SEVEN SEEDS TRANSPARENCY REPORT

ESPRESSO

FREDY PEREZ



COMFORTING & COMPLEX

WITH NOTES OF APPLE PIE, MANDARIN, PANCAKE SYRUP



We decided to try something completely different for our last Honduras release of the year. This special lot is from San Andres, in the South-West of Honduras, and marks the first time we have purchased coffee from this region. In coffee terms, San Andres is a relatively youthful region, with most coffee production starting here in the 90s. Considered an unknown a few short years ago, coffees from this region have now made the industry sit up and take notice. Our supply partner Benjamin Paz is very excited about Fredy Perez and the San Andres region, and we can't wait to see what comes next.

This lot was grown and processed with a purpose and focus. Both have combined to create a coffee that is exact, refined, and extremely high quality. Fredy, and his wife, Glenis, are heavily involved in the day-to-day operations of their farm. Two incredibly hard-working individuals committed to producing some of the best coffee out of San Andres. The beauty of this coffee is in its balance. Clear and abundant Autumnal fruits upfront, harmoniously paired with a creamy, comforting finish.

WE BELIEVE IN HONEST COFFEE

We determined a sustainable, profitable price for the growing longevity with the producer. We've listed the Freight on Board (FOB) price we paid to our origin partner, San Vicente. Fredy Perez receives the Farmgate price directly for his coffee as parchment. 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 Fredy Perez
COUNTRY Honduras
ORIGIN Caona, Lempira
FARM / COOP Congolón

COFFEE

VARIETIES 65% Catuai, 25% Lempira, 10% Bourbon

PROCESS Fully Washed
ALTITUDE 1800 masl

HARVEST January - March

 LOT SIZE
 345 KGs

 QUALITY SCORE
 86.5

 FIRST ROAST
 Feb-20

PURCHASING

BUYER Ryan

ORIGIN PARTNER San Vicente
LENGTH OF RELATIONSHIP 1st Year

COMPARE THE TRADING MODELS

TRADING MODEL	SEVEN SEEDS	COMMODITY	FAIRTRADE		
FARMGATE	\$10.23	Varies	Varies		
FOB	\$13.59	\$7.18	\$7.38		

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°