



Biodynamic Farming

For the coffee farmers at COMSA, in Marcala, Honduras, biodynamic farming is not just a technical approach to farming; it is a deep philosophical belief system that is one of the pillars of their cooperative. Their approach is holistic, incorporating the vital energy of the earth, the creativity and brainpower of their members and even the solar system in which we exist. It seems fitting that this coffee be named after the guiding light of the North Star.

COMSA'S WOMEN'S GROUP

During a recent meeting of the women's group at Comsa, we heard the stories of success in establishing an organic farmers' market to serve their local community in Marcala. The women's group continues to strive for women farmers to gain title to their land; most of the 385 women members now have it. One of the founding members of the women's group at COMSA, Sonia Medinai, is a pranac healer and indigenous rights activist. She told a lot of stories about the group's history, including an influential moment for her. Many years ago she went to Nicaragua for a women's exchange and she really felt that there was a much greater sense of liberation among Nicaraguan women than in Honduras. She spoke about liberation quite a bit and the importance of it.

The current focus of COMSA's women's group is on inclusion, facilitating open and transparent communication around challenges that hold them back, and working on overcoming obstacles to participate in more co-op activities and trainings.

THIS SEASON'S COFFEE

We selected a naturally processed coffee that is beautifully structured, with distinct tropical fruit flavors like mango and lychee, coupled with the deep winery notes that are reminiscent of plum and cocoa.

Processing coffee through this Natural Process, or Dry Process, does not use water and is considered one of the most environmentally conscious ways to process coffee. Living in harmony and caring for the environment are important pillars for all of COMSA, and this philosophy has influenced them to experiment more with this natural processing method. These coffee cherries were carefully harvested when they were ripe, and were dried directly in the sun for 12 days. Through this process the coffee beans dry while still inside the fruit of the coffee cherry. This imparts a condensed sweetness and layers of delicious flavor.

Pictured above (L-R): La Forteleza experimental farm; Joselinda Manueles, member of COMSA association.

ROASTED TWO WAYS:

ORGANIC
NORTH STAR LIGHT ROAST

Fruity & Complex

CHERRY | LYCHEE | PLUM WINE | COCOA

ITEM # 10460-E | CASE UPC: 745998408444

ORGANIC
NORTH STAR DARK ROAST

Dark Chocolate & Complex

FUDGY | CHERRY | WINEY | SPICY

ITEM # 10461-E | CASE UPC: 745998990499

FARMER GROUP: COMSA

ORIGIN: Marcala, Honduras

VARIETAL: Catuai, Tipica, Bourbon, Lempira, Icatu, Parainema, Caturra, Ihcafe 90

PROCESS: Natural Process
(also called Dry Process)



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