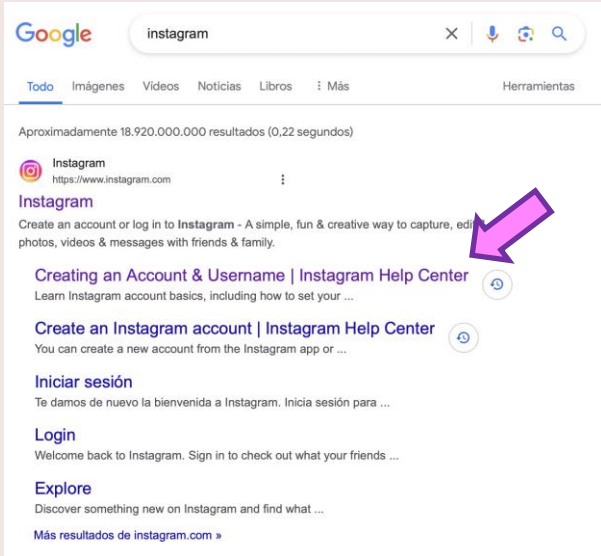
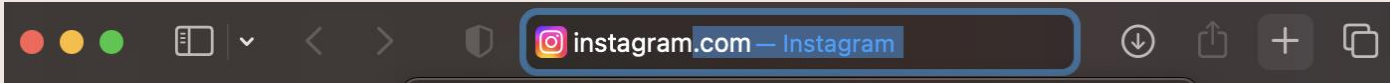
REELS

STEP 1: INSTAGRAM

Go to [instagram.com](https://www.instagram.com) and log on



Main screenhome

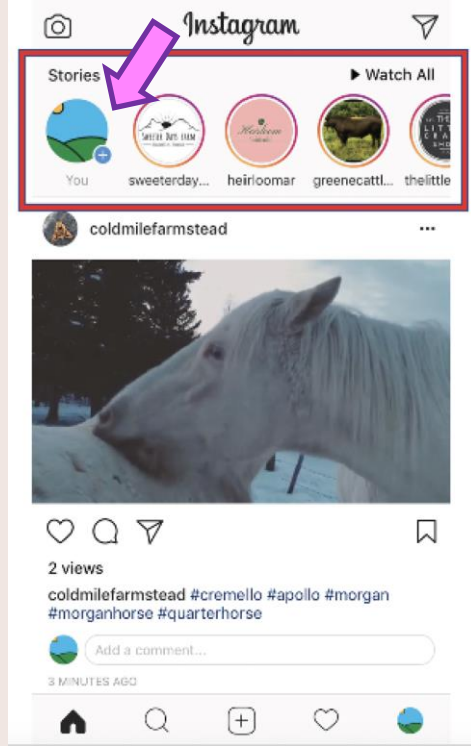


STEP 2: POST

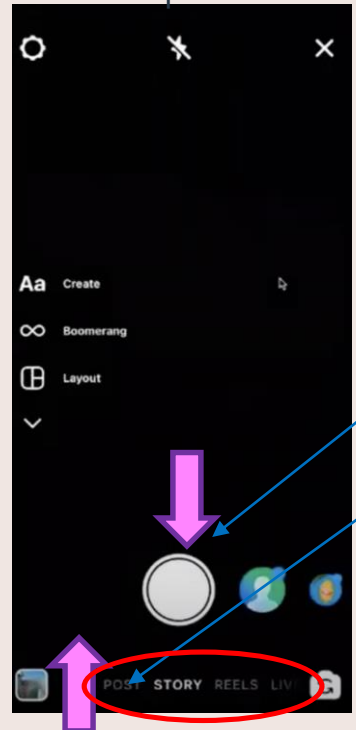


POST α STORIE

1 Tap on the circle containing your profile



2 Select "story" and post a photo



Make a photo like if you were in your camera

Upload a photo of your gallery



Tap on the white circle

Swipe up the screen and Select the photo

3

Edit the storie: add music, stickers, text...

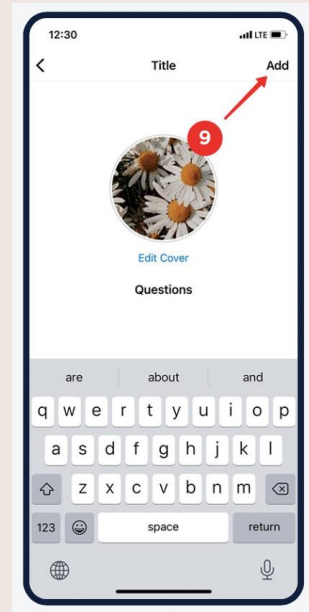
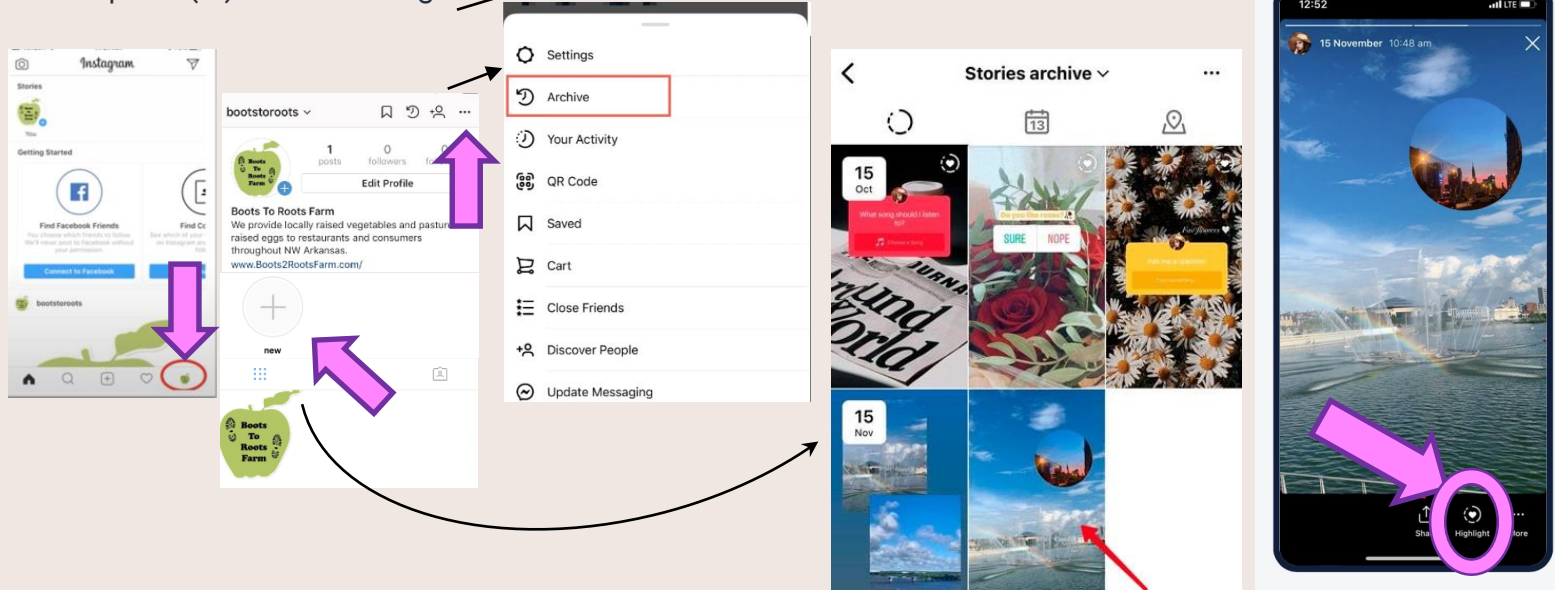


4 Upload it

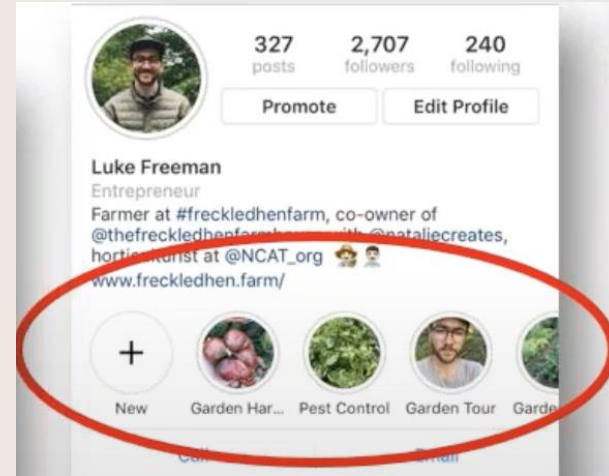
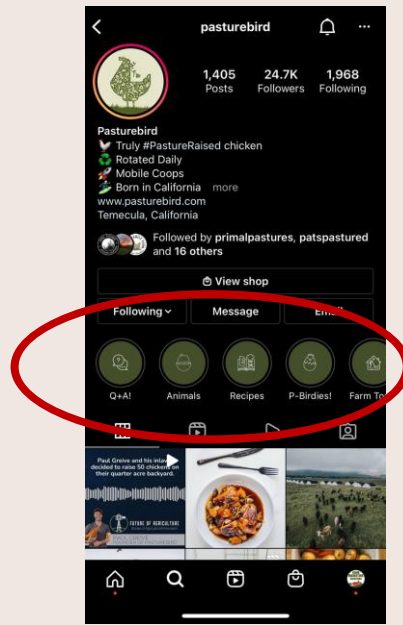
HIGHLIGHT a STORY

- 1 Tap on your profile picture and tap :
- the three lines or
- the plus (+) above the grid
- 2 Select Archive
- 3 Select the story you want to highlight
- 4 Tap the heart icon "highlight"

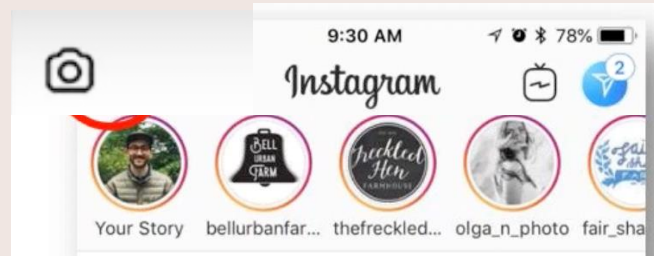
- 5 Add it to a new or existing folder:
edit cover & name



This is how it looks on your profile



Click on the other circles to view the stories from other accounts that you follow.



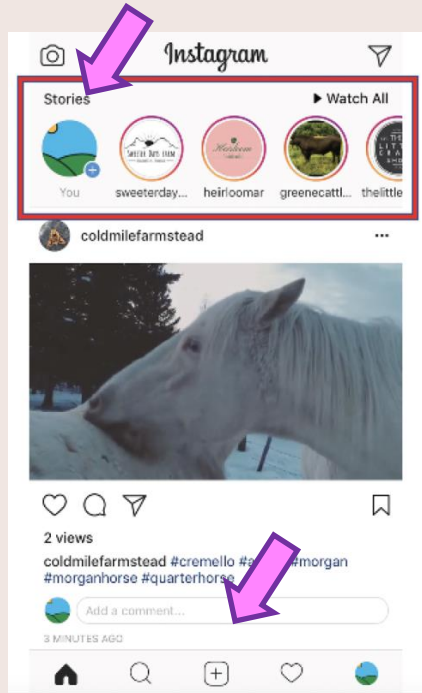
STEP 2: POST

REELS

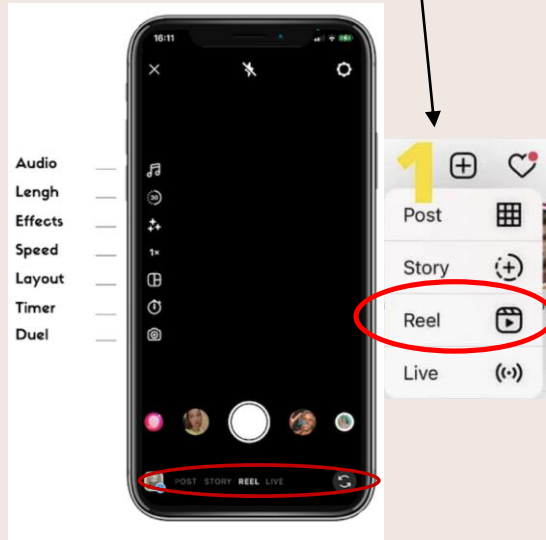


POST & REELS

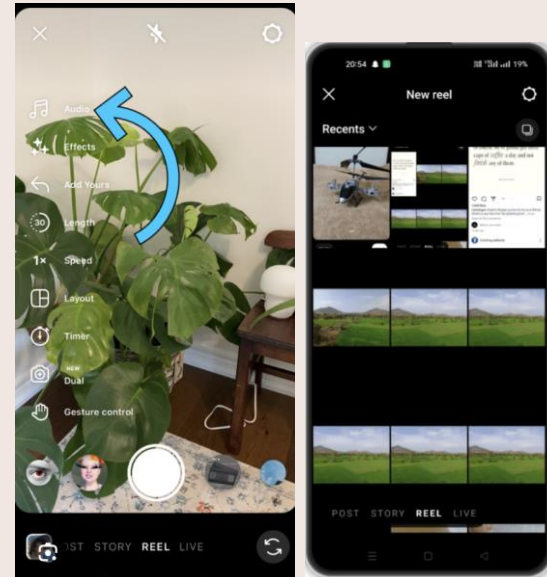
1 Tap on the circle containing your profile / by swiping right on the home screen to see Instagram Stories tool or Tap on the (+) icon on the bottom



2 Choose "REELS"

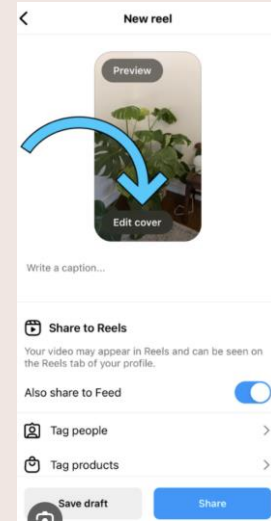


3 Like Instagram Stories :
you can start recording by hitting the record button = white circle
upload video from your gallery by swiping up and select
1 or more videos sequence

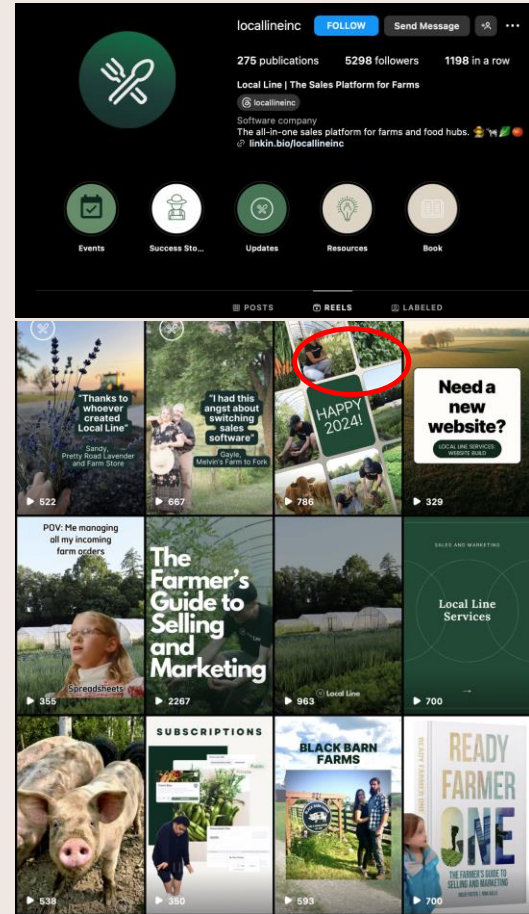


4

Press "next" on the following screens to edit, see preview and share

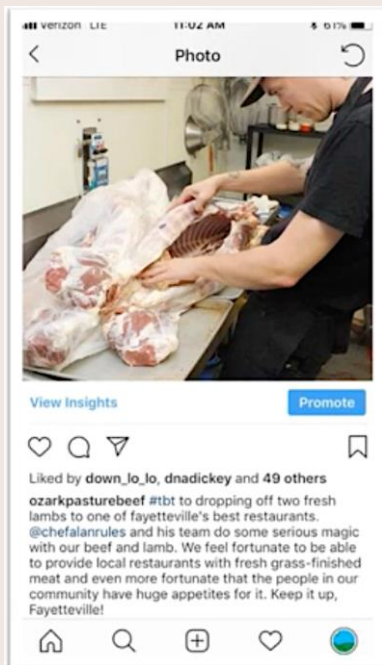


Exploring other reels on Instagram



This is how it looks on your profile

POSTS



Source: Asapconnections and Workbook of social media for farm business

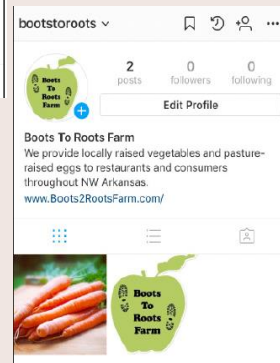
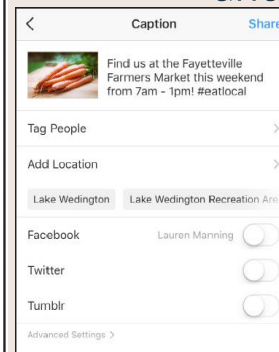
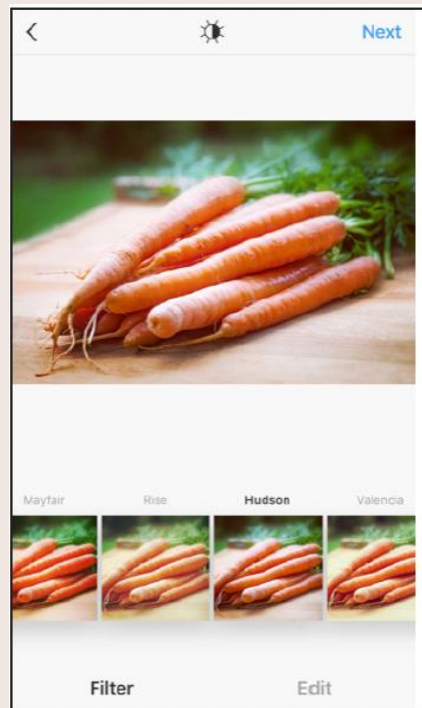
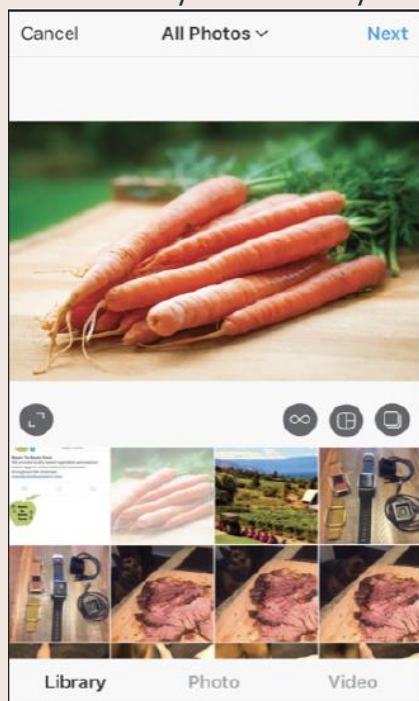
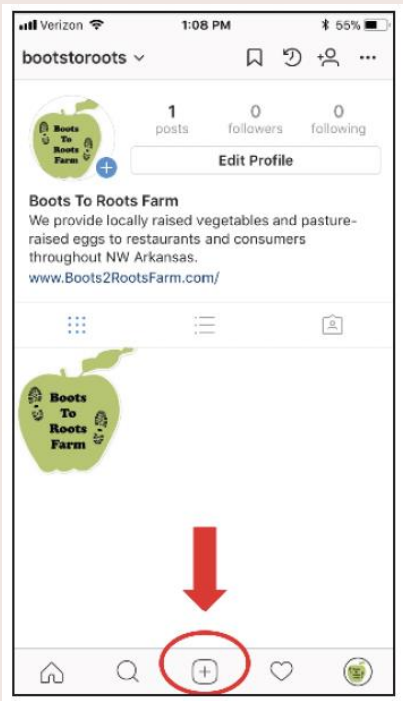
POST in your FEED

1 touch the middle icon

2 Select one or multiple photos of your library

3 Edit

4 Write a description, tag people, add location... and share it



BOOSTING POST

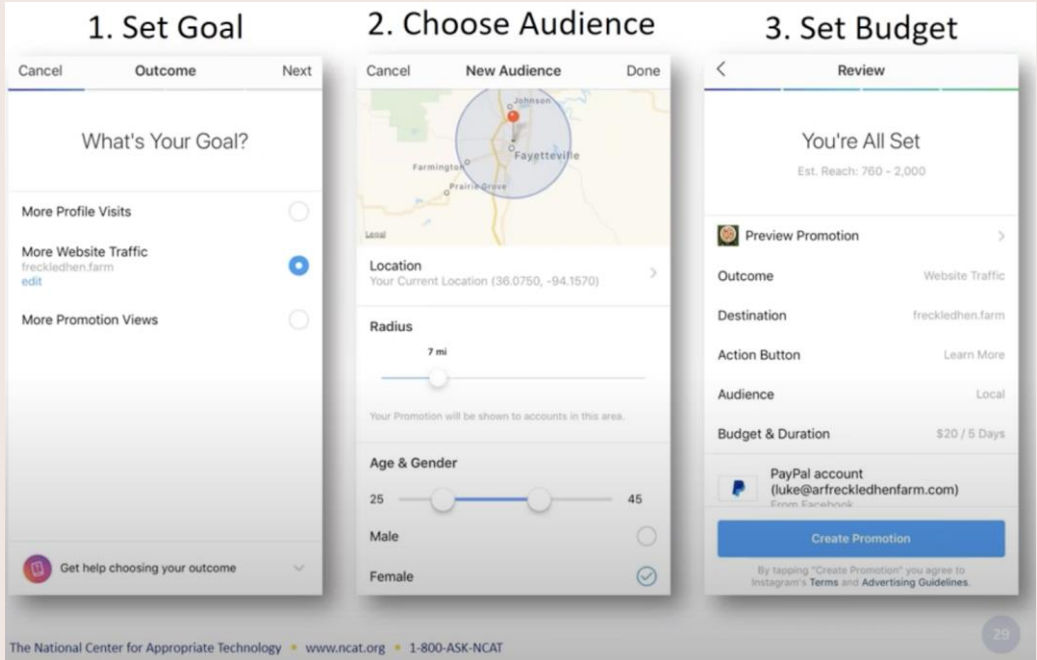
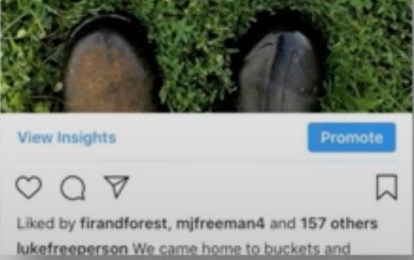
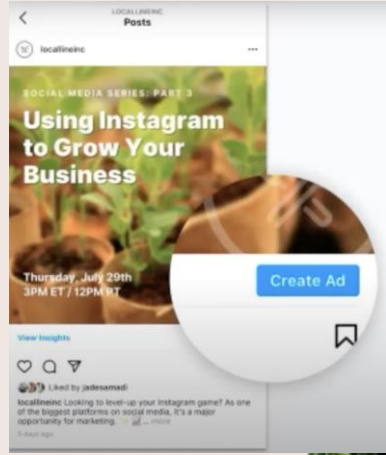
1 Choose a post of your feed and select promote or ad

2 Set a goal. Tap next

3 Choose audience. Tap done

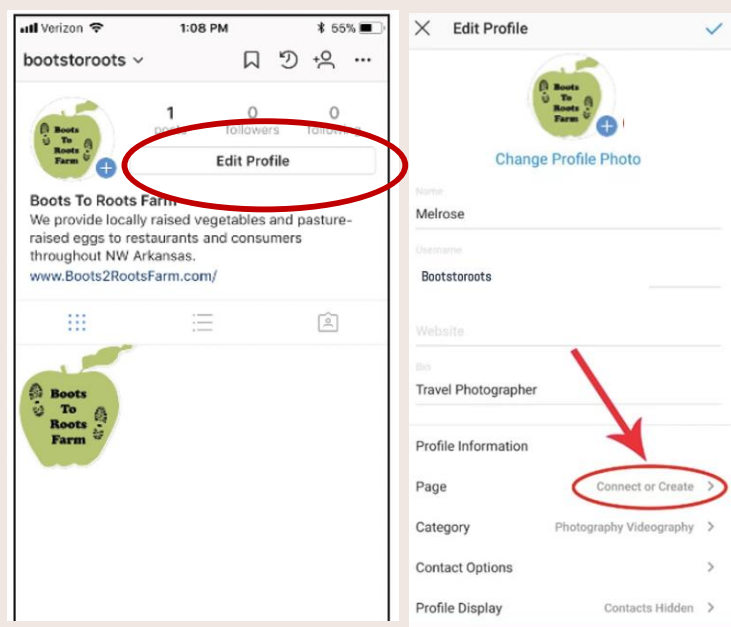
4 Set a budget & duration

5 Click on create promotion



SELL PRODUCTS

1 Go to your profile edit page
create a new page on Facebook



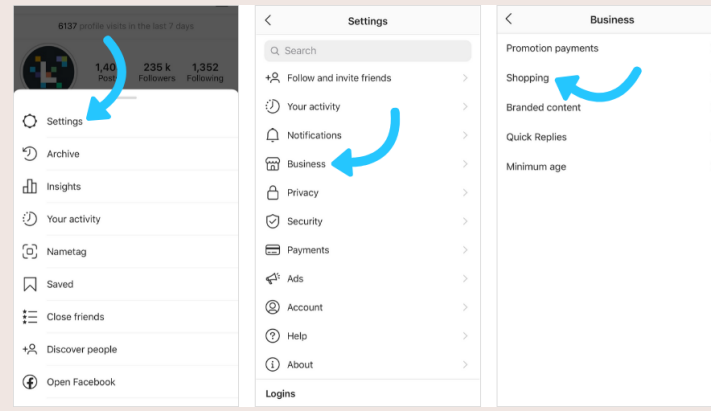
2 Create shop
<https://www.facebook.com/business/shops>

3 Manage the catalogue
Business Manager

4 Revise account

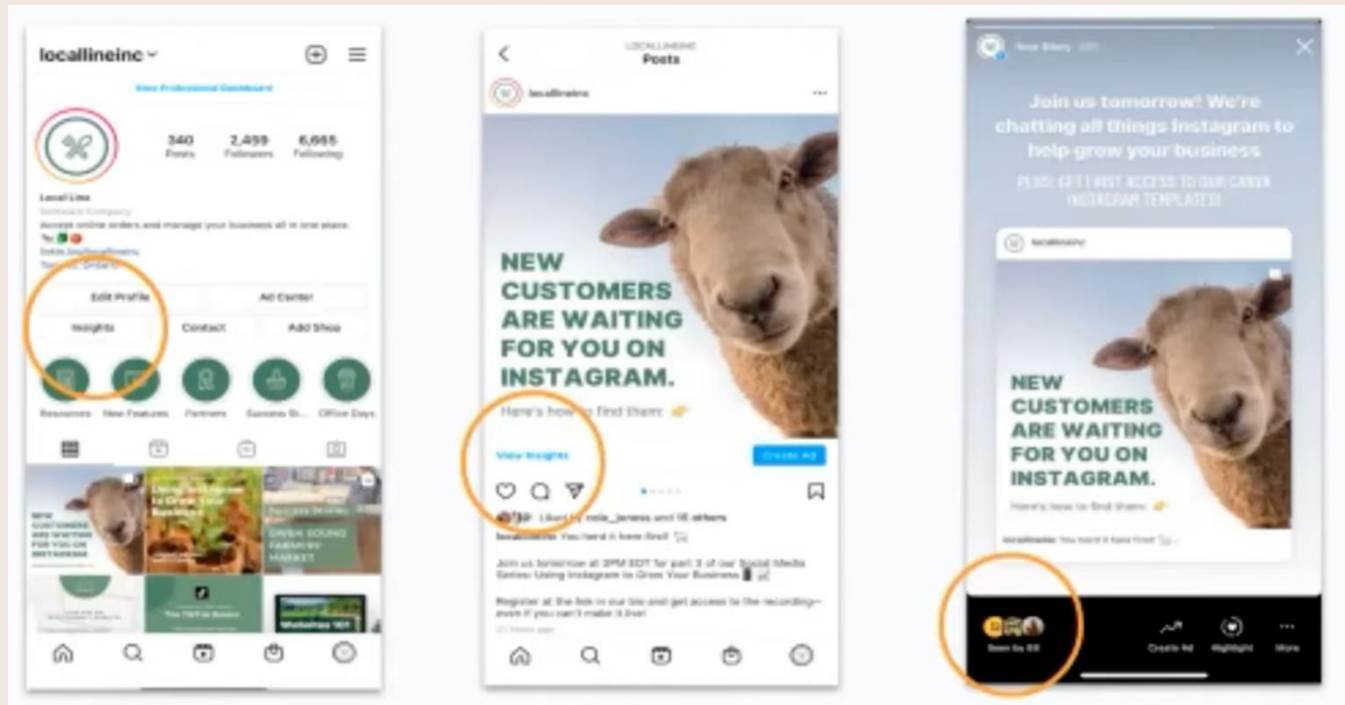
5 Activate shopping on Instagram

6 Choose a post tag the brand and the product



STEP 3:

INSIGHTS

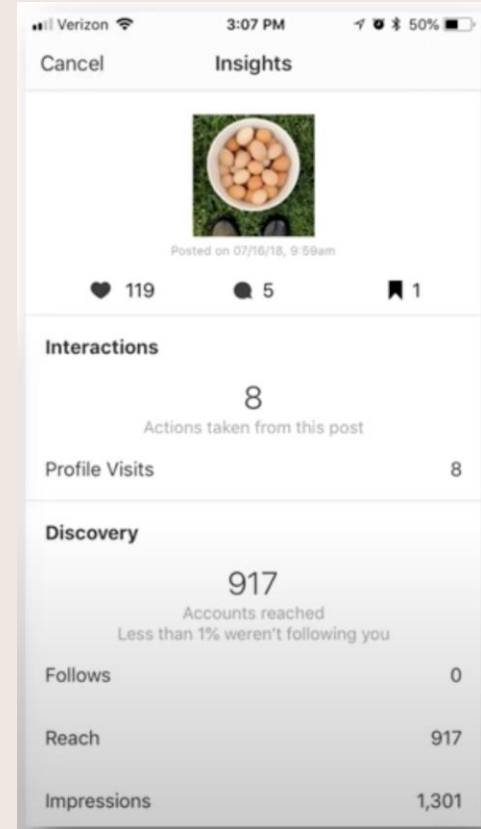
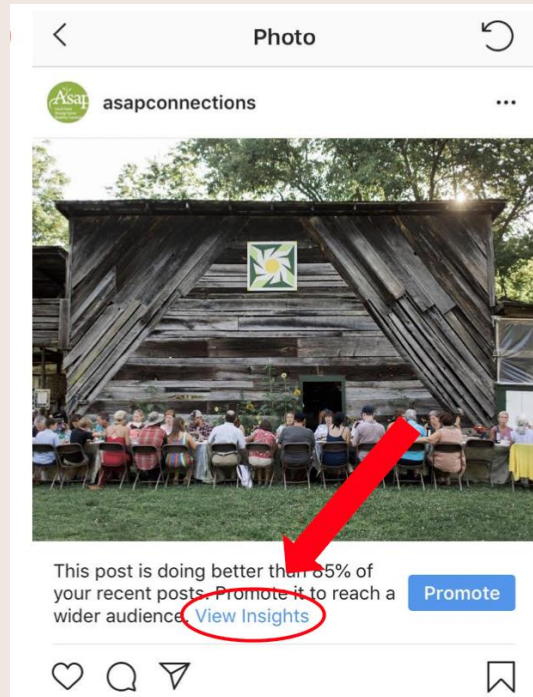
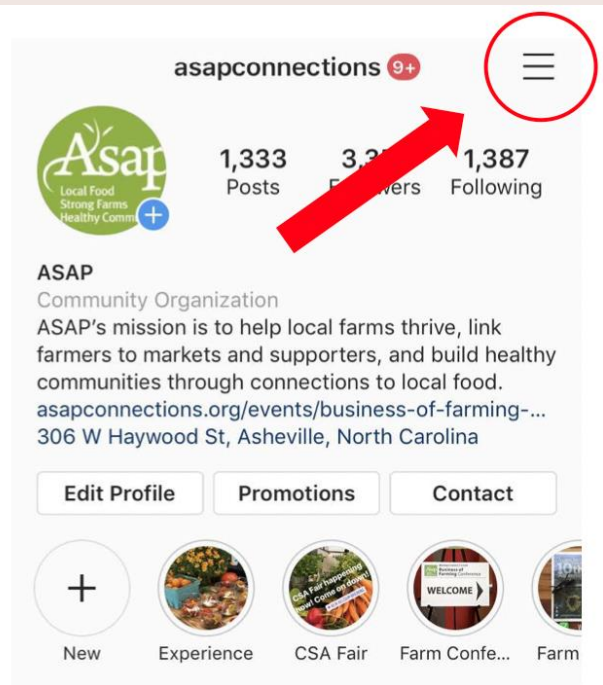


Source: Youtube localline

INSIGHTS

1 Go to your profile and tap the three lines on the right top corner or select a storie/ post of your feed and click view insights

2 See your insights



Using Instagram to grow your farm business



<https://www.youtube.com/watch?v=U82qgrXiFKg>

Which content for which insta tool?

Storie

Insight

Post

Reel

Ad

Selling meat at the farmers' market

Artistic harvest photos

The day's task of picking fruit

Metrics and statistics

Storytelling with videos on cattle calving

EXERCISE

1. Think of 5 tasks, chores, or crops that are coming up on the farm in the next month and jot down post ideas.
2. Plan a post in each of the categories: posts, stories, reels...
3. Start taking photos and practicing!



Useful links

- [Tips and ways to use Instagram for small business](#)
- [Presentation: Social Media Marketing for your Farm Business](#)
- [PDF Guide/Workbook of social media for farm business](#)
- [Video: Social Media Marketing for Farmers](#)
- [Video: How to Set Up Instagram for a Flower Business](#)
- [🌐 Optimise Your Instagram Profile for Growth](#)
- [Video: @localline : Using Instagram to grow your business](#)
- [Video: @NCAT: Using Instagram to grow your farm business](#)



References

CONTENTS AND IMAGES:

- [PDF Guide/Workbook of social media for farm business](#)
- <https://asapconnections.org/wp-content/uploads/Social-Media-Marketing-for-Farmers.pdf>
- <https://www.youtube.com/watch?v=AchIWfoLnTQ>
- <https://www.youtube.com/watch?v=U82qgrXiFKg>
- <https://www.youtube.com/watch?v=enq1eH7wdx>
- https://help.instagram.com/1187859655048322?helpref=faq_content&locale=es_LA
- <https://www.linkedin.com/pulse/cracking-code-understanding-how-instagram-shapes-your-isha-void/>

