

At **ESQWA FARMS**,  
the land is full of life, love,  
and stories waiting to be learned.

Through Beloved's eyes, we see how the farm is cared for by his father and guided by the wisdom of his great-grandmother, whose teachings live in every corner of the soil. She reminds them that the earth is not just something we use; it is something we respect, protect, and grow with.

As Beloved works alongside his father, he learns simple but powerful ways to care for the land:

- turning scraps into compost to nourish the soil,
- collecting rainwater to help plants grow, and
- living in harmony with animals and nature.

With each seed he plants, he learns patience.  
With each new sprout, he feels joy.

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# Saint Lucia's Island Life

Where Family, Culture and Farms Thrive



Written By: Kishma Serieux  
and Beloved Oliviere



# **Saint Lucia's Island Life**

**Where Family, Culture and Farms Thrive**

**Written by: Kishma Serieux and Beloved Oliviere**

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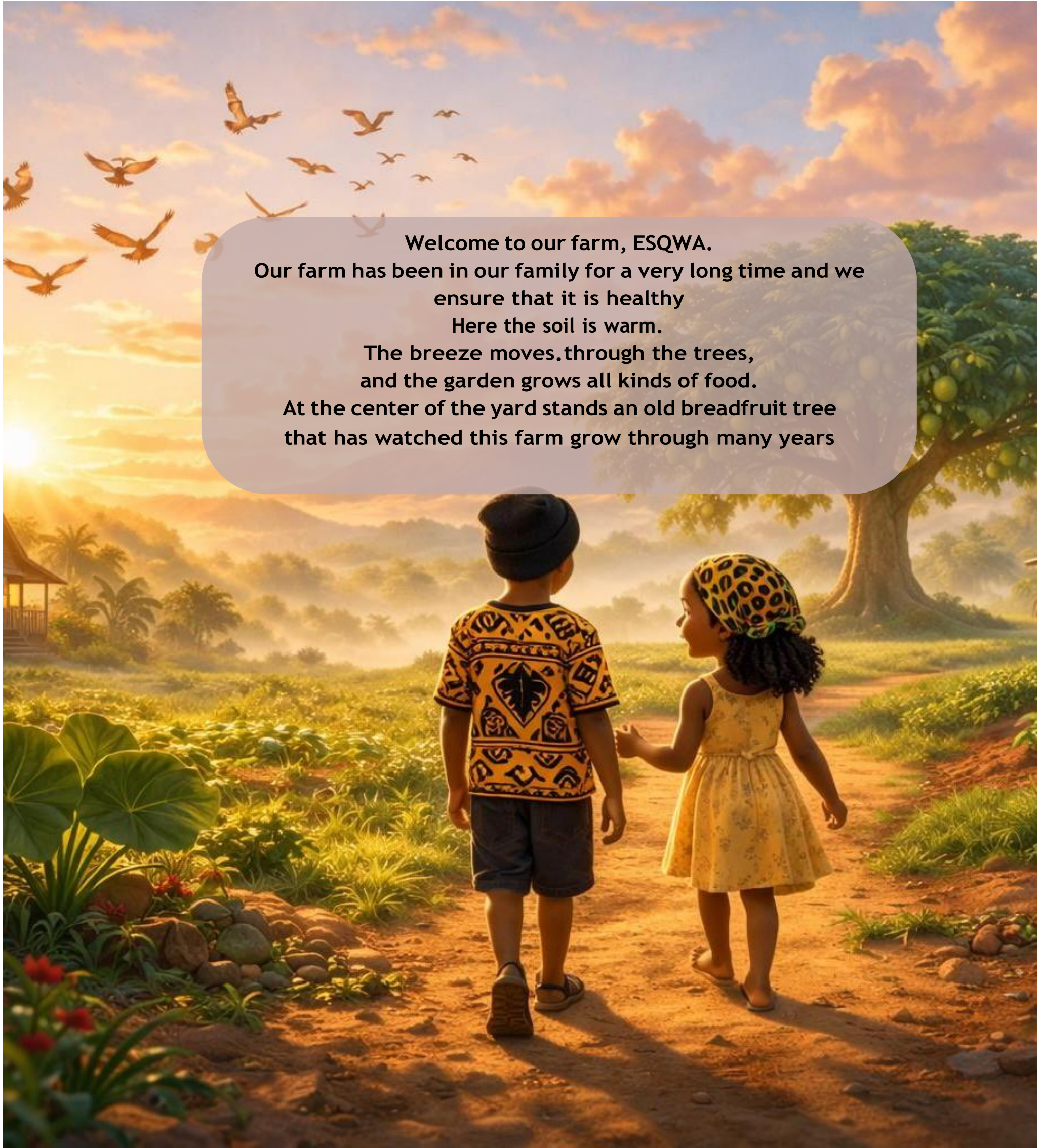
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**Inspired by  
Esqwa Farms,  
the farming families, and the rich traditions of Saint Lucia;  
where land, culture, and community are deeply rooted.**

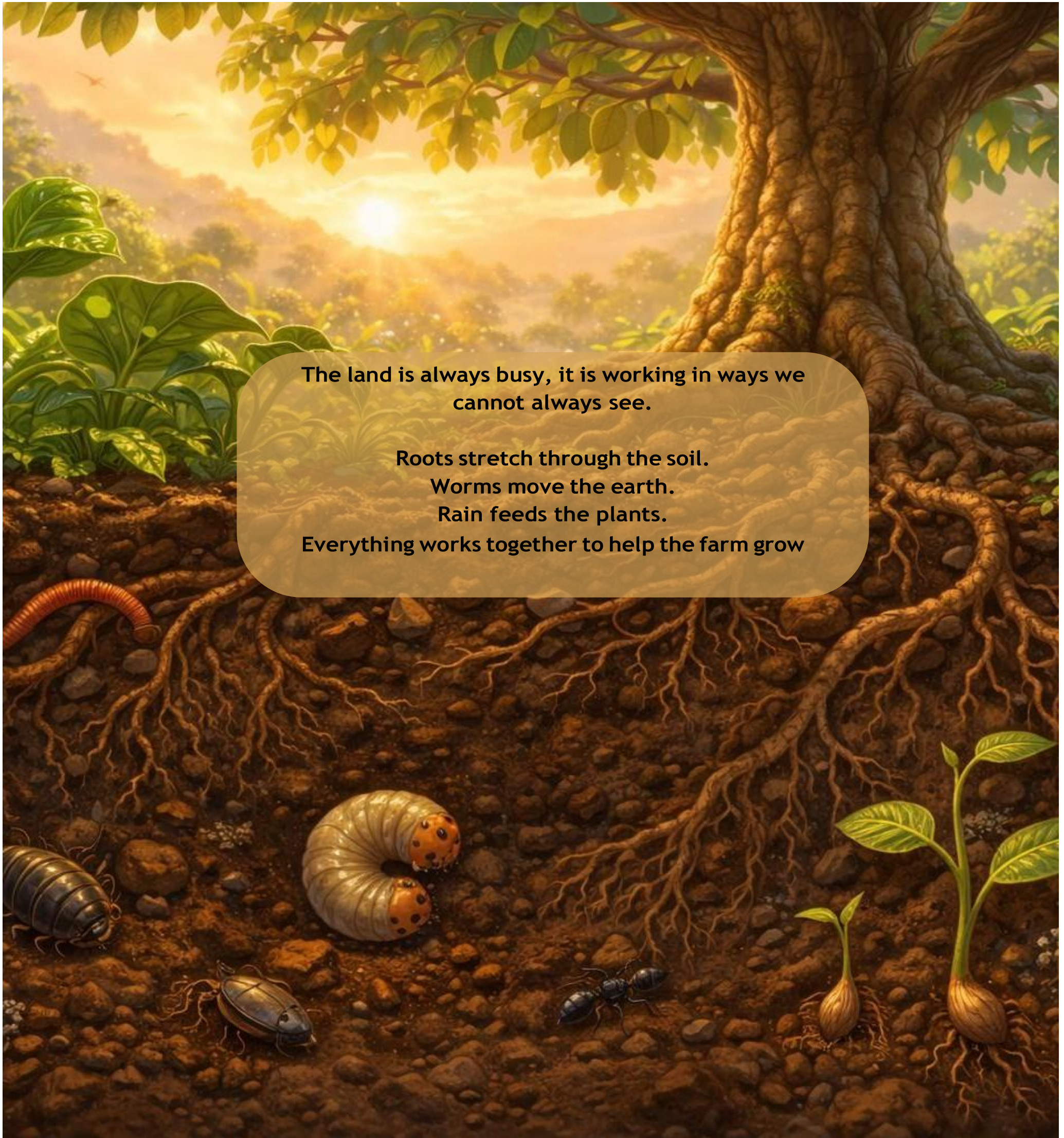
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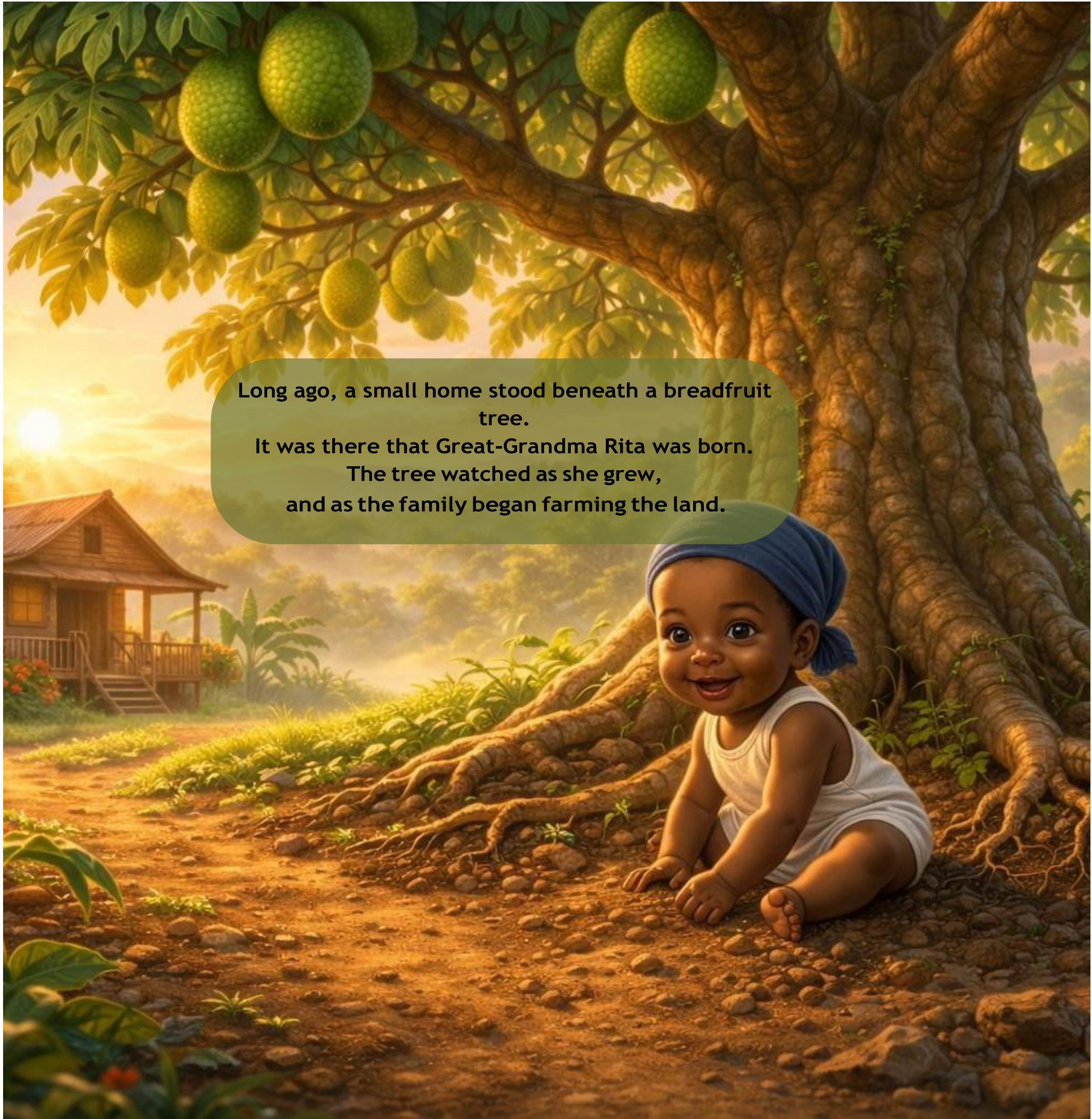
Welcome to our farm, ESQWA.  
Our farm has been in our family for a very long time and we ensure that it is healthy  
Here the soil is warm.  
The breeze moves through the trees,  
and the garden grows all kinds of food.  
At the center of the yard stands an old breadfruit tree that has watched this farm grow through many years



The land is always busy, it is working in ways we cannot always see.

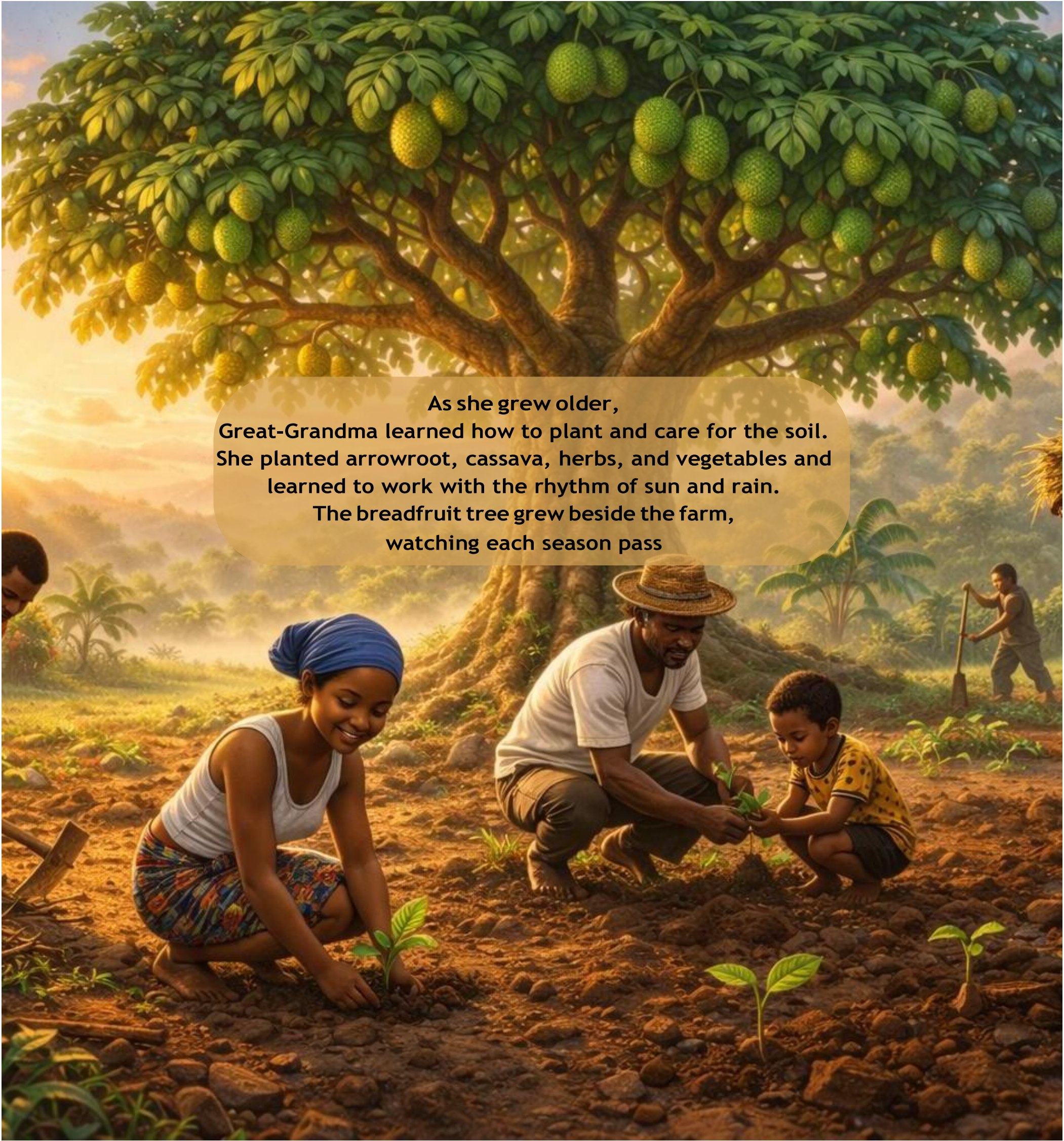
Roots stretch through the soil.  
Worms move the earth.  
Rain feeds the plants.

Everything works together to help the farm grow

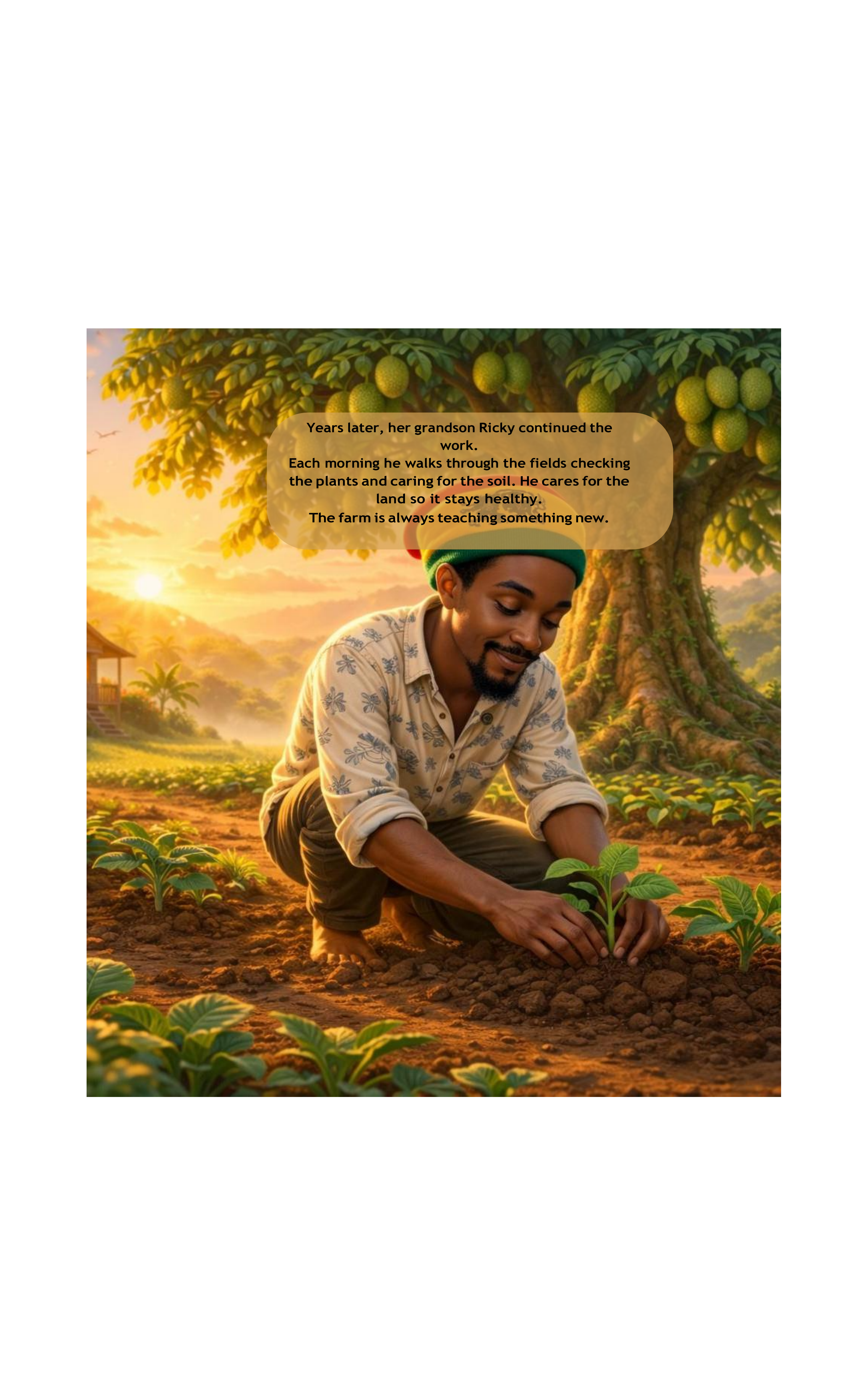


Long ago, a small home stood beneath a breadfruit tree.

It was there that Great-Grandma Rita was born.  
The tree watched as she grew,  
and as the family began farming the land.



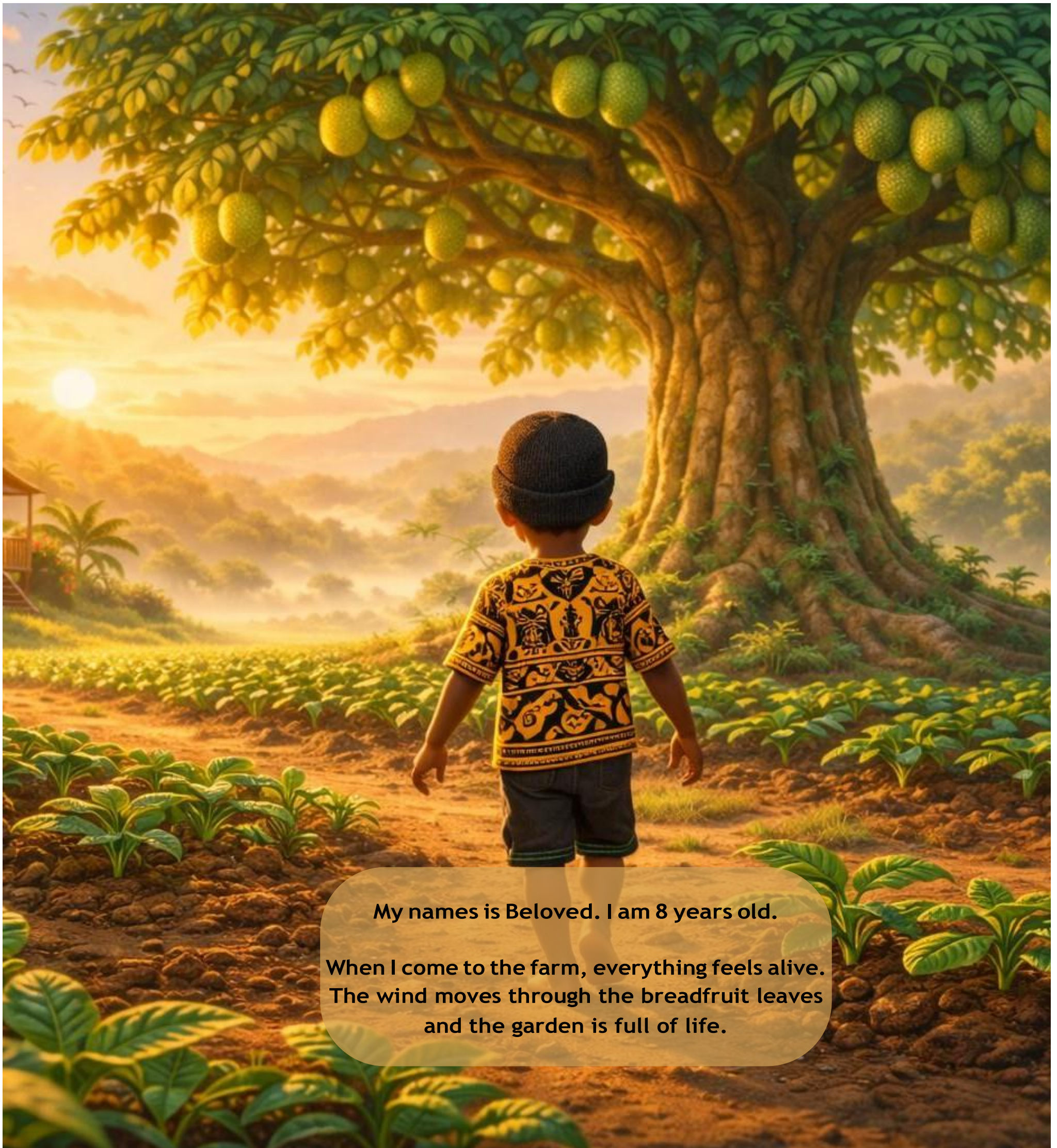
As she grew older,  
Great-Grandma learned how to plant and care for the soil.  
She planted arrowroot, cassava, herbs, and vegetables and  
learned to work with the rhythm of sun and rain.  
The breadfruit tree grew beside the farm,  
watching each season pass

A man with a beard and a green and white beanie is kneeling in a field, planting a small green seedling into the soil. He is wearing a light-colored shirt with a blue floral pattern and dark pants. The field is filled with rows of similar seedlings. In the background, there is a large tree with green fruit, a small house, and a sunset over a valley.

Years later, her grandson Ricky continued the work.

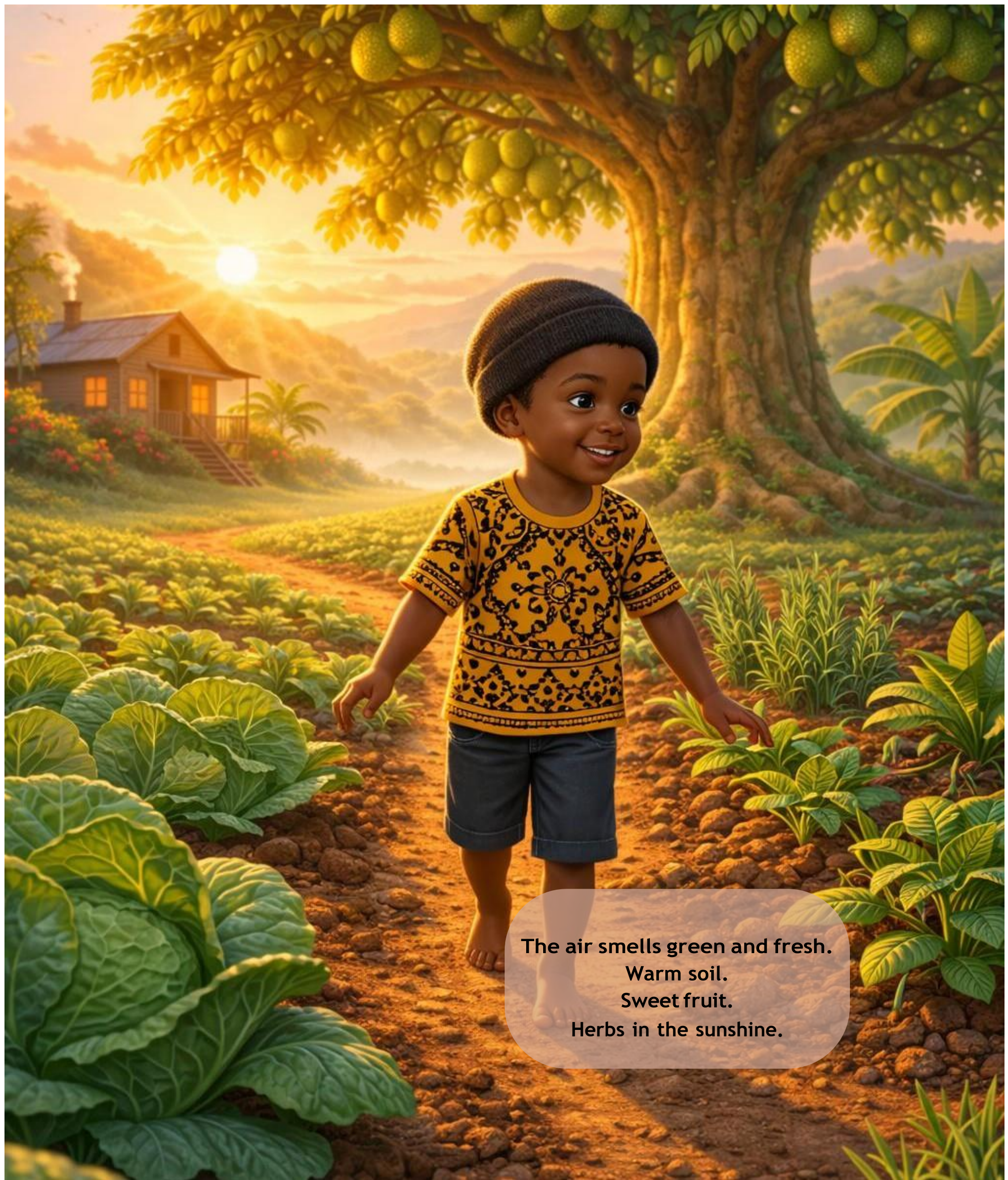
Each morning he walks through the fields checking the plants and caring for the soil. He cares for the land so it stays healthy.

The farm is always teaching something new.

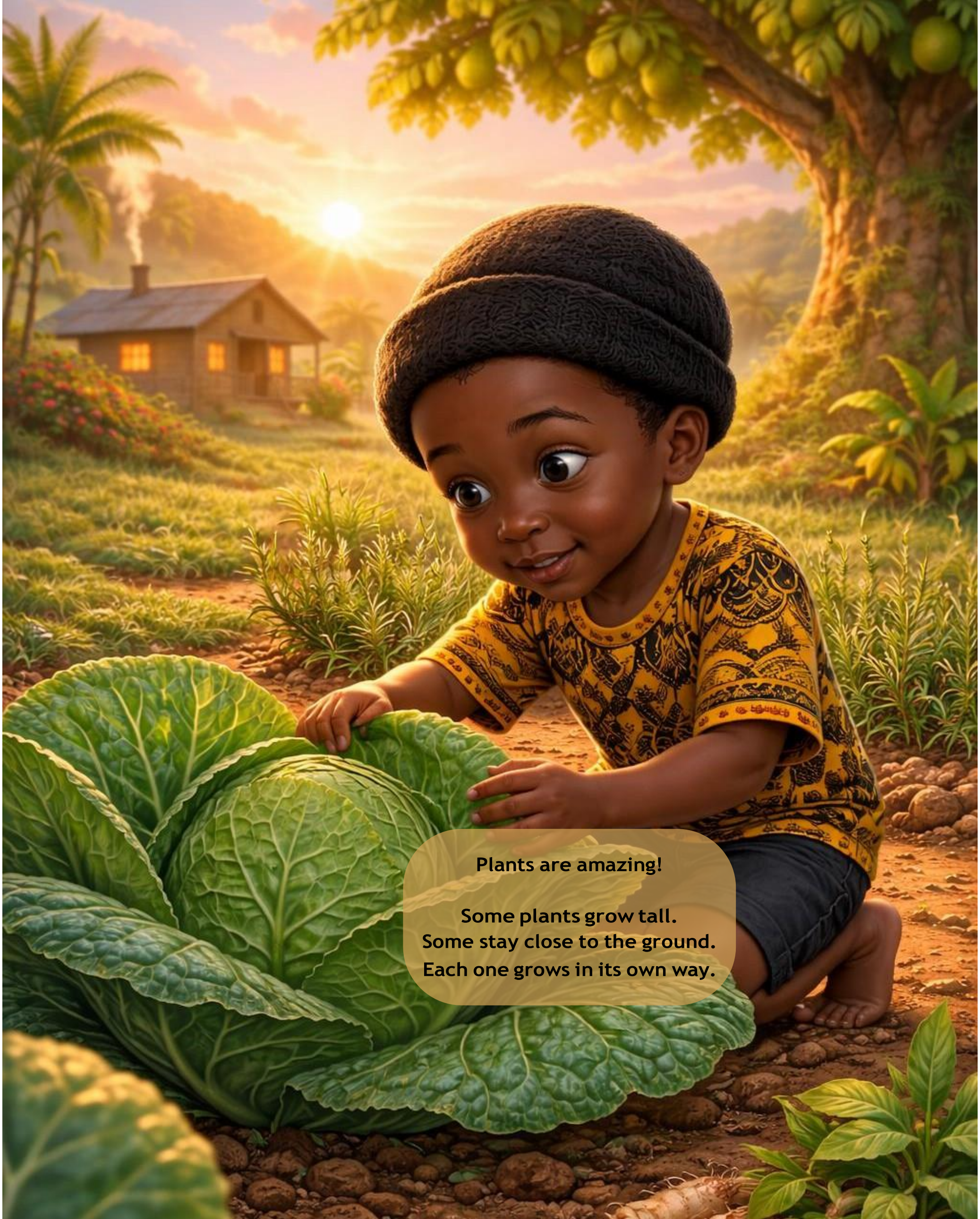


**My names is Beloved. I am 8 years old.**

**When I come to the farm, everything feels alive.  
The wind moves through the breadfruit leaves  
and the garden is full of life.**

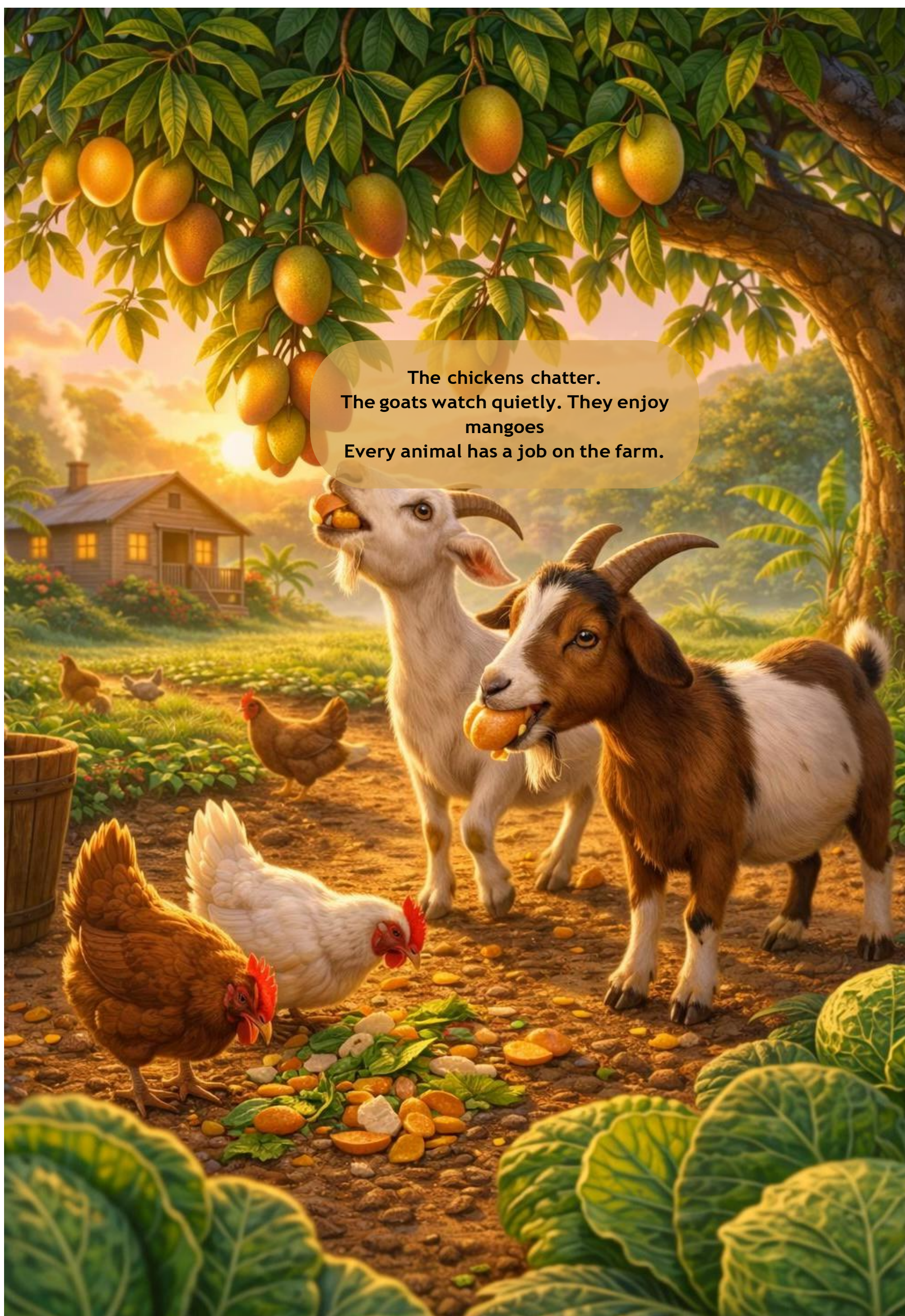


The air smells green and fresh.  
Warm soil.  
Sweet fruit.  
Herbs in the sunshine.



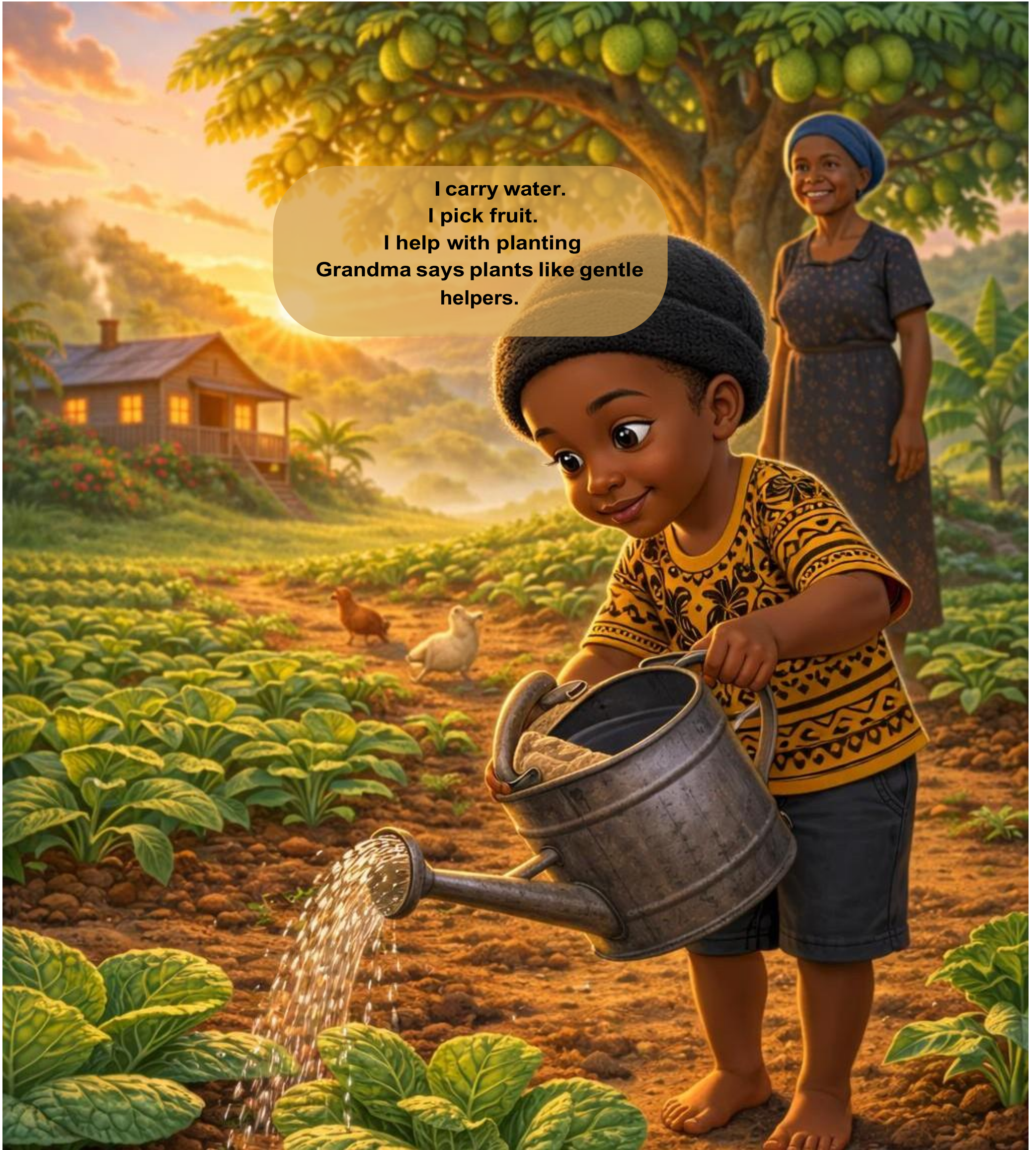
**Plants are amazing!**

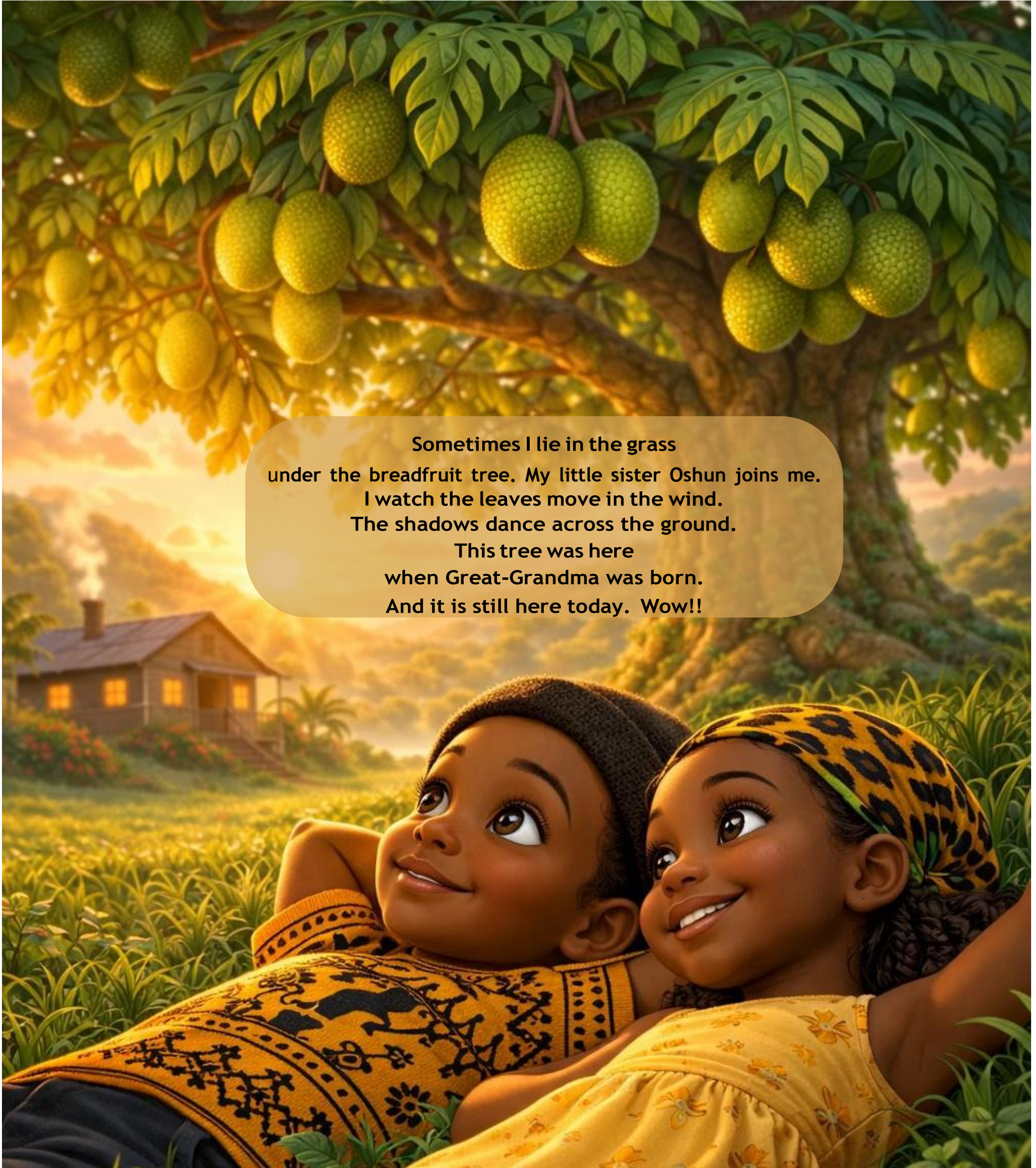
**Some plants grow tall.  
Some stay close to the ground.  
Each one grows in its own way.**




The chickens chatter.  
The goats watch quietly. They enjoy  
mangoes  
Every animal has a job on the farm.

I carry water.  
I pick fruit.  
I help with planting  
Grandma says plants like gentle  
helpers.





Sometimes I lie in the grass  
under the breadfruit tree. My little sister Oshun joins me.  
I watch the leaves move in the wind.  
The shadows dance across the ground.  
This tree was here  
when Great-Grandma was born.  
And it is still here today. Wow!!



**My father says that the land must be treated  
gently. Great-Grandma says, “Latè sé lavi. The land  
is life.”**

**Farms need care.**

**Water.**

**Sun.**

**Time.**

**Even small hands can help.**



The farm is not just a place.  
It is people, plants, animals,  
and the land working together.  
It also allows me to earn money when my father sells the  
things that I have planted.

When I leave the farm,  
I carry the feeling of peace with me.  
The farm is always growing, always ready to give and  
receive.



Ginger

Dasheen

Pineapple

Yam


Many foods grow here.  
ginger, pineapple, plantain  
dasheen, yams, spinach, cabbage  
cucumber, guava  
Each plant needs sunlight, soil, and care.

Cucumber

Cabbage

Guava

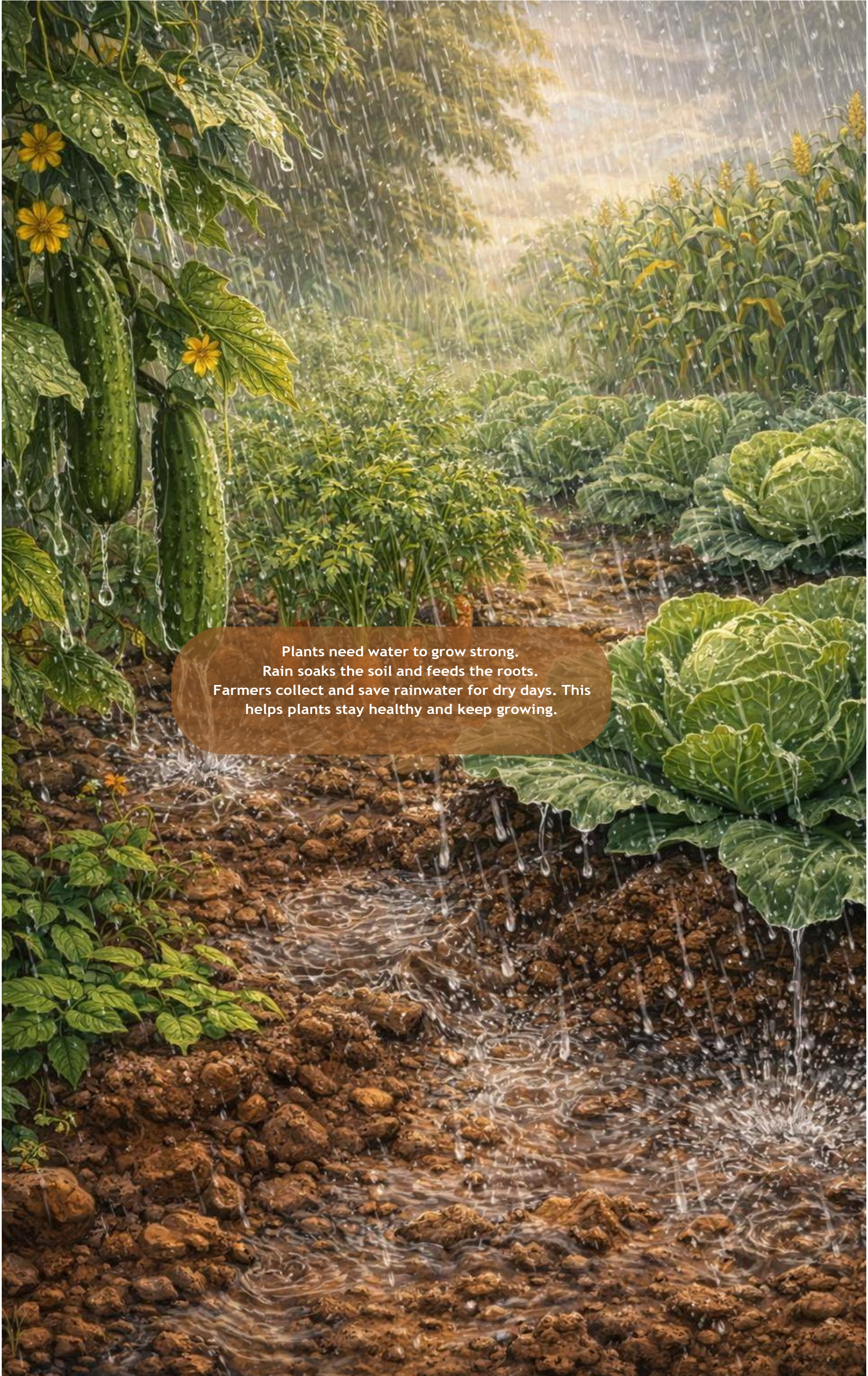
Oranges

A vibrant, painterly illustration of a farm scene. In the foreground, two goats stand on a dirt path. The goat on the left is black and white, while the one on the right is brown and white. Both have curved horns. In front of them, three chickens are gathered: a large rooster with a red comb and blue tail feathers, and two smaller brown hens. The background is a lush tropical landscape with banana trees, palm trees, and a wooden building partially visible on the right. The sky is filled with soft, golden light, suggesting a sunrise or sunset.

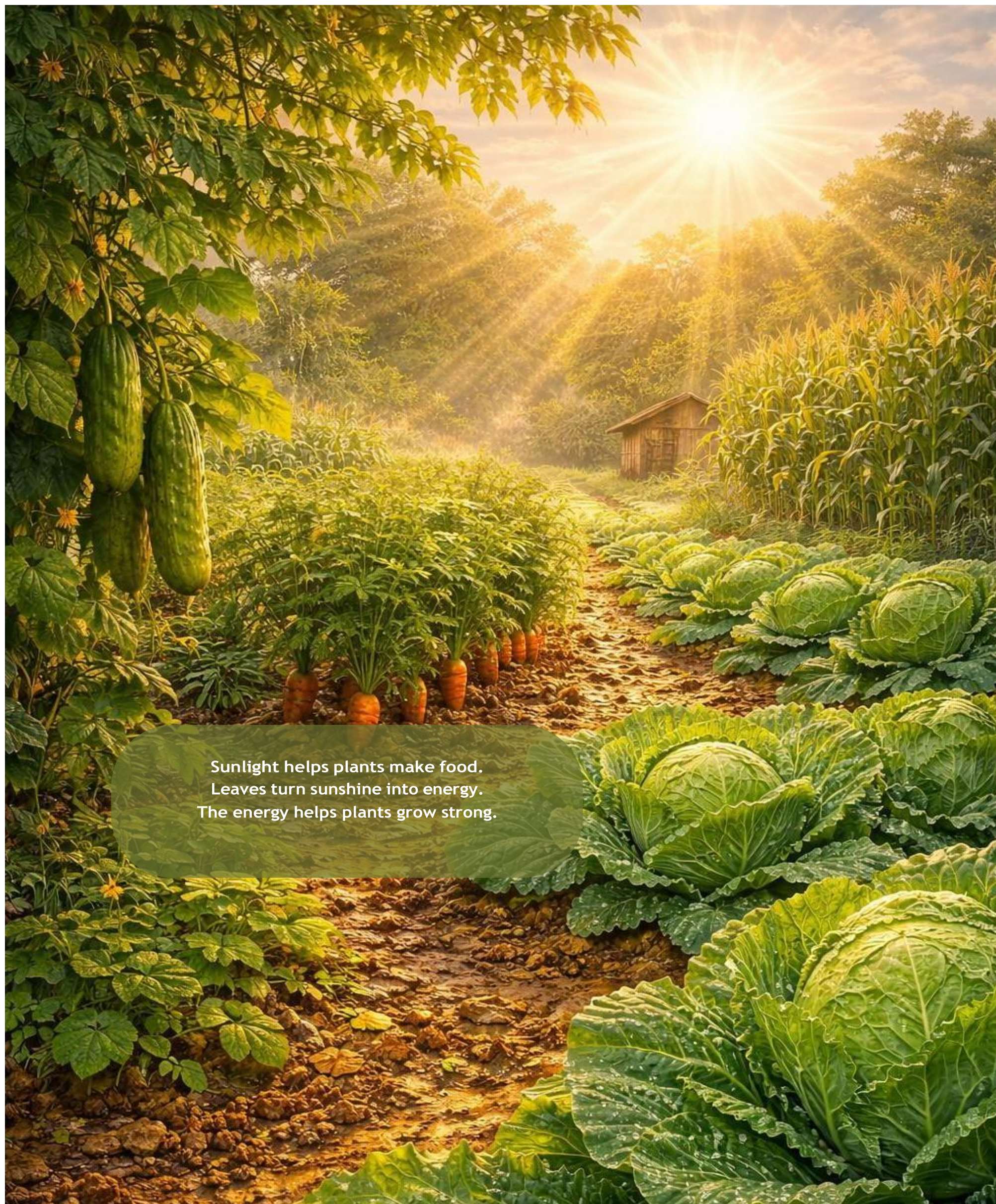
Animals help farms too.  
Goats eat plants that grow too fast and they provide manure.  
Chickens scratch the soil and help keep insects away.



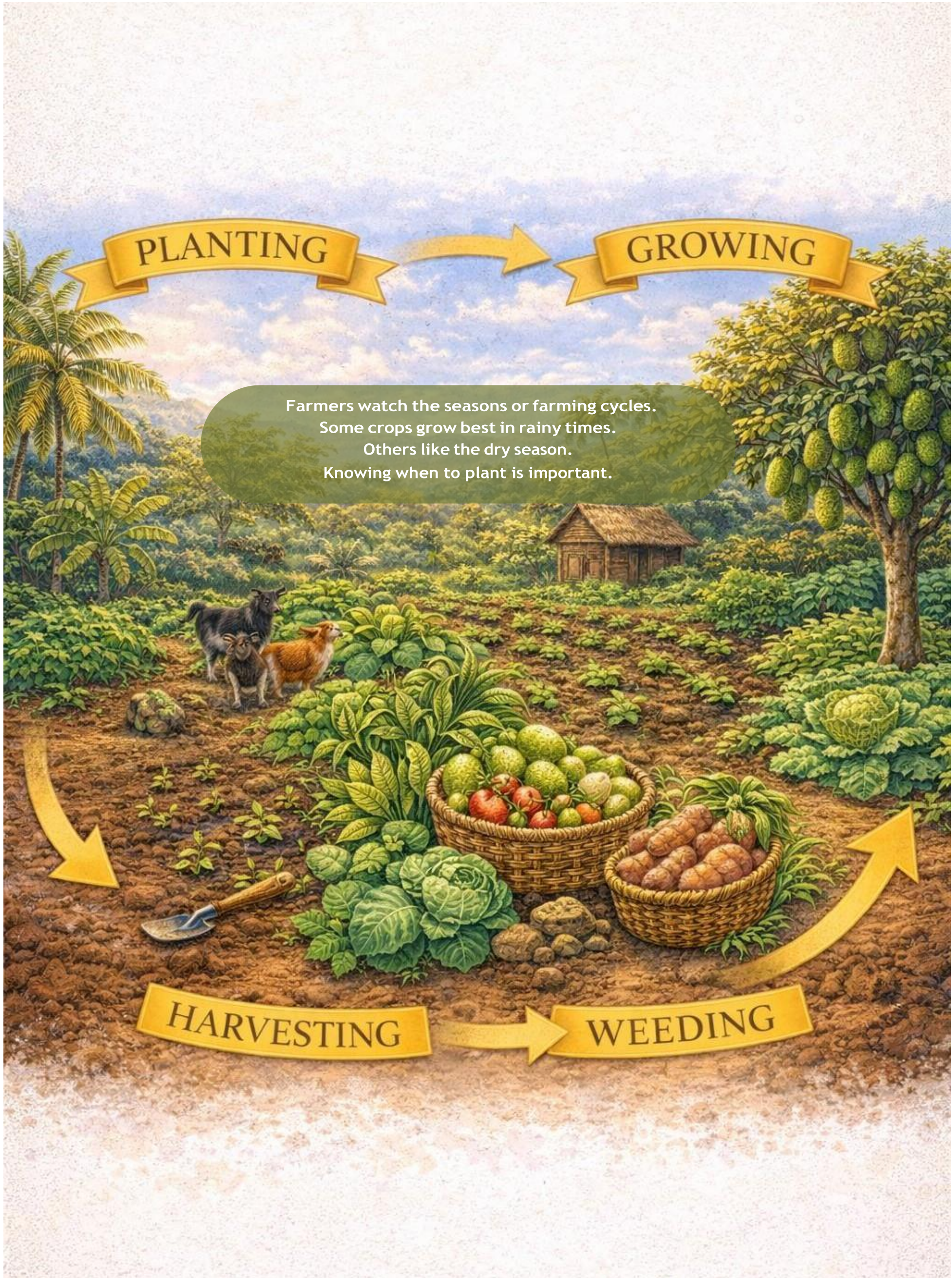
Healthy soil is full of life.  
Tiny creatures help break down leaves and plants.  
This makes the soil rich for growing food.



Plants need water to grow strong.  
Rain soaks the soil and feeds the roots.  
Farmers collect and save rainwater for dry days. This  
helps plants stay healthy and keep growing.



Sunlight helps plants make food.  
Leaves turn sunshine into energy.  
The energy helps plants grow strong.



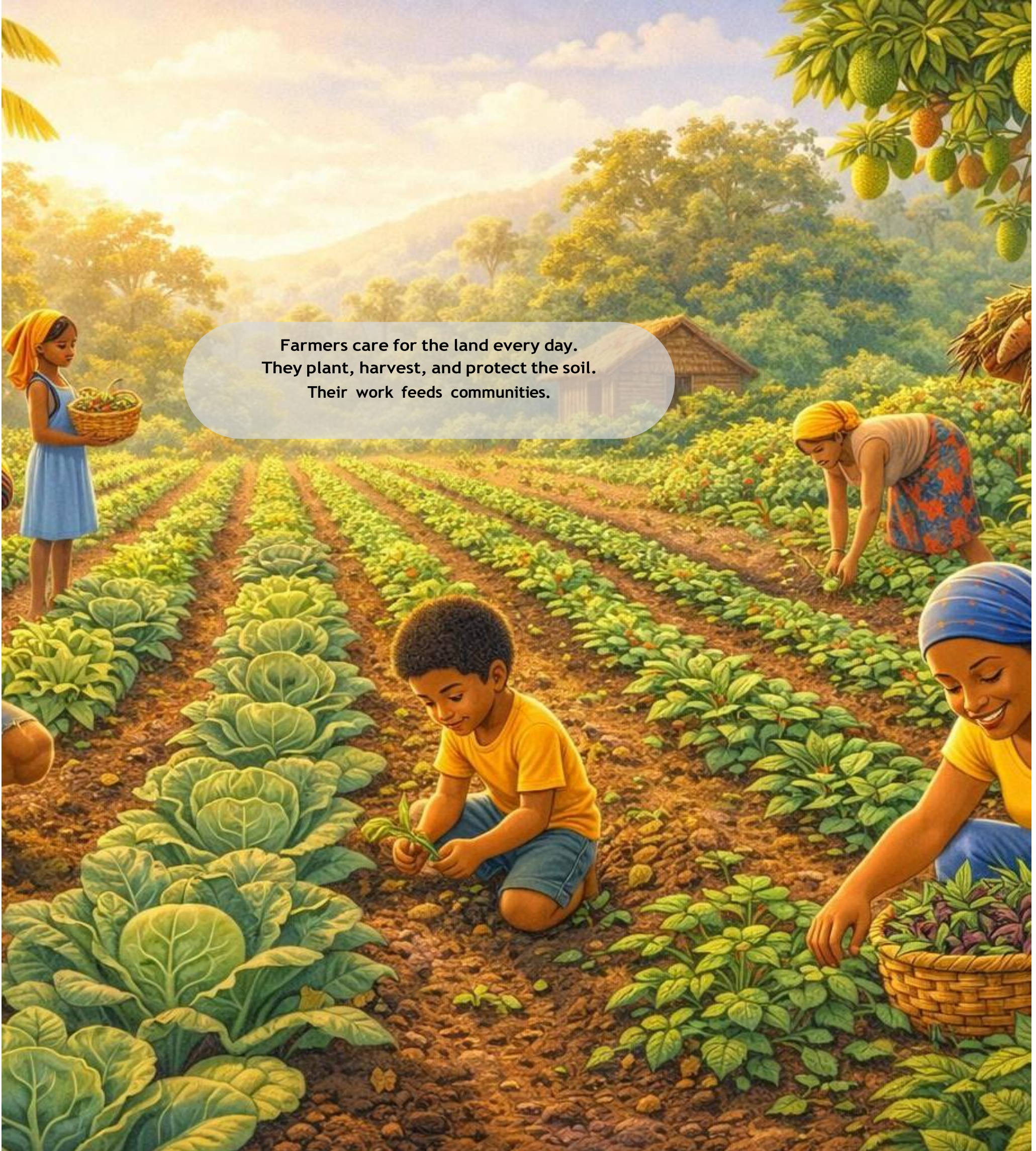
PLANTING

GROWING

Farmers watch the seasons or farming cycles.  
Some crops grow best in rainy times.  
Others like the dry season.  
Knowing when to plant is important.

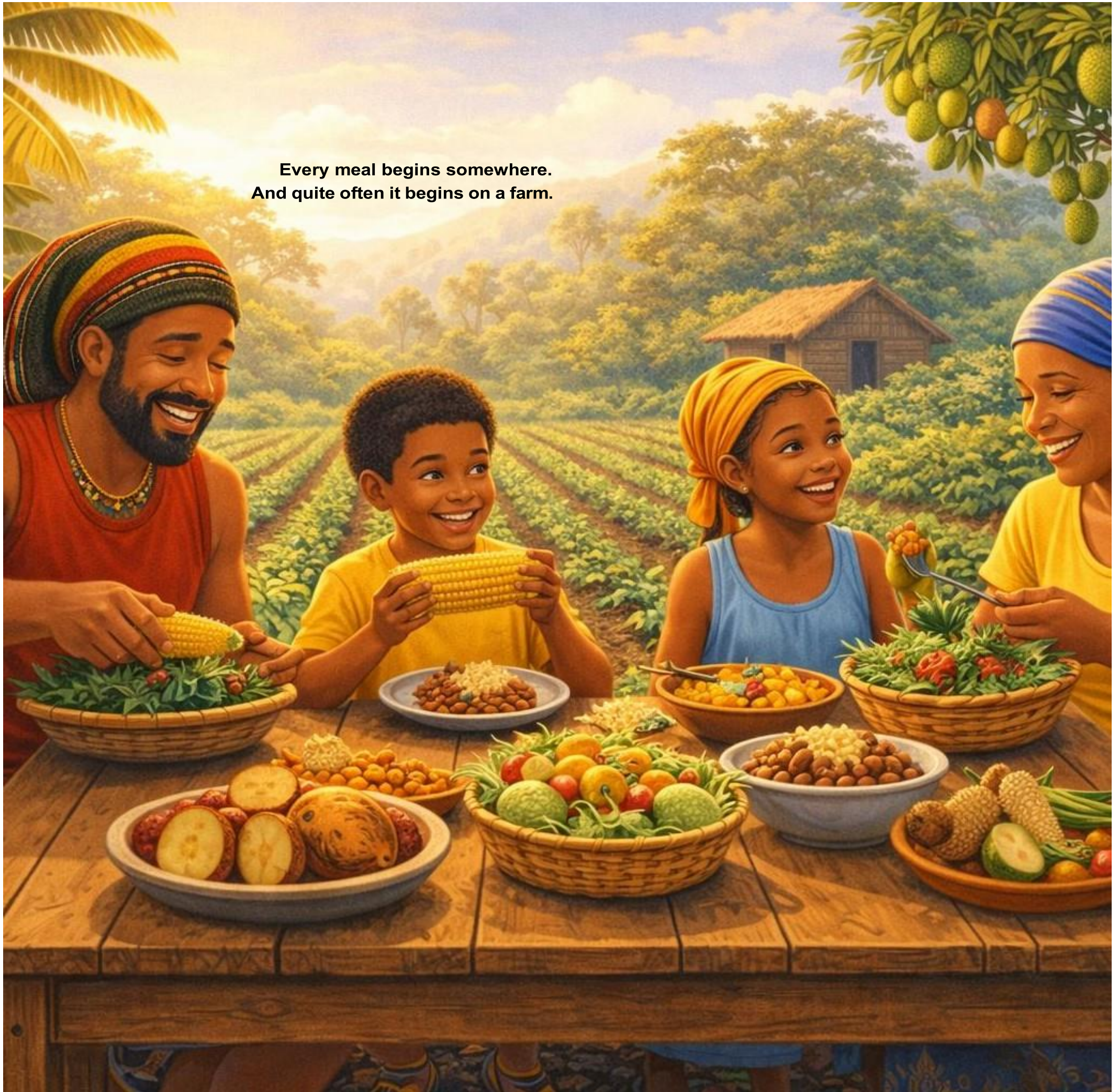
HARVESTING

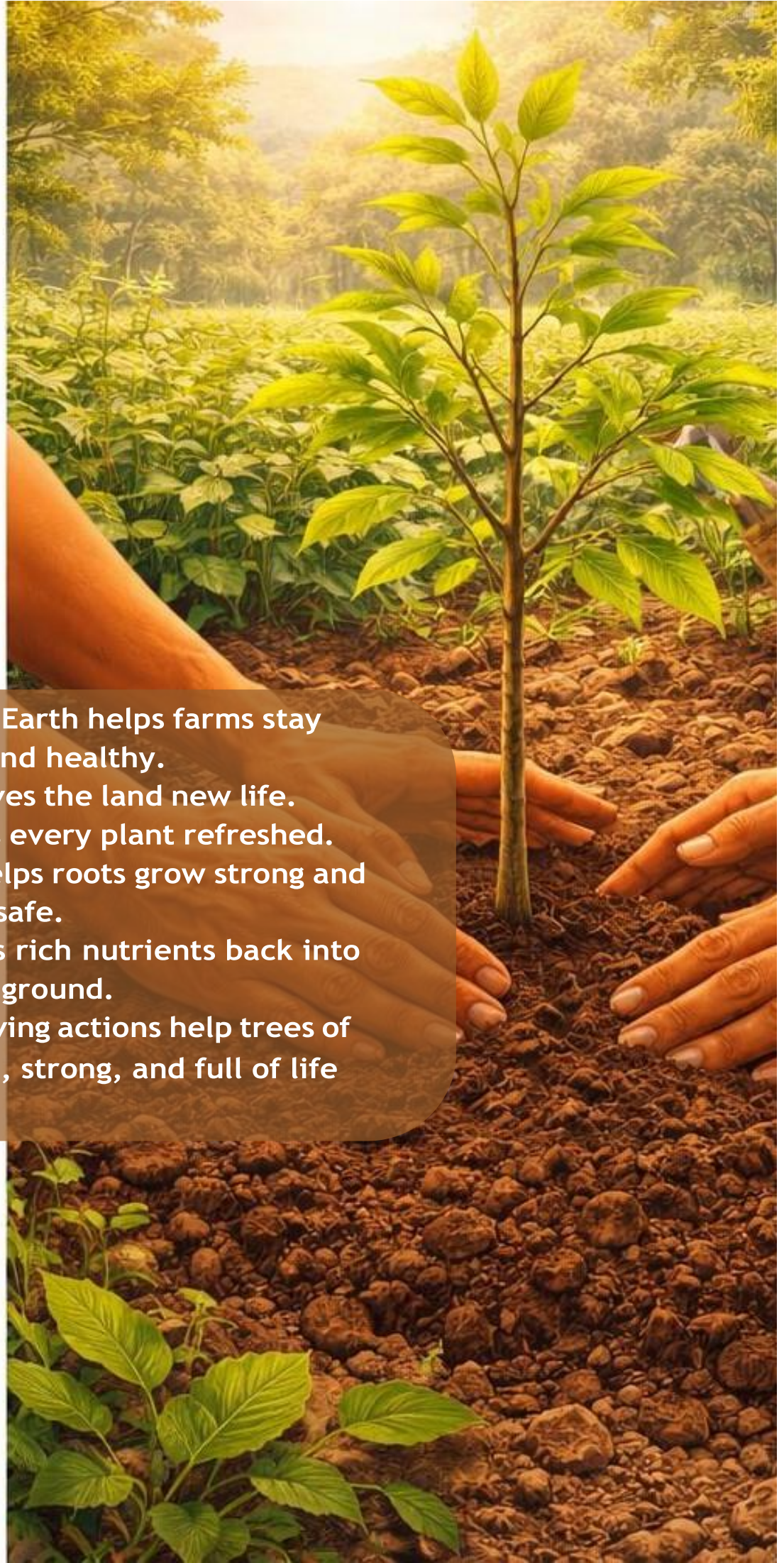
WEEDING



Farmers care for the land every day.  
They plant, harvest, and protect the soil.  
Their work feeds communities.

Every meal begins somewhere.  
And quite often it begins on a farm.



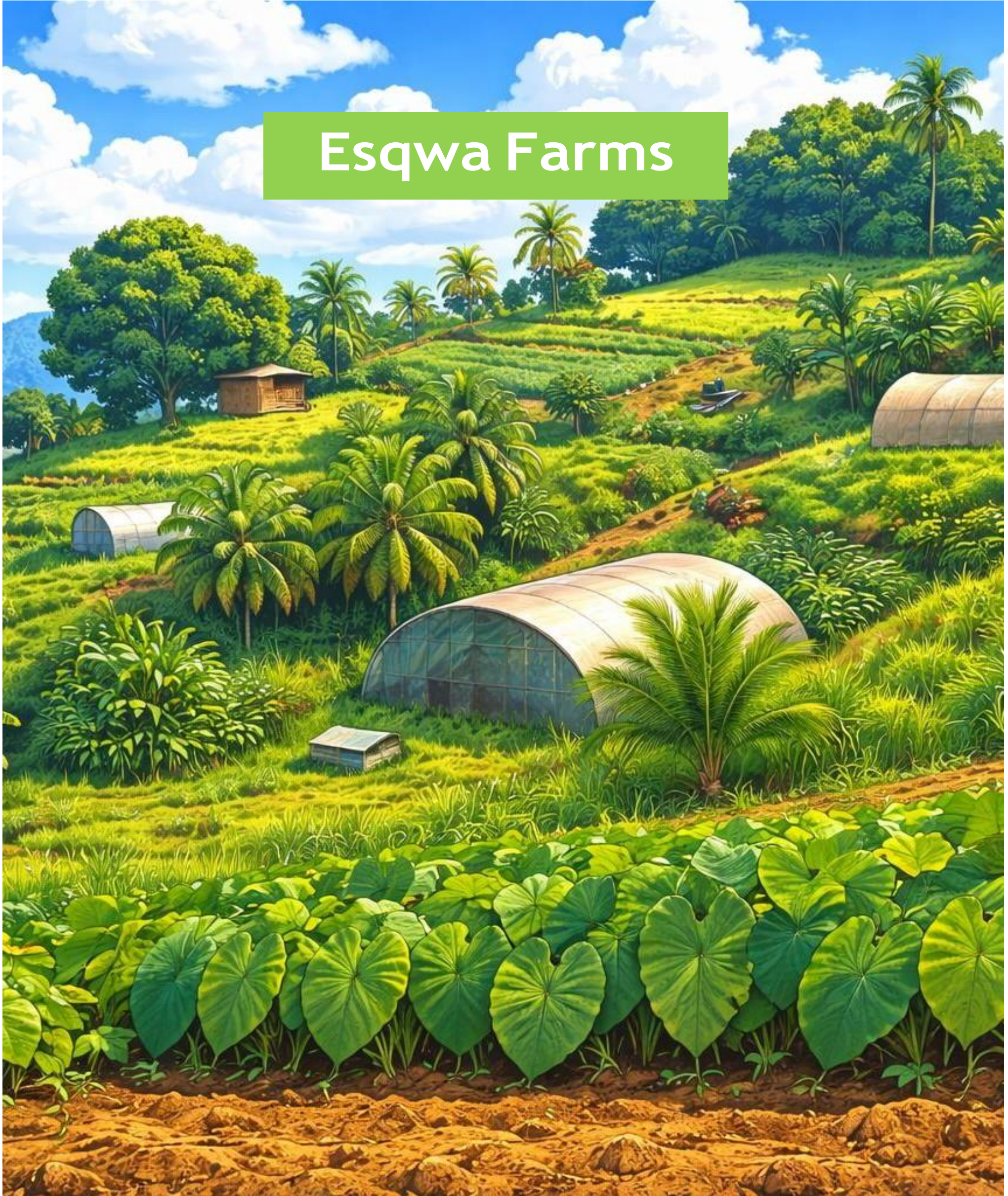


Taking care of the Earth helps farms stay happy and healthy.  
Planting trees gives the land new life.  
Saving water keeps every plant refreshed.  
Protecting the soil helps roots grow strong and safe.  
Making compost adds rich nutrients back into the ground.  
All of these small, loving actions help trees of the future grow tall, strong, and full of life



**Children can help too.  
Plant a tiny seed and watch it grow.  
Water a plant to help it stay strong.  
Respect the land, be kind and gentle.  
Every small action matters, and together, they make a big  
difference.**

# Esqwa Farms



## Voices of Esqwa Farms

**Rita Oliviere– Great-Grandmother**  
Born beneath the breadfruit tree, she learned to grow cassava, arrowroot, herbs, and vegetables and taught the family to care for the land.

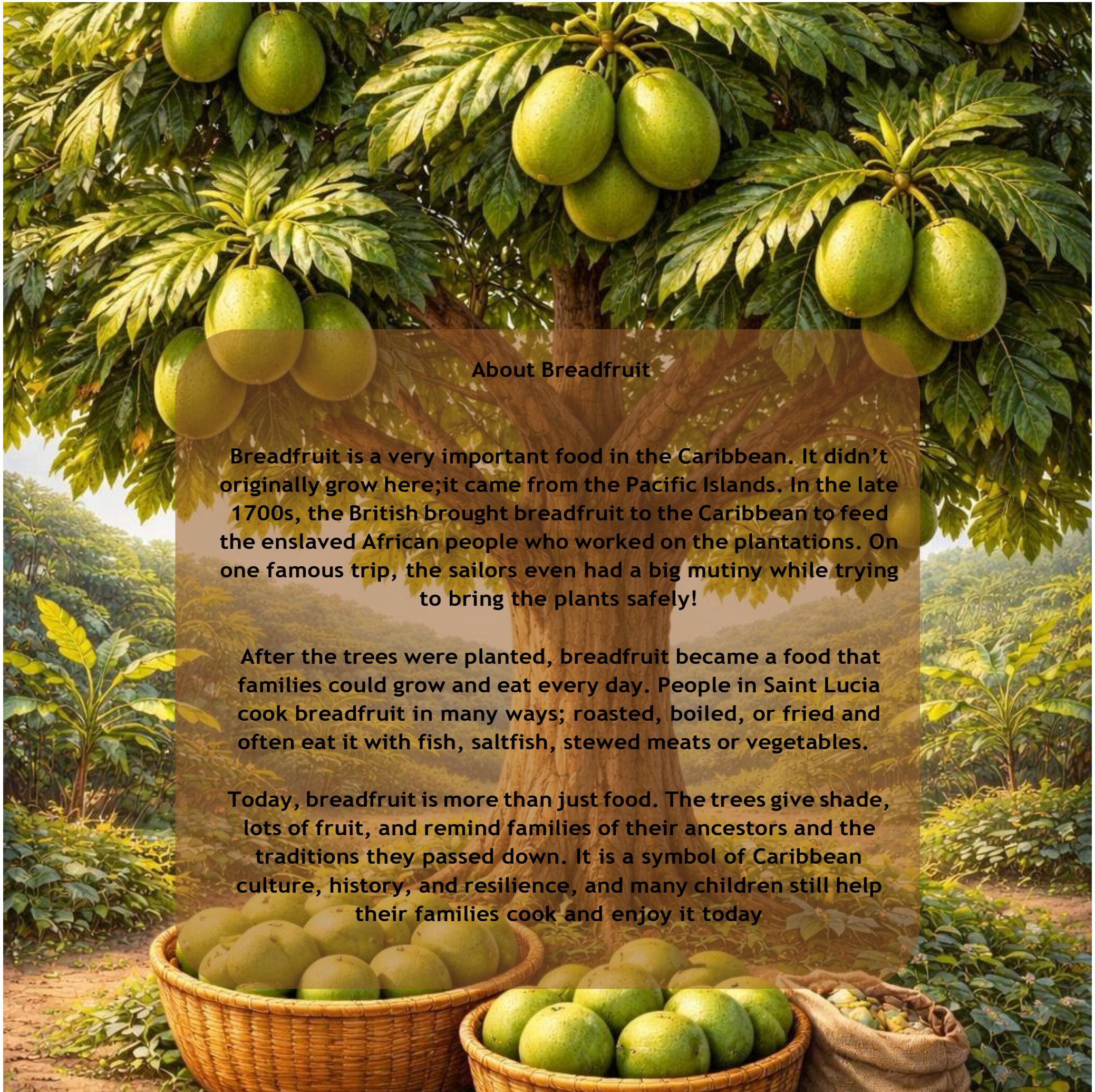


**Ricky Oliviere- Grandson / Father**  
Her grandson now tends the crops and reminds the children that farming means respecting the earth.



**Beloved Oliviere and Oshun Oliviere- The Children**  
The children help plant, water, and watch the garden grow as they learn the ways of the farm.





### About Breadfruit

Breadfruit is a very important food in the Caribbean. It didn't originally grow here; it came from the Pacific Islands. In the late 1700s, the British brought breadfruit to the Caribbean to feed the enslaved African people who worked on the plantations. On one famous trip, the sailors even had a big mutiny while trying to bring the plants safely!

After the trees were planted, breadfruit became a food that families could grow and eat every day. People in Saint Lucia cook breadfruit in many ways; roasted, boiled, or fried and often eat it with fish, saltfish, stewed meats or vegetables.

Today, breadfruit is more than just food. The trees give shade, lots of fruit, and remind families of their ancestors and the traditions they passed down. It is a symbol of Caribbean culture, history, and resilience, and many children still help their families cook and enjoy it today



## Did You Know?

- ◆ In Saint Lucia, farming was more than work; it was a way of life, passed down with love.
- ◆ Children learned by helping in the garden, getting their hands in the soil.
- ◆ Families grew food on small plots called provision grounds.
- ◆ Enslaved Africans planted crops like yam, cassava, plantain, and dasheen.
- ◆ These strong, nourishing foods are still loved in Caribbean cooking today.
- ◆ The Kalinago people cared for the land, treating the soil with respect and wisdom.
- ◆ Neighbors worked together to plant, harvest, and share.
- ◆ Farming traditions helped grow not just food, but community, culture, and love for the land.



## Author's Note

This book is a love letter to Saint Lucia; its soil, its stories, and the generations who have lived in rhythm with the land.

Long before supermarkets and fast living, our ancestors understood that the earth provides. They farmed with care, patience, and respect; using sunlight, saving rainwater, and returning to the soil what it needs to grow again. These were not just methods, but ways of living wisely with nature.

The breadfruit tree, strong and giving, is more than just food; it is memory, survival, and legacy. In many families, like the one in this story, life itself began beneath its branches.

The great-grandmother, Rita, born under the shelter of a breadfruit tree over 80 years ago, stands as a living bridge between past and present. Through her story, and through the eyes of her great-grandson, Beloved, we see that farming is not just work; it is culture, identity, and connection. May this book inspire children to love the land, listen to the stories of their elders, and carry forward the knowledge that has sustained us for generations.

With love and roots.

## **About the Authors**

**Kishma Serieux is a Saint Lucian storyteller, creative, and founder of Ah!frikan Organics. Her work is rooted in culture, healing, and a deep love for community. Through her stories, she creates spaces where children are not only seen but heard; often inviting them to become part of the storytelling process itself.**

**Her children's books are shaped by real Caribbean experiences and are uniquely co-created with young voices. Her first book was written alongside her 11-year-old daughter, and this story was created in collaboration with Beloved, whose life is deeply connected to the land.**

### **Beloved Oliviere**

**Beloved Oliviere is an 8-year-old boy with an old soul and a big love for nature. You can often find him climbing trees, tending to his goats, watering plants, and enjoying life on the farm. He believes in caring for the earth in a natural way and is passionate about protecting the soil by keeping it free from harmful chemicals. His joy, curiosity, and connection to the land bring this story to life.**

**Together, their work reflects a beautiful meeting of generations; where youthful imagination and lived experience come together.**

**It is a reminder that children are not just learners, but storytellers, teachers, and carriers of wisdom.**

# Let's Think and Grow

**You've explored the beauty of island life, their families, culture, and farming the land that feeds us.**

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ways.**

