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Illustrations by Efua Akoma, PhD

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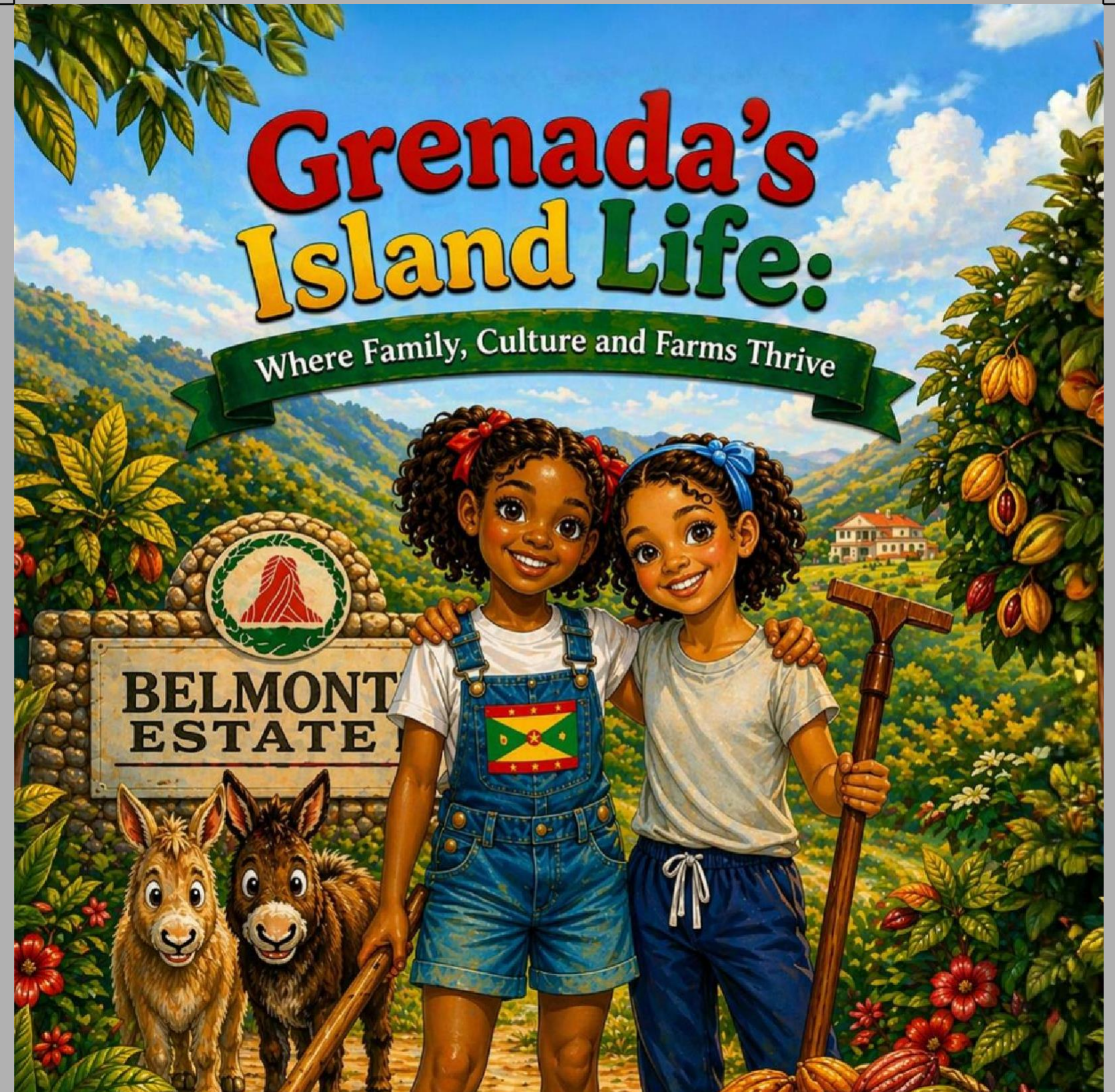
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Inspired by Belmont Estate, the farming families and traditions of Grenada.

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First Edition



**Join Meghan and Kaedi
while they help out on the
Belmont Estate farm in Grenada.**



**The donkeys Chocolate and
Vanilla are on the farm too.**

**Look, there is Zumbee the Bee! She is the Earth
Guardian who helps protect the planet**

**Let's join them to learn about
farm life in Grenada.**






A powerful hurricane swept
across the island of Grenada.

Strong winds and rain damaged
farms and gardens everywhere.

If you have ever flown
a kite, imagine winds
even stronger. Hurricane
winds can be powerful
enough to break trees!



After the storm passed, the community
came together to help.
Everyone worked quickly to gather fruits and
vegetables that fell during the storm.


**Adults moved fallen trees and broken branches.
Children carried as much food as they could.
Oh no, Vanilla hurt his leg during the storm!**



**Before the hurricane, Meghan and
Kaedi helped Grandmummy in the garden.
They harvested lots of food
including pumpkins.**



**Who likes pumpkin?
Did you know
one pumpkin can hold
hundreds of seeds?**



After harvesting vegetables, everyone sat at the wooden kitchen table. They carefully selected the best seeds to save and plant later.

A single tomato seems small but can contain more than 100 seeds. That means one tomato can potentially grow 100 more tomato plants!



Grandmummy loved seeds like treasure. She knew each tiny seed held a future garden.



She spread the seeds on paper by the sunny window. "Seeds must be completely dry before storing them", Grandmummy reminded them.

Seeds stay safe when stored in cool, dry jars or envelopes. Their super growing power comes out when you put them in the ground to grow!



When the seeds were ready, she placed them in paper envelopes. Each was labeled with the plant name.

Then Grandmummy let us draw pictures of the plants on the envelopes.

Glass jars made the perfect home for the seeds. We included a little rice wrapped in tissue to help keep them dry.



There is a flower seed packet for Zumbée. Bees help the food grow by visiting the flowers on the plants. This process is called pollination. Bees also make yummy honey.



Eventually, the jars were moved to a cool, dark cupboard. There, they not so patiently waited for planting season.

After the hurricane destroyed many plants, the seeds became very important. They were the beginning of hope for new farms and gardens. Soon there could be healthy food for all of us!

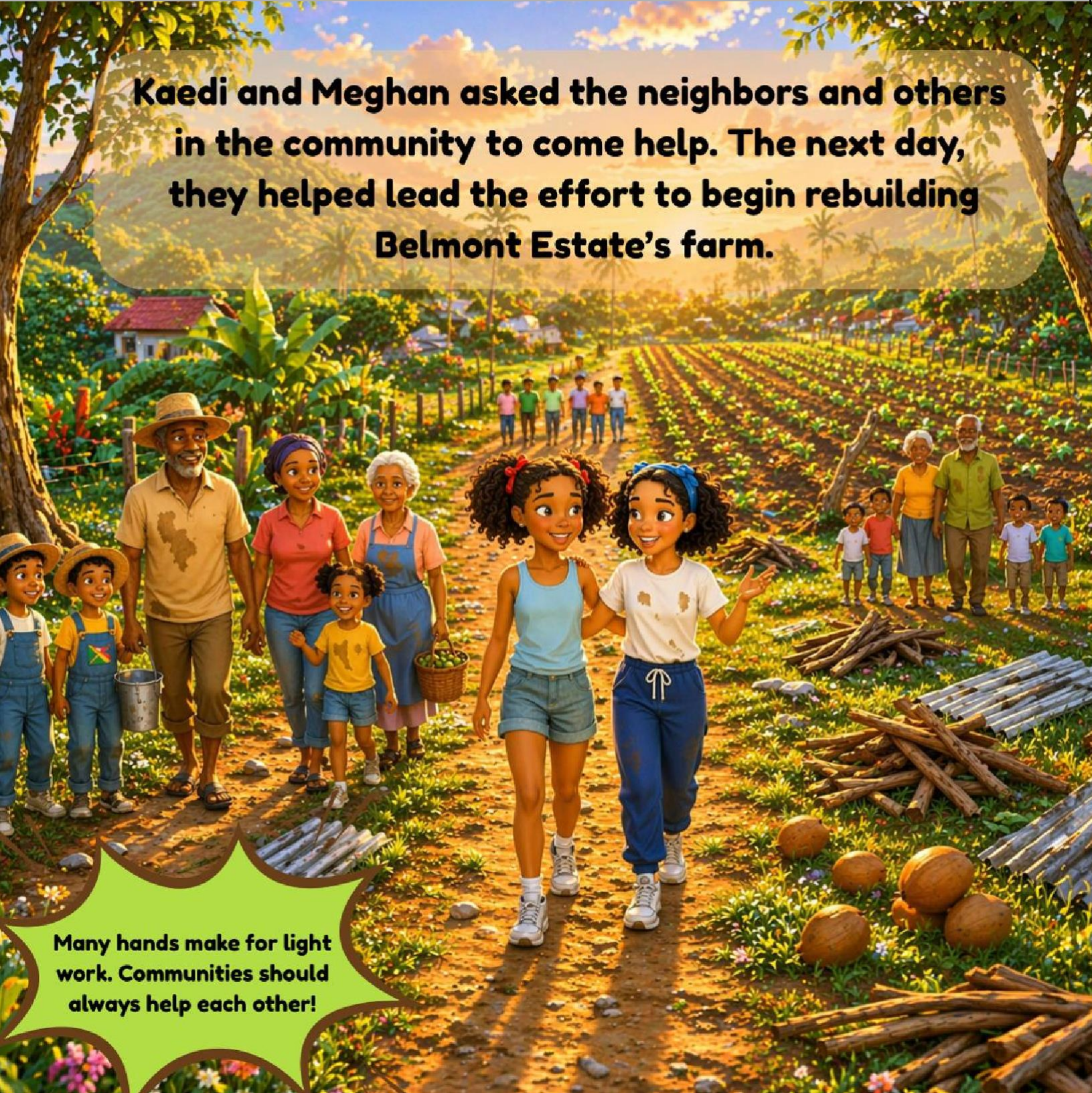


Meghan had an idea!

What if we make compost to help the soil grow strong again and give the seeds the best chance to grow strong and healthy?

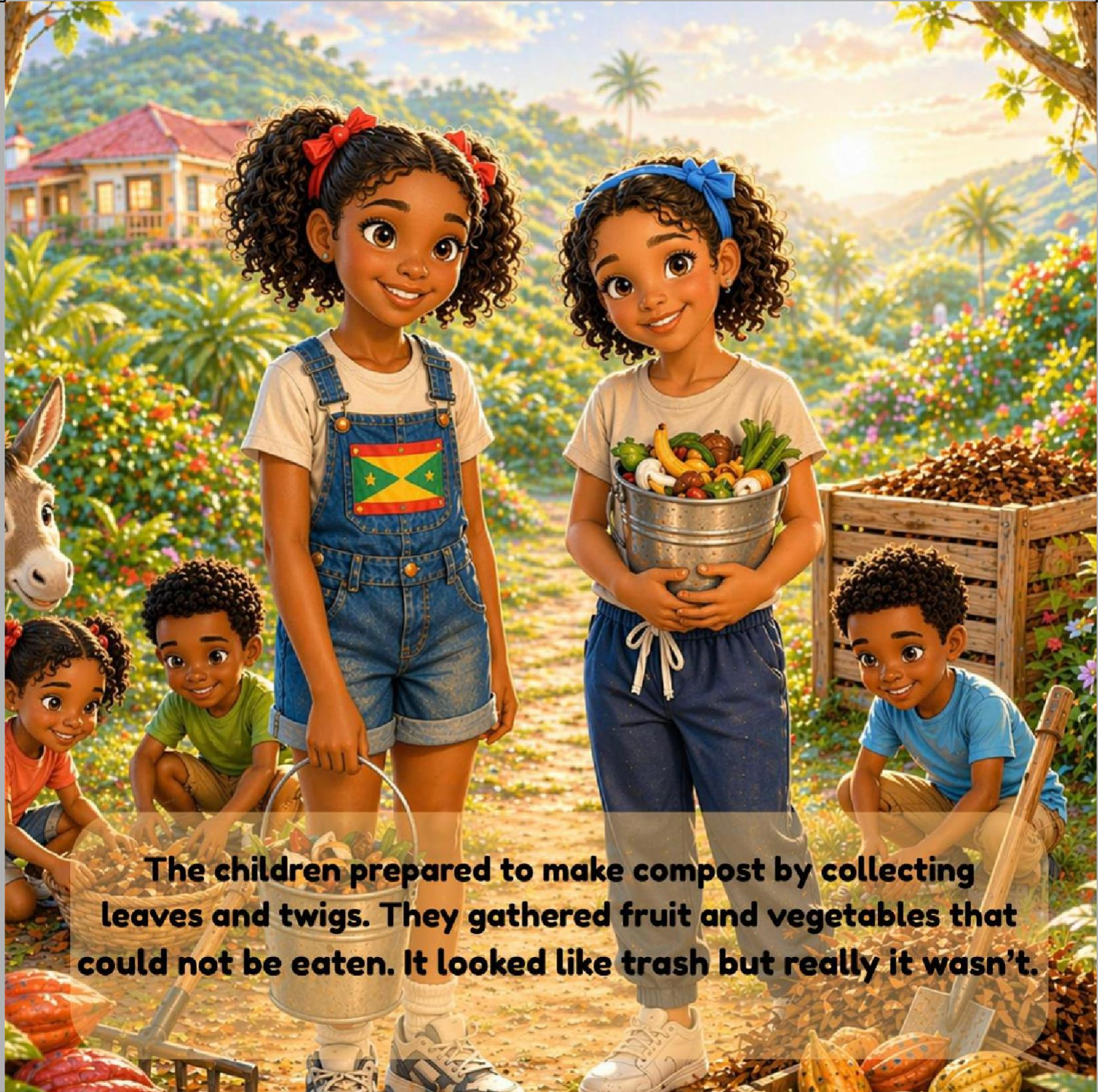


Food scraps like banana peels can turn into rich compost. This becomes food for the plants. Clothes, shoes and sweets don't belong in a compost pile!



Kaedi and Meghan asked the neighbors and others in the community to come help. The next day, they helped lead the effort to begin rebuilding Belmont Estate's farm.

Many hands make for light work. Communities should always help each other!



The children prepared to make compost by collecting leaves and twigs. They gathered fruit and vegetables that could not be eaten. It looked like trash but really it wasn't.

They built a compost pile with brown leaves and green food scraps. A little soil was added between each layer. It is Zumbie approved!

Scan the QR code to see videos about composting and other farming topics including a video with donkey bloopers!



FOOD SCRAPS
GREEN FOOD SCRAPS
LAYER 1
BROWN LEAVES & TWIGS



BROWNS:
Carbon-rich

GREENS:
Nitrogen-rich

One scoop of soggy leaves, two carrot tops, and a sprinkle of magic dirt!

Someone even pretended to be a "Compost Chef," announcing each new ingredient.

COMPOST CHEF'S SECRET RECIPE:
2 PARTS BROWNS (Leaves)
1 PART GREENS (Scraps)
1 PART SOIL (for flavor)
A SPRINKLE OF WATER.
BON APPÉTIT!

BELMONT
COMPOST KITCHEN



SECRET RECIPE!

BELMONT
COMPOST KITCHEN

COMPOST CHEF'S
SECRET RECIPE:
2 PARTS BROWNS (Leaves)
1 PART GREENS (Scraps)
1 PART SOIL (for flavor)
A SPRINKLE OF WATER.
BON APPÉTIT!

The children laughed as they worked together.
Banana peels flew through the air like silly yellow boomerangs.



One boy jumped when a tiny bug
crawled up his leg.
Everyone burst into laughter.

Scan the code
for a song
about composting



COMPOST CHEF'S
SECRET RECIPE:
2 PARTS BROWNS (Leaves)
1 PART GREENS (Scraps)
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A SPRINKLE OF WATER.
BON APPÉTIT!

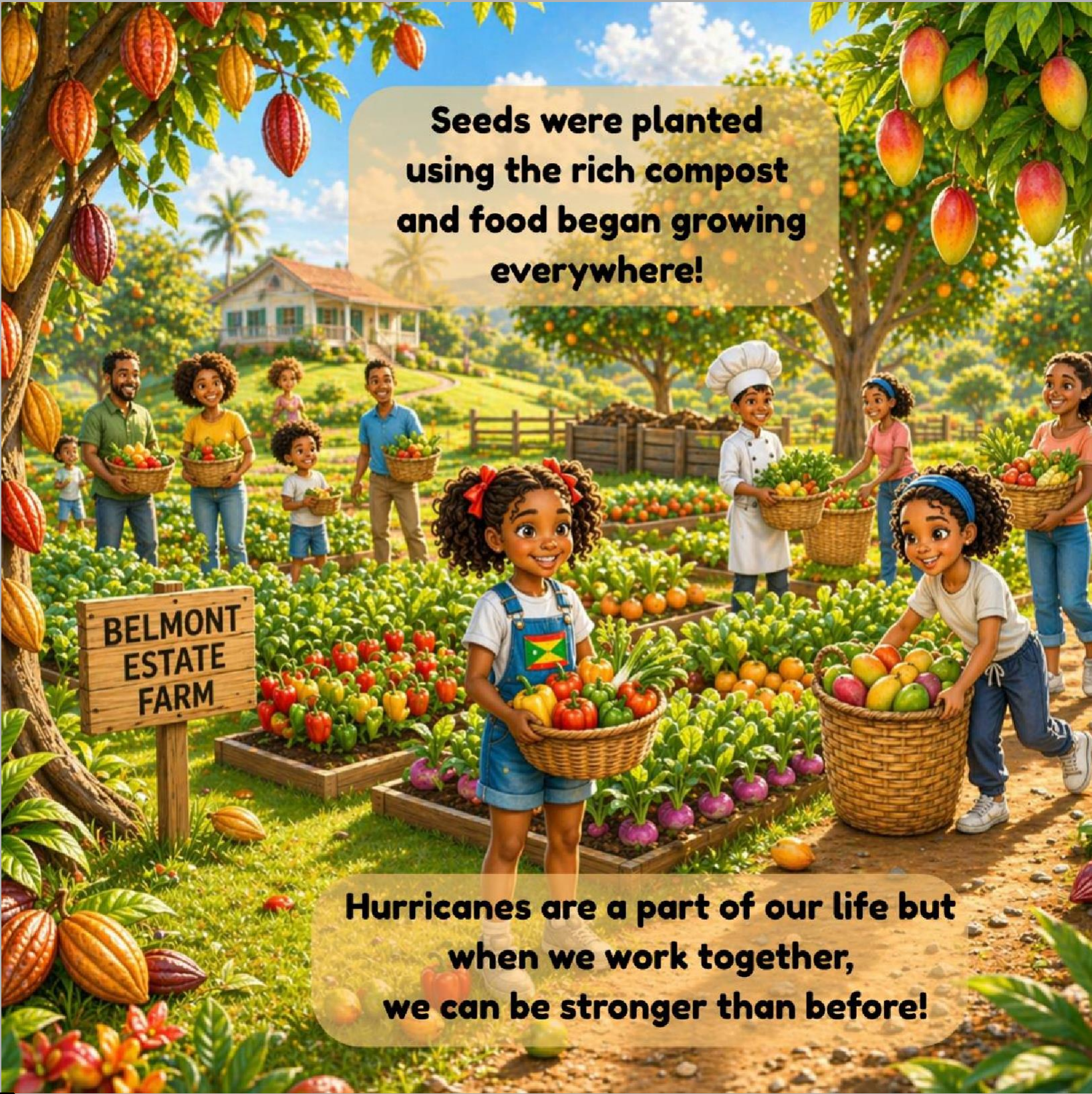
Meghan tried turning the compost with a giant shovel. Kaedi used a pitchfork. Teamwork is the best way to get it done!



By afternoon, the children were muddy and proud. The stormy mess was turning into rich soil.




**Worms are soil superheroes!
They help turn old leaves
and scraps into rich soil!**




**Seeds were planted
using the rich compost
and food began growing
everywhere!**

**Hurricanes are a part of our life but
when we work together,
we can be stronger than before!**



**Whenever you eat something
yummy, save the seeds!**

**When the time is right,
plant them in the soil.**



Zumbee moves tiny grains of pollen from one flower to another. This is called pollination and helps food grow!

Zumbee has a cartoon where she saves her sister bees so they can pollinate food for us. Scan the QR code to see it!



Farmers change what they plant and where they plant it each year. This is called crop rotation, and it helps keep the soil strong.

Short crops can be moved around each season to help the soil stay strong. While trees stay still and keep growing year after year.



Rain is one of nature's greatest gifts. At Belmont Estate, farmers collect and save rainwater. This is called rainwater harvesting.

You can put containers outside to collect rain to water your garden too!



Kaedi Ettienne is a 13-year-old girl, born in Guyana but raised in Grenada. She has a passion for many things such as farming, music, and drawing. She is also an Indian dancer with the Belmont Bells. She grew up surrounded by different cultures and is quite extroverted. This book is one of her best memories since it is her first book and she intends to write more. She is currently a form 2 student at the St Andrew secondary school.

Meghan Noel is 14 years old and lives on the Belmont Estate farm in Grenada. She attends St. Joseph's Convent in Grenville. In her free time, Meghan enjoys spending time with her family, assisting with farming duties, playing video games, and going out with friends. In the future, she hopes to become an entrepreneur and manufacture products made from natural fruits and vegetables.



Dr. Vernessa Noel is a dental surgeon, community advocate, and farmer who is passionate about helping people and caring for the land. She works in both public health and private practice while also supporting her family's farm and agricultural business. Living on the farm, she helps grow crops and create products that support healthy, local food systems. She is also raising her daughter, Meghan, to love nature, practice sustainability, and care for the environment.

Stacy Sarius was born in Orealla, Guyana, and is proud to be part of the Arawak tribe. She learned the importance of sharing, working together, and caring for others, values that reflect the spirit of island life. At Belmont Estate, she works on the farm and is part of the community that helps grow, serve, and support sustainable farming and local food. She takes pride in her daughter, Kaedi, as she begins her journey as a young storyteller while learning to value family, culture, and caring for the land.





Dr. Efua Akoma is the Project Lead of the Island Life Project. The project spans Grenada, Saint Lucia and Dominica and is a meaningful initiative created to inspire children to become storytellers, authors and farmers. Her passion is helping young people discover their voices while learning about sustainability and the importance of agriculture. Through this work, she hopes to guide children in understanding how caring for the land supports stronger, healthier communities. Her heart for this project reflects a deep desire to see children grow as confident creators, connected to their culture, their environment, the land and the food it produces, and the world around them.

Shadel Nyack Compton is the Managing Director of Belmont Estate in Grenada, a historic organic farm. Her passions are sustainable farming, community development, and sharing Caribbean agricultural heritage. Shadel is also an Attorney-at-Law and business leader who believes in purpose-driven enterprise. Guided by faith and service, she is committed to educating youth, empowering communities, and preserving the environment for future generations.



Belmont Estate is a historic, family-owned organic farm. Dating back to the 1600s with continuous family stewardship for over 80 years, the estate is a leading example of sustainable agriculture, agro-processing, and agritourism in the Caribbean. Belmont Estate produces high quality chocolate, spices, and artisanal products while supporting a network of local farmers. Visitors experience the journey from farm to finished product through guided tours, dining, and cultural activities. Committed to sustainability, education, and community development, Belmont Estate continues to inspire a healthier, more connected way of living.



Keep the Learning Growing!

You've explored the beauty of island life, their families, culture, and farming the land that feeds us. But the journey doesn't end here... it's just beginning!



Scan the QR code for Think and Play Village's website! Get access to:

- Fun, hands-on worksheets**
- Short videos that bring each lesson to life**
- Real interviews with farmers and tons of extras!**



These activities are part of the ASTEEAMS Curriculum where Agriculture, Science, Technology, Engineering, Entrepreneurship, Art, Math, and Sustainability come together to help you explore the world in exciting ways.

