



## Harvest of new **Women coffee farmers**

For generations, the women coffee farmers of rural communities in San Lucas, El Paraíso, Honduras, cultivated their coffee with devotion, yet they remained immersed in a cycle of poverty: “Middle men only come to set a price and take the best profit”, said Keyla Sánchez. Lacking training in specialty coffee production, they were forced to sell their harvest to middlemen who offered a single, low price. That began to change when iDE Canada in alliance with iDE Honduras partnered with a group of fifty women.



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The first breakthrough came at a coffee cupping camp: “Young farmers don’t even know the different coffee varieties”, Lidenia Sánchez explained.

They received training in proper fermentation and drying techniques, transforming their harvest into high-quality beans. To what Lidenia added: “But now we discover that we produce specialty coffee, with notes of peach, orange, chocolate and many others. My goal with this project is to connect with direct buyers.”

iDE Canada and iDE Honduras knew that true resilience required more than a single crop. To shelter them from market volatility and climate uncertainty, they helped them by establishing a demonstration farm where the women learned to diversify their incomes: “Now, we are producing laying hens, sweet potatoes, taro and avocados, which encourage us to become entrepreneurs.”

The impact soon reached beyond the farm and into the family kitchen, as Dilcia López said: “We received training in nutrition and hygiene. I really like the tortilla made with carrot and children have gained weight. Also, they supplied us with water filters. Before children used to have diarrhea, but now that water is healthier, the situation is much better.” Without any doubt, iDE Canada has grown a harvest of new coffee women farmers.