

# Foodorama

## Letter # 17: Fair trade coffee

By Foodorama, February 27, 2019



Hi everyone! Do you know how to make coffee? We are starting our third filming in Mexico on fair trade coffee and normally if you read carefully what will follow you will know all there is to know about coffee! Vamos muchachos!



We are in Oaxaca in southern Mexico and we spent two days in the mountains at the coffee producers of a cooperative named Michiza. They produce organic coffee (without pesticides or chemicals) and sell it on the fair trade market in Germany.



Do you know fair trade? It is a way to remunerate producers or craftsmen by avoiding multiple intermediaries (called Coyotes by coffee producers). With fair trade, producers receive more money and financial support to develop local projects. Here are the logos:



Let's go back to our shoot. Wake up at 2am to go after 5 hours of road, at sunrise, on a coffee plantation. Don Gerardo, the founder of the cooperative, welcomes us with a breakfast accompanied by a made home brandy ... It is 8am ... you imagine the state of our stomach. Small interview at sunrise then we will see Marcelina after 3 hours drive to show us all the steps of coffee production.



### Step 1: harvest

Marcelina is 84 but she is frolicking in front of us in the mountains to get to her plantation. Once planted, it is necessary to wait 3 years for coffeas (coffee trees) to produce the small red berries that will make coffee. They are picked by hand one by one.



### Step 2: pulping

With the help of a machine (hand or motor) the red pulp of the fruit is removed to keep only the seed.



### Step 3: fermentation

The seeds are wetted and covered with a plastic sheet to retain heat to allow fermentation. Depending on the temperature it is necessary to wait between 6 hours and 3 days for the fermentation to be sufficient.



#### Step 4: washing

After fermentation, there is a little sticky film on the seed called Agua Honey (honey water). The grains should be thoroughly washed with water until they are cleared and they make a dry corn sound when handled.



#### Step 5: drying

The grains are spread on the concrete terrace in full sun and stay there until they are dry.



#### Step 6: Polishing

The grains are again passed through a machine to remove a small skin that protects the coffee bean.



#### Step 7: roasting

For the coffee to reveal all its aromas, it is heated in a fire or in a roaster. It becomes dark brown as we know it in our shops.





### Step 8: milling

The grain is ground into a fine powder to infuse it.



### Step 9: Making the coffee

There are many ways to make coffee, Italian, Turkish, American etc. In France, most often a coffee maker is used where hot water passes through a filter containing ground coffee.



### Step 10: the tasting

Finally the coffee is ready to be tasted! When we think that in France, we just need 5 minutes to make one. Now we know the real work behind it! And do you like coffee?



See you soon for new adventures!

