

FILTER

MARIA REYES
HONDURAS

REFINED & DELICATE

WITH NOTES OF FRESH FIGS, LIME SODA, CHERRIES



El Guayabal is a small farm, sitting at around 1780 masl. Production is relatively low, but quality is exceptionally high. As we enter the fourth year of this relationship, we are proud to say each year, we have purchased the total output from Maria and Mario's farm. Similar to the last harvest, El Guayabal suffered some production issues related to poor weather conditions. Here at Seven Seeds, we prioritise working with producers in good years and bad, focusing on people rather than profit.

Maria's 2023 lot is the definition of sophistication. Very, very delicate, structured well, with refined acid and florals. This coffee provides a fantastic contrast to our forthcoming Honduras offerings, giving a glimpse into the wonderful array of flavour profiles currently coming out of this origin: a huge thanks and much love to Maria and Mario for another standout lot.

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. Maria Reyes 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	Maria Reyes
COUNTRY	Honduras
ORIGIN	El Cedral, Santa Barbara
FARM / COOP	El Guayabal

COFFEE

VARIETIES	70% Pacas 30% Red Catuai
PROCESS	Fully Washed
ALTITUDE	1780 masl
HARVEST	January - June
LOT SIZE	414 KGs
QUALITY SCORE	87.17
FIRST ROAST	27-Nov-23

PURCHASING

BUYER	Ryan
ORIGIN PARTNER	San Vicente
LENGTH OF RELATIONSHIP	Fourth Year

COMPARE THE TRADING MODELS

TRADING MODEL	SEVEN SEEDS	COMMODITY	FAIRTRADE
FARMGATE	\$14.42	Varies	Varies
FOB	\$17.13	\$5.26	\$5.46

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.



THE BEST TIME TO DRINK COFFEE

We've found the best window to brew coffee is 7-14 days after the roast date. That period best represents the coffee we've sampled, sourced, quality assessed, roasted and deemed good enough for our menu.

Coffee continues to be optimal for up to 30 days after the roast date.

V60 POUR OVER

We use a starting point ratio of 5g - 6g per 100 mLs of water. A 1-cup V60 cone will suit a standard 250mL brew. If you like a stronger coffee, explore adding an extra 2g - 3g of coffee per 100 mL of water.

Place filter paper in the cone then thoroughly rinse the filter paper with hot water. Place ground coffee in the centre of the cone and add hot water in a 1:3 ratio eg: 15 grams of coffee with 45 grams of water. Gently swirl or agitate ensuring all ground coffee is wet, then wait for your timer to hit 60 seconds. Continue adding water, topping up as it soaks through. Give it another little swirl/stir once all of the water has been poured. Wait for the last of the water to drip through into your cup. Total brew time should be between 2:30 - 3:30.

ESPRESSO BREWING

BREW RECIPE

Based on the size of your basket, aim for a ratio of 1:2 coffee to water, e.g., 18 grams of coffee to 36 grams of water. Adjust according to preference, up to plus/minus 1 gram. We pour a longer shot in Seven Seeds cafes using a 19g:43g ratio.

TEMPERATURE

Aim for 94-95 degrees Celsius if your machine allows temperature adjustment.

TIME

Your brew time should be between 26-32 seconds, give or take a few seconds.

ADJUSTMENTS

For a stronger brew, aim for a slower brew time. Use a ratio with less water and coffee with a finer grind.

If you prefer a weaker coffee, this can be achieved with a coarser grind for faster brew time and/or a longer yield.



FILTER BATCH BREWING

Seven Seeds Target Ratio 16.5 : 1 water to coffee.
Approx. 100mL of water to 6 grams of coffee.

