



ORGANIC
HARVEST MOON
Honduras Oct-Jan

The COMSA farmer group in Honduras continues to inspire.

Their approach includes hard work and thoughtful work, producing both delicious coffee and cultural change.

Last Fall, COMSA led a cooperative exchange, hosting farmers from other countries, as well as several Equal Exchange staff. One memorable component of this exchange was quality time with farmer and member Alba Rosa Claros at her farm, Finca Liquidambar.

Alba Rosa and her husband, Gerson, farm 4.5 acres of coffee, using forward-thinking techniques. Her farm tour began with a presentation by Aysel, their nine-year-old son. He talked about the family's transition from conventional to organic agriculture seven years ago. In personal terms, that meant avoiding sugar and eating healthier. In farming terms, that meant producing their own natural fertilizers and soil enhancers, including microorganisms and manure from their farm animals. "We started to raise cows, Luna and Estrella," he said, "because we

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realized they are organic fertilizer machines." Caring for their animals also included a commitment to be present during births.

In among the coffee trees, Alba Rosa described their work to adapt to Coffee Leaf Rust, a fungus that severely impacted farmers, including in Honduras. Through applying microorganisms and a salt solution, they have kept the fungus controlled. The combination of maintaining high-quality tree varieties through these techniques, plus natural processing methods results in outstanding coffees.

The time with Alba Rosa and her family illuminated how the holistic approach of COMSA permeates the coffee, as well as family dynamics. The kids - Aysel, Celeste and Martha - were intertwined in the parents' activities, while at the same time learned new skills and hobbies, rather than staring at a screen. The COMSA farming philosophy includes "grey matter," or the brain, stressing the importance of creativity and critical thinking. At this farm, it was clear that this principle was being passed on and embraced by the next generation.

Photos: (left) Alba Rosa on her farm, sharing how important philosophies get applied in practice; (top right) Aysel, right, with his cousin Jenny; (bottom right) The view from COMSA headquarters.



FARMER GROUP

COMSA

ORIGIN

Marcala, Honduras

VARIETALS

Bourbon, Caturra, Catuai, Pacamara, Ihcafe90

ELEVATION

1100-1600 MASL

ROAST

Medium

PROFILE

Juicy and sweet with creamy milk chocolate, caramel, malt and warm apple pie.

