



Nature Nurtures

Narrative Report September 2023

With contribution by Ms. Shola, farm coordinator Nature Nurtures Project

Activities of the “Nature Nurtures” Project in St. Johns Estate

We are excited to continue on this beautiful project that has proven to be highly beneficial to the community and island at large. We have now introduced various activities in collaboration with the White and Yellow Cross and this will be discussed in the course of the report. This month about 140 people visited the farm. More visitations and volunteering are expected in the upcoming months.

Benefits of our project to nature

Organic farming is the best and this is what we practice. Through this project, birds and other animals feed and protect the farm by keeping bugs away from our crops. We also had a bountiful harvest this month, which was sold to the public at affordable prices, whatever we did not sell, was used by the NKWOKF kitchen.

Notable visitations and educational tours

Several persons visited the farm for various purposes, but educational tours/trainings and visitations connected to the individual healing and mental wellbeing of our clients are very paramount to the success of our project. The following educational tours (visitations) were conducted in the course of the month.



On the 1st of September, 12 clients from the White and Yellow Cross Foundation visited the Nature Nurture Farm. They harvested Okras, counted the seeds and planted them. They received some free watermelon from the farm which they enjoyed when they got back to the Foundation.



On the 1st of September, about 10 students from the NKWOKF visited the farm in the afternoon. They learned about composting and filled up our newly made boxes with compost from recycled plants. They helped to sow the ripped up aquaponic system cover, the cover was ripped apart by the wind. They also learned about the aquaponic system and the construction of the hydroponic system. Both campuses of the NKWOKF received some free organic watermelons from the farm after a day of working hard.



On the 8th of September, about 12 clients visited from the White and Yellow Cross Foundation (Sister Basilia Center). They exercised before getting started with work in order to keep them active and fit. They also filled up the boxes, which are very big, with compost from the farm. Ms. Shola did a presentation on healthy and organic living. At the end of the class, they were given free organic watermelon from the farm.



Just before they left the farm, one of the clients hugged Ms. Shola and gave her an unexpected kiss at the side of her cheek as he told her “Ms. Shola. I love you”. Another student seeing what transpired, also decided to blow many kisses at Ms. Shola as they left the farm. This was heartwarming.

On September 8th, about 12 students visited. They continued to fill up the boxes with soil and also did some work by the aquaponic system. They eventually had to draw the aquaponic system for them to understand the way the system functions.

On the 11th of September, the home of the elderly care at the White and Yellow Cross Foundation received some free watermelon from the farm. Ms. Shola after working by their garden realized how hot the day was and decided to gift them some watermelons to brighten their day.



On the 15th of September, 13 clients from the Sister Basilia Center visited. The weather was extremely hot, and Ms. Shola decided to buy some juice and ice for the clients. They were very happy. They dug some deep holes to enable us to plant some watermelons. They learned about planting on the Island and the soil. Ms. Shola received a lot of hugs and kisses from the clients before they left the farm.

12 students visited from NKWOKF on the 15th of September. They were taught how to plant peanuts and also dug holes for new plants. They learned about the SXM soil and the best way to utilize it.

On September 22nd, about 12 clients from the Sister Basilia Center filled up the second planting box with compost and rich soil. Unfortunately, we could not finish up as we ran out of soil. They pruned some plants and finished sewing the torn system cover. They also helped to remove some unwanted weeds from the farm.



On the 13th of September, the Mental Health Foundation visited and learned about the aquaponic system. They also drew the system. They did some muscle work by helping us to move a pallet of soil closer to the boxes in order to enable us plant. They harvested lots of peppers from the farm which we sold and what was unsold was used by the school kitchen. They also enjoyed some free watermelon and sweet peppers.

On the 22nd of September, about 20 students were taught about setting up a farm and decided to carry out practical farm work by the school's location in Sucker Garden. They were very excited to learn.

On the 29th of September, 10 clients from the Sister Basilia Center visited. They cleaned and pruned. They gifted us some fruits and vegetables leftovers for compost. We are happy about this collaboration.

