Fernando Contreras – Producer - Honduras

HONDURAS

Entre Caminos

Producer	Fernando Contreras
Farm	Entre Caminos
Altitude	1700 m
Region	Marcala
Harvest	January - March

About Entre Caminos

Situated in the mountain range of Montecillos, 16km away from the town of Marcala lies the coffee farm Entre Caminos. Meaning 'between journeys', this farm has been owned and managed by three generations of the Contreras family, and it was Fernando who first planted coffee trees on this land in 2012. Amongst the coffee trees, you will find a range of vegetables, herbs used to produce tea, and fruit trees that grow to house and feed the variety of birds that live in the area, as well as his pet chickens and rabbits. Entre Caminos boasts a healthy and diverse biosphere, aimed at supporting the local bird and insect populations. These vegetables also make a deliciously hearty soup over an outdoor fire.

Producer Fernando Contreras first planted coffee trees on one hectare of land with the purpose of producing coffee in a way that was not detrimental to the local environment. He only processes the cherries using natural processing methods as it requires fewer natural resources to undertake the process than any other technique. With the help of his farm manager Santos Cristino Gonzales, the coffee they produce each harvest is wonderful and vibrant and sustainable. In addition to the environmental focus, Fernando is passionate about his coffee and his community. On a visit to Honduras, he told us one of his primary motivations for growing coffee was to help people outside Honduras taste and smell the natural beauty of Marcala, hoping that they are "transported to our farm and they can enjoy the nature, the flowers, and the joy of people who harvest the coffee." And when we visit, we certainly feel the influence of nature that he maintains.

We are grateful to have been connected to Entre Caminos through our friend Rony Gamez, and we are proud to work with producers like Fernando who share our values for Quality, Sustainability and Community, and who share values of home and family community amongst friends, no matter where they are from.

Downloadable gallery link

Project Origin 10 Anniversary

Entre Caminos

Varietal: Icatu / Catuai

Process: Natural

Lot: 1

Tasting notes: chocolate, rum, raisin, cherry, thick, long, dark grape, rich, red plum, round, blackberry, brown spice, creamy, nougat, cranberry

Processing Details

- Picking of only red cherries
- Hand sorting cherries to remove under- and over-ripe cherries
- Cherries are split to undergo two different drying methods to create complexity in the final lot
- Some cherries are placed on serandas (raised beds) for 20 days outside for heat during the day, then covered with plastic during the night to hold the warmth in to slowly cool down as the temperature drops
- Remaining cherries are laid on raised beds inside the drying house for 25 days, then moved outside to finish the drying process and are covered with plastic during the night to ensure moisture does not re-enter the beans
- Cherries from both drying methods are then mixed together to create the final profile
- Moisture content will be reduced to 10-12%
- Beans are stored in dried cherry pods until ready for export and remain separated by day of picking to produce this Lot 1

Entre Caminos

Varietal: Icatu / Catuai

Process: Natural

Lot: 2

Tasting notes: dark chocolate, thick, dark plum, cacao, rich, very sweet, orange, raisin, cooked red apple, dark berries, brown sugar, brown spice, creamy, hibiscus

Processing Details

- Picking of only red cherries
- Hand sorting cherries to remove under- and over-ripe cherries
- Cherries are split to undergo two different drying methods to create complexity in the final lot
- Some cherries are placed on serandas (raised beds) for 20 days outside for heat during the day, then covered with plastic during the night to hold the warmth in to slowly cool down as the temperature drops
- Remaining cherries are laid on raised beds inside the drying house for 25 days, then moved outside to finish the drying process and are covered with plastic during the night to ensure moisture does not re-enter the beans
- Cherries from both drying methods are then mixed together to create the final profile
- Moisture content will be reduced to 10-12%
- Beans are stored in dried cherry pods until ready for export and remain separated by day of picking to produce this Lot 2