



BUSINESS PROFILE



Food Harmony
Saint Lucia
[Website](#)

ABOUT FOOD HARMONY

- **Year of registration:** 2021.
- **Number of employees:** One employee.
- **Business sector:** Agribusiness.
- **Mission:** To redesign how we farm and eat by promoting regenerative agriculture, producing nutritious local foods, and educating communities on the connection between soil health, human well-being, and environmental sustainability.
- **Vision:** To build resilient food systems where healthy soils, healthy food, and informed communities contribute to improved public health, food sovereignty, and environmental regeneration in Saint Lucia and the wider Caribbean.



Anja Fernand – Founder and Director

Anja Fernand is a Saint Lucian food scientist, regenerative agriculture advocate, and food systems entrepreneur. Raised on a family fruit farm and descended from generations of farmers, she holds a First Class Honours BSc in Food Science from the University of Leeds and gained experience in food product development in the United Kingdom before returning to Saint Lucia. Anja is passionate about advancing regenerative agriculture, healthy food systems, and climate-resilient farming, with a strong focus on soil health, farmer empowerment, and sustainable local food production.



Funded by
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CONTEXT

Background

Food Harmony Incorporated was founded by Saint Lucian food systems entrepreneur and regenerative agriculture practitioner Anja Fernand. Raised on a family fruit farm and trained in Food Science at the University of Leeds, Anja gained experience in food product development in the United Kingdom before returning to Saint Lucia in 2012. Inspired by both her professional background and personal health journey as a cancer survivor, she became committed to promoting healthier food systems through regenerative agriculture and local food innovation. In 2018, she established her first organic farm and later developed a multistrata agroforestry research farm cultivating more than twenty crop varieties. Today, Food Harmony combines regenerative food production, agro-processing, farmer education, and community engagement to strengthen food security, environmental sustainability, and public health in Saint Lucia.

Position in the market

Food Harmony occupies a distinctive position within Saint Lucia's agricultural and food sector as a

regenerative agriculture pioneer and food innovation enterprise. The company differentiates itself through its commitment to chemical-free production systems, soil regeneration, biodiversity, and the development of plant-based value-added products made from locally sourced ingredients. By linking food production, processing, education, and wellness, Food Harmony has established itself as an emerging leader in regenerative agriculture and climate-resilient food systems within the Caribbean context.

Relationships across the value chain

Food Harmony works with farmers, local food businesses, community organizations, educational institutions, and the hospitality sector to promote regenerative agriculture, healthy diets, and food sovereignty. Through its research farm, training activities, demonstrations, and advisory services, the company supports the adoption of climate-resilient farming practices while fostering greater awareness of sustainable food systems among producers, consumers, and visitors.

PRODUCTS AND MARKET

Main products

Food Harmony produces a range of fresh and processed products derived primarily from locally grown crops cultivated using regenerative and organic farming practices. Fresh products include seasonal tropical fruits and vegetables grown on the company's farms. These products are produced without synthetic chemicals and with a strong emphasis on soil health, biodiversity, and ecological sustainability.

The company also manufactures a variety of value-added food products designed to increase the availability and shelf life of local produce. These include vegan cakes marketed under the Gâteau L'Amour brand, wheat-free crackers made from local flours, vegan cookies made with local fruits and spices, dried fruits, roasted cocoa nibs, frozen fruit products, and other nutritious plant-based snacks. All products reflect the company's commitment to creating healthier alternatives while supporting local.



Main markets

Food Harmony primarily serves the local market in Saint Lucia through direct sales, farm outlets, and participation in community-based markets, including the Helen's Daughters Farmers' Market. The company's customer base includes health-conscious consumers, families, and individuals seeking fresh, locally produced food products.

The tourism and hospitality sector represents an important growth opportunity, particularly as visitors increasingly seek authentic culinary experiences and sustainable food products.

Main services

In addition to food production and agro-processing, Food Harmony provides educational and advisory services focused on regenerative agriculture and healthy living. Through its research farm, the company demonstrates regenerative farming practices adapted to tropical environments and shares knowledge through workshops, courses, farm visits, and community outreach programmes. The company also provides guidance on farm design and sustainable production systems while promoting agritourism and public awareness of the links between soil health, food quality, and human well-being.



INNOVATIONS: MILESTONES AND EXPANSION PLANS

Milestones

Since its establishment, Food Harmony has achieved several important milestones in regenerative agriculture, food innovation, and community engagement. The company successfully transitioned from conventional farming methods to regenerative production systems specifically adapted to tropical conditions. Through continuous experimentation and observation, it has developed a multistrata agroforestry model incorporating more than twenty crop varieties and demonstrating improved soil health, biodiversity, drought resilience, and productivity.

The company has also expanded its portfolio of value-added food products, creating innovative vegan snacks and baked goods using locally sourced ingredients. By processing seasonal produce into dried and frozen products, Food Harmony has

increased product availability throughout the year while reducing post-harvest losses.

In addition, the company has established a growing educational platform that promotes regenerative agriculture, nutrition, and healthy lifestyles through both in-person and digital engagement. This work has positioned Food Harmony as both a producer and a knowledge hub for sustainable food systems in Saint Lucia.

Needs for upscaling

Looking ahead, the company sees opportunities for regional expansion within the Caribbean and for participation in international specialty markets that value sustainably produced, plant-based, and regenerative food products.

The company also aims to increase its agro-processing capacity, diversify its product range, and strengthen its presence in tourism, regional, and

export markets. To support this growth, the company requires investment in processing equipment, post-harvest infrastructure, packaging solutions, and research and development. Supportive policies that

encourage regenerative agriculture, local food production, certification, and climate-resilient farming systems would further accelerate the company's growth and impact

SUCCESS FACTORS AND LESSONS LEARNED

Food Harmony's success is rooted in a clear vision that connects soil health, food quality, environmental sustainability, and human well-being. The leadership and technical expertise of its founder, combined with a willingness to experiment and innovate, have enabled the company to develop practical regenerative agriculture solutions tailored to tropical island conditions.

The company's experience has demonstrated that rebuilding soil health is fundamental to creating resilient food systems capable of withstanding climate-related challenges such as drought and land degradation. It has also shown that local value addition can increase food security, create economic

opportunities, and reduce dependence on imported foods. Equally important has been the recognition that education and community engagement are essential for transforming food systems and encouraging healthier consumption patterns.

Through its work, Food Harmony has learned that regenerative agriculture requires patience and long-term commitment, but that the environmental, social, and economic benefits increase over time. These lessons continue to guide the company's efforts to build a healthier, more resilient, and more sustainable food future for Saint Lucia and the wider Caribbean region.



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