19 years ago I made the best decision that was to bring my children to live in the countryside. Here we have learned many things related to the work of a farm, and thanks to this we are able to sustain us while facing COVID-19.

On the farm we have cocoa which we harvest, ferment and dry. One part we roast and grind and make chucula (a local Colombian drink) and the remaining parts we sell it in the village. With the money from that we buy some first necessity articles.

I would like to tell you a little about my experience with cocoa. First we harvest the ripe fruit and cut it with scissors: on average we take about 300 fruits and leave them on the floor to dry for two days. We then place the part in a bucket, and store them for five days in a wooden crate to ferment. The product stays on the drying trays for about six days so the cocoa is ready to be sold. This generates 50 kilos on average and we generally receive 5000 pesos per dry kilo, approximately USD 1.2.

When we turn it into chocolate, the process is different: we put it on the fire to toast it, take out the shell and pass it through the mill about three times, all before putting little balls together, in order to prepare the best and healthiest chocolate pudding.
We have had the support of a group of volunteers who in exchange for food and shelter collaborate with us with labor and knowledge in all the work of the farm. For us it is a good experience since with them we have been able to learn about their culture and language.

We also have some soursop sticks that are in harvest, which I pulp and take out to sell to the neighbours, for the avocados and oranges some other neighbours always buy them.

In the farm I have the orchard in which we plant tomatoes, onions, paprika, beans, cucumbers, beans, chard, and aromatic herbs such as oregano, and mint. All these products are for our own but neighbours often come buy asking if we can also sell some, which we do.

I also have chickens and hens for personal consumption and to sell, as well as a cow. With these resources we are surviving by staying at home.

I happily live in the farm surrounded by trees and many types of birds, there is a water stream nearby where I can swim. I would not trade this lifestyle for anything. Initially, it seemed changing the city for the countryside was a hard decision, but now I am certain it was the best decision I could take. I feel my children and I are more sensitive, and I can be closer to my 93-year old grandmother, whom was tired of the city and wanted to spend time with us elsewhere.

I am happy because life has given me the opportunity to be reborn, forget some material things, fall in love with the sunset, the moon, the landscape, and my life.