



*Denia and her family - Honduras*



## La Flor

|          |                                  |
|----------|----------------------------------|
| Producer | Denia Lizeth Palacios            |
| Farm     | La Flor                          |
| Altitude | 1780 m                           |
| Region   | San Miguel de Selguapa Comayagua |
| Harvest  | January - April                  |

## About La Flor

Denia Lizeth Palacios Cervantes is a third-generation coffee producer who first learned about coffee from her father. She began working in coffee cultivation in 2013 and has managed her own one-hectare farm, La Flor, since 2019. Located in San Miguel de Selguapa, Comayagua, the farm was established on land given to Denia by her husband, who has continued to support her with the management of the coffee crop. Together they work to maintain the farm and its Typica coffee as an important source of income for their family.

Denia was just 23 years old in 2025, but already had years of experience behind her. Around 2023, she began directing more of her attention towards specialty coffee after hearing that neighbouring producers were achieving better prices by improving the quality of their harvests. Until then, Denia says she had always sold her coffee at a low price. Through Rony Gamez and Café Raga, she began training to improve both coffee quality and processing, as well as submitting her coffees for cupping.

La Flor is located in mountainous terrain and is accessible by a trail suited to pack animals. Denia and her husband use pack animals to help transport their harvest from the farm for processing. She manages the property according to an annual schedule, with fertiliser applications informed by soil analysis, pruning following the harvest, and manual clearing using machetes and hoes. Eight people assist Denia with work across the farm.



*Downloadable  
gallery link*





*Pulper at La Flor - Honduras*

## About La Flor

Denia pays particular attention to selecting very ripe cherries during harvest. Her solar drying beds are located beside the family home, allowing her to remain close to the coffee during drying, when she describes turning it every 20 minutes over a period of around 30 days. Her continued work with Café Raga provides technical support for maintaining quality on the farm and developing her processing practices.

For Denia, improving coffee quality has a very practical purpose. "Thanks to direct trade I have been able to improve my farm and the quality," she says. Project Origin has purchased coffee from Denia for two years as of 2026, building on the connection established through Rony Gamez and Café Raga.

Looking ahead, Denia wants to maintain what she has already established while expanding the area she farms, planting a greater range of coffee varieties and continuing to learn more about specialty processing. The income she earns from coffee is also connected to personal goals for her family: supporting her son's studies and working towards having her own home.



# La Flor

Varietal: Typica

Process: Washed

Tasting notes: lime, white nectarine, clean, floral, elegant, pear, sweet, balanced, peach, tropical, white grape, juicy



## Processing Details

- o Red cherries are hand picked when ripe with the help of local pickers
- o Harvested cherries are transported by pack animal to the processing facility
- o Whole cherries are fermented for 48hours in GrainPro bags
- o Coffee is pulped and fermented again for another 48hours
- o Once fermentation is complete, coffee is dried on raised beds for 30 days
- o Coffee humidity is regularly checked using a Gehaka moisture meter
- o Moisture content is reduced to 10%
- o Coffee is stored in parchment in GrainPro bags and burlap sacks until milling for export