# SEVEN SEEDS TRANSPARENCY REPORT

**ESPRESSO** 

# AGUACATONES NATURAL GUATEMALA



## APPROACHABLE & FUN

WITH NOTES OF GIANDUJA, BLUEBERRY JAM, MARASCHINO CHERRY



Los Aguacatones started as an avocado and coffee tree project in 2009. Two years later, after an out-of-control fire destroyed most avocado trees, the Morales family decided to focus solely on coffee. They concentrated on growing more unique varietals while utilising increasingly innovative and sustainable production methods.

Sitting at around 2000 MASL, with an adverse micro-climate and poor soil quality, Los Aguacatones has always required a different approach than their other farms. Since 2011 the family have committed to the area's reforestation and established rainwater catchment tanks to help minimise the impact of their coffee production.

In the coffee industry, certain words and phrases are used so often that they become almost meaningless. Terms such as fair trade and specialty are now nearly the antithesis of what they once were. The goal of Seven Seeds is to continually push past these terms to move closer and closer to actual transformative and sustainable prices for producers at each origin. This year Familia Morales and Seven Seeds celebrate nine years of direct purchasing.

# WE BELIEVE IN HONEST COFFEE

We determined a sustainable, profitable price for the growing longevity with the producer. As this coffee was purchased directly from the Familia Morales, who also completed the milling and export, we've listed the Freight on Board (FOB) inclusive of the Farmgate price. In addition to the FOB, we incur further costs in shipping the coffee to Melbourne, completing a quality assessment, roasting (resulting in a 15% weight loss) and packaging for retail sale. You can read more about the way we source coffee via our website.

#### PRODUCER

PRODUCER Familia Morales
COUNTRY Guatemala

**ORIGIN** Michicoy, Huehuetenango

FARM / COOP Los Aguacatones

## COFFEE

VARIETIES Bourbon, Villa Sarchi

PROCESS Natural

ALTITUDE 1900 to 2000
HARVEST January - March

 LOT SIZE
 207 KGs

 QUALITY SCORE
 86.38

 FIRST ROAST
 9-Jan-23

#### PURCHASING

BUYER Ryan
ORIGIN PARTNER Direct
LENGTH OF RELATIONSHIP 9th Year

# COMPARE THE TRADING MODELS

TRADING MODEL	SEVEN SEEDS	COMMODITY	FAIRTRADE		
FARMGATE	\$21.42	Varies	Varies		
FOB	\$21.42	\$7.16	\$7.36		

Figures are shown in AUD/kg, at the conversion rate at time of contract. Varies due to different processing methods for each coffee, comparison isn't possible.



# BREWING RECIPES

# THE BEST TIME TO DRINK COFFEE

Fresh is sometimes, counterintuitively, too fresh. Just as fruit tastes best when it's ripened, coffee tastes best when it's settled.

We've found the best window to brew espresso roasted coffee is 10-20 days after roast or 5-25 days for filter brews. It's the sweet spot where acid mellows, sweetness shines through, and the body is at its fullest. That period is the best representation of the coffee we've sampled, sourced, quality assessed, roasted and deemed good enough for our menu.

Most importantly, coffee continues to be optimal for at least 30 days after the roast date.

#### V60 POUR OVER

Wet the filter paper in the cone, add 20 grams of coffee and saturate with 60 grams of filtered water off the boil.

After 30 seconds, add 140 grams of water and agitate with a spoon for one rotation.

After 60 seconds, add 150 grams of water and stir in the same motion. The total brew time should be between 2:30-3:00 minutes.

#### FILTER BATCH BREWING

Seven Seeds Target Ratio 16.5:1



# ESPRESSO BREWING

18G BASKET	ROBUR	MYTHOS	EK	20G BASKET	ROBUR	MYTHOS	EK	21G BASKET	ROBUR	MYTHOS	EK
DOSE	19 G	19 G	18 G	DOSE	21 G	21 G	20 G	DOSE	22 G	22 G	21 G
TDS	8.5-8.9	8.5-8.9	8.5-8.9	TDS	8.5-8.9	8.5-8.9	8.5-8.9	TDS	8.5-8.9	8.5-8.9	8.5-8.9
SHOT WEIGHT	42 G	42 G	42 G	SHOT WEIGHT	48 G	48 G	48 G	SHOT WEIGHT	54 G	54 G	54 G
TIME	26-32 sec	26-32 sec	25-30 sec	TIME	28-32 sec	28-32 sec	25-30 sec	TIME	30-34 sec	30-34 sec	28-32 sec
YIELD	19-20 %	19-20 %	19-20 %	YIELD	19-20 %	19-20 %	19-20 %	YIELD	19-20 %	19-20 %	19-20 %
TEMP	95°	95°	95°	TEMP	95°	95°	95°	TEMP	95°	95°	95°