



Saša Šestić and Don Fabio



## Don Fabio Caballero

Producer	Don Fabio Caballero
Country	Honduras
Region	Marcala
Farms	San Francisco, Mogola
Awards	COE #1 2016 / 2018 COE #4 2004

## About Don Fabio

Don Fabio Caballero is a well-known coffee producer in Honduras. He is one of Saša's biggest mentors when it comes to coffee production and is a great advisor, able to answer all questions and queries about coffee. He has also developed his own fertiliser which he applies to the small plants at the nursery and flowering plants at the farm. Don Fabio compares them to pregnant mums and newborn babies and believes these are the two stages when coffee plants need the most help to develop strong coffee cherries and continue to thrive after harvest.

Marysabel, Don Fabio's daughter, and her husband, Moises, help to manage the farms. They have entered their lots to competitions multiple times and in 2016 they won 1st place on Cup of Excellence with a record price of USD\$120.50/lb.

Uniquely, Don Fabio is one of the few producers we know who uses Guardiolas to dry his coffee. As there is not much sunlight and humidity in the area is high during harvest, he mechanically dries his coffee at a low temperature of 40°C for 60-70 hours. This technique is effective as the coffee is losing moisture at a consistent rate and there is no risk of mould developing or any other drying related issues. This has proven to extend the shelf life on all coffees from Don Fabio's farms.



*Habib Maarbani and Don Fabio at San Francisco farm*



## San Francisco

Producer	Don Fabio Caballero
Farm	San Francisco
Altitude	1300 - 1450 m
Region	Marcala
Harvest	January - March

## About San Francisco

Located in the Marcala region lies Don Fabio's lowest growing coffee farm, which was named after the local township, San Francisco. By existing in the lower altitudes, coffee trees at San Francisco mature a bit faster, but they also grow stronger. The warmer climate at this altitude, compared to the very cold climates that exist in high altitudes, allows for lower maintenance and, because of multiple factors coming together, premium quality coffees ranging in cup scores from 84-90+ points. This farm also came in first place at the 2018 Cup of Excellence.

When it comes to coffee production Don Fabio believes in supporting three key pillars: the life of the producer, the lives of the workers and the life of the environment. He believes buyers should be mindful of supporting the producer, the producer should be mindful of supporting the workers, and everyone should be mindful of supporting the environment.

Each section of the farm is replanted every 6-7 years with new plants that he believes are stronger and more resilient to climate change, as they can genetically adapt faster than older plants. He also maintains huge trees to provide both shade cover and ground cover, as the fallen leaves give organic nutrients back into the soil as well as protect the soil from moisture loss. By utilising these strategies alongside the use of the Guardiolas to dry the coffee during processing, a method which has proven to extend the shelf life on Don's lots, Dan Fabio is taking full advantage of the environment he has in front of him to make his farms work to their highest possible capacity.

# San Francisco

Varietal: Catuai

Process: Washed



## Processing Details

- o Picking of only red cherries, separated by sections of the farm
- o Floaters are separated by machine during de-pulping
- o Due to high volume of coffee harvested and heavy rains during harvest, beans then go through a mechanical de-mucilage machine before a 12-hour final fermentation to remove remaining mucilage
- o Drying happens slowly in "Guardiolas" or mechanical driers. The point of difference is drying happens at a much lower temperature than average of these machines: 40-50° for 60-70 hours. This mimics the amount of actual sunlight hours a washed coffee would receive when drying on beds fully exposed to the sun
- o Moisture content is reduced to 10-12%
- o Beans are stored in parchment until ready for export

# San Francisco

Varietal: Geisha

Process: Washed



## Processing Details

- o Picking of only red cherries, separated by sections of the farm
- o Floaters are separated by machine during de-pulping
- o Due to high volume of coffee harvested and heavy rains during harvest, beans then go through a mechanical de-mucilage machine before a 12-hour final fermentation to remove remaining mucilage
- o Drying happens slowly in "Guardiolas" or mechanical driers. The point of difference is drying happens at a much lower temperature than average of these machines: 40-50° for 60-70 hours. This mimics the amount of actual sunlight hours a washed coffee would receive when drying on beds fully exposed to the sun
- o Moisture content is reduced to 10-12%
- o Beans are stored in parchment until ready for export

# San Francisco

Varietal: Geisha

Process: Anaerobic Washed



## Processing Details

- o Picking of only red cherries, separated by sections of the farm
- o Floaters are separated by machine during de-pulping
- o Pulped beans are placed inside barrels equipped with an air valve and left for 48 hours before a 12-hour final fermentation to remove remaining mucilage
- o Drying happens slowly in "Guardiolas" or mechanical driers. The point of difference is drying happens at a much lower temperature than average of these machines: 40-50° for 60-70 hours. This mimics the amount of actual sunlight hours a washed coffee would receive when drying on beds fully exposed to the sun
- o Moisture content is reduced to 10-12%
- o Beans are stored in parchment until ready for export



*Don Fabio at Mogola farm*



## Mogola

Producer	Don Fabio Caballero
Farm	Mogola
Altitude	1500 - 1650 m
Region	Marcala
Harvest	January - March

## About Mogola

Mogola was the first farm Don Fabio purchased back in 1970, which was the same year he got married. The farm looks like a botanic garden, with many lines of trees to separate lots from the wind. Flowers grow to attract butterflies and act as landmarks for the workers when picking different lots. The area is very humid and cold, which helps maintain moisture in the soil and reduces stress on the plants often seen in hotter temperatures. This climate also promotes slow maturation, resulting in the development of complexity and intense flavours in the coffees.

Don Fabio utilises his Guardiolas to mechanically dry the coffee in a consistent process, resultantly providing cleaner cups and a longer shelf life. We do not know many producers utilising this technology for drying coffee, as the sun and weather usually works favourably. But the work done by Don Fabio has proven beneficial, as he has placed highly in many Cup of Excellence competitions, with this farm landing in 4th place in 2004.

# Mogola

Varietal: Catuai

Process: Washed

Lot: B



## Processing Details

- o Picking of only red cherries, separated by sections of the farm
- o Floaters are separated by machine during de-pulping
- o Due to high volume of coffee harvested and heavy rains during harvest, beans then go through a mechanical de-mucilage machine before a 12-hour final fermentation to remove remaining mucilage
- o Drying happens slowly in “Guardiolas” or mechanical driers. The point of difference is drying happens at a much lower temperature than average of these machines: 40-50° for 60-70 hours. This mimics the amount of actual sunlight hours a washed coffee would receive when drying on beds fully exposed to the sun
- o Moisture content is reduced to 10-12%
- o Beans are stored in parchment until ready for export

# Mogola

Varietal: Catuai

Process: Natural Anaerobic



## Processing Details

- o Each day cherries are picked and weighed
- o Cherries are placed inside barrels equipped with an air valve and left for 72 hours
- o Cherries are then removed from the barrels and dried on raised beds for airflow. Don Fabio's raised beds for his naturals are located at his home which has a better temperature for drying naturals and allows for a higher level of control
- o Drying is done slowly over 20-25 days
- o Cherries remain on raised beds until moisture content is reduced to 10-12%
- o Dried beans have several samples collected for testing and are stored in the warehouse in dried cherry pod until milling and export preparation

# Mogola

Varietal: Catuai

Process: Natural

Lot: Lirios



## Processing Details

- o Picking of only red cherries, separated by sections of the farm
- o Coffee is hand sorted to remove under- and over-ripe cherries and select cherries between 18-22 brix
- o Cherries are dried on raised beds for airflow and turned every few hours to ensure even drying. Don Fabio's raised beds for his naturals are located at his home which has a better temperature for drying naturals and allows for a higher level of control
- o Drying is done slowly over 20-30 days to allow the beans to absorb the sweetness and fruitiness from the coffee cherry pulp and skin
- o Cherries remain on raised beds until moisture content reaches 10-12%
- o Dried beans are then stored in the dried cherry pod for protection and to maximise sugar and fruit flavour absorption until milling and export preparation

# Mogola

Varietal: Catuai

Process: Natural

Lot: Pedernal



## Processing Details

- o Picking of only red cherries, separated by sections of the farm
- o Coffee is hand sorted to remove under- and over-ripe cherries and select cherries between 18-22 brix
- o Cherries are dried on raised beds for airflow and turned every few hours to ensure even drying. Don Fabio's raised beds for his naturals are located at his home which has a better temperature for drying naturals and allows for a higher level of control
- o Drying is done slowly over 20-30 days to allow the beans to absorb the sweetness and fruitiness from the coffee cherry pulp and skin
- o Cherries remain on raised beds until moisture content reaches 10-12%
- o Dried beans are then stored in the dried cherry pod for protection and to maximise sugar and fruit flavour absorption until milling and export preparation



*Mogola farm*

## About Supernaturals

Our 'Supernatural' range encompasses a variety of experimental techniques, many of which have been learnt from our years of carbonic maceration trials.

The method we use at Don Fabio's farms is to pick ripe coffee cherries, then stack in thick piles on raised beds to increase temperature, which helps intensify sweetness and fruit quality. The beds are under shade to maintain better control over the drying process. During drying time, the cherries are also turned over every few hours to ensure that just the right amount of fermentation occurs within the fruit.

Around 3-5 days later, the piles are thinned out to assist the reduction in moisture content during the day, before being stacked again and cocooned in plastic sheets to maintain warmer temperatures in the fruit for a few hours into the evening. This process continues for 6-12 days before we revert to a more standard process for natural coffees: leaving the cherries spread out thinly to dry for 12-15 days.

Through these extensive processes, we are better able to create unique flavour experiences and enhance different qualities in different lots, along with a few additional crazy and experimental ideas that we like to test from time to time.



[Click here to learn more about Supernatural Coffees](#)

## Mogola Supernatural

Varietal: Catuai

Process: Supernatural

Lot: Isabel



### Processing Details

- o Hand sorting of ripe, red cherries at 20-22 brix
- o Shade-dried in thick piles and regularly turned over to control fermentation for 3-5 days
- o Thinned out during the day and piled up in plastic sheets at night for 6-12 days
- o Thin layering of cherries on beds with frequent moving for 15-25 days
- o Moisture content reduced to 10-12%
- o Dried beans are then stored in the dried cherry pod for protection and to maximise sugar and fruit flavour absorption until milling and export preparation