

# FOLLOW A FARMER



## JAMAICA

**M**arcus Sewell is a 33-year-old emerging aquaponics farmer in Spanish Town, St. Catherine. He became interested in aquaponics two years ago when he was surfing YouTube and came across a how-to video on building a home system. It sparked his interest, so he decided to design a system that would feed his family and provide high-quality produce to sell to his community.

After a lot of research, Marcus constructed a float-and-drain aquaponics system with five grow beds, two filters, sump tank and fish tank. He planted basil, dill, cilantro, cucumber, broccoli, cauliflower, spinach, parsley, kale, tomato, pepper and arugula in his grow beds.

"I've always loved farming, because I grew up on a farm, but my passion was always for electronics, computers and technology. Farming in Jamaica is traditional, and most farmers don't use much technology. As I learned more about

aquaponics, I realized it would give me the opportunity to introduce technology while using innovation to help produce healthy food."

While searching on YouTube for more information, he came across INMED Caribbean's video and registered for INMED's Increasing Access to Climate-Smart Agriculture program.

"As I've gone through the INMED training, I've met like-minded people and have started to network with them to share information. I've learned about different types of aquaponics systems, system design, types of plants suitable for aquaponics, plant and fish disease, different types of fish, and a lot more in-depth topics that I wasn't able to find easily.

"This training has opened my mind to the next level of how I can create a commercial system for myself as a startup business."



Read more about Marcus Sewell and other farmers at <https://inmedcaribbean.org>

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