



ORGANIC  
**HARVEST MOON**

Honduras Oct-Jan



**WOMEN  
IN COFFEE**  
SERIES

*“As women we believe that we can do things differently.”\**

The Women at the COMSA farmer group in Marcala, Honduras are amazing. They are environmental activists, problems solvers and passionate coffee lovers.

**FOOD SECURITY**

The coffee leaf rust crisis that plagued coffee farms all over the world hit Honduras, destroying portions of COMSA’s crops since 2013. It was the women who got together to figure out what to do. “It turns out we have everything: rabbits, turkey, hens... watermelon, tomato, cucumber, onion, cantaloupe,” says Joselinda Manueles, a member of the coop. “We realized that we had so much to sell, so the organic market was born.” Every Sunday this farmers market provides delicious, organic, local food to the community and generates income for the farming families.

**LAND OWNERSHIP**

Land ownership for many women farmers across the globe is a challenge, due to legal and cultural barriers. “Usually a woman can only own land if she is a widow,” says Maria “Dolores” Zalaya. “I told my husband, ‘Give me a piece of land...with the (official) papers.’” Ownership increases women’s ability to make decisions and contribute to the family income.

**ORGANIC AND BEYOND**

Many COMSA women practice biodynamic farming, which incorporates all aspects of the environment and a particular focus on the phases of the moon. Each lunar phase corresponds to a unique energy that can be strategically applied to farming rhythms. In the new moon you work with the soil, and in the full moon coffee is flowering, fruiting or ready to harvest.

Joselinda sums up the creativity, results, and mindset that represent the women farmers of COMSA:

*“We are cultivating life.”*

**FARMER GROUP**

COMSA

**ORIGIN**

Marcala, Honduras

**VARIETAL**

Bourbon, Caturra, Catuai, Pacamara, Ihcafe90

**ELEVATION**

1100-1600 MASL

**ROAST**

Light Medium

**PROFILE**

Juicy and sweet with rich winy overtones, brown sugar and ripe plum.



*\*Quote by: Miriam Elizabeth Pérez Zelaya, coffee farmer and member of COMSA farmer group, pictured above with Equal Exchange Coffee Buyer Carly Kadlec. To the right, ripe red coffee cherries are harvested separately from the second-tier quality coffee. Harvesting just the ripest of cherries is an important step in protecting and ensuring high cup quality.*