



Sweetness of Success

Raíces Lencas

Nestled in the mountains of the Lenca ethnicity lies a story of tenacity and success: the Raíces Lencas group. These 12 brave women from the La Paz department ventured into beekeeping in 2022. However, the lack of knowledge and equipment threatened their sustainability.

The African bee, known for being an excellent honey producer, is also recognized for its danger. For Idalia Vásquez, the group's president, the start was particularly challenging: "In 2022, an organization provided us with hives, but we faced many difficulties: we lacked protective suits and containers, and we had to rent a honey extractor and cover its transportation costs."



The problems did not end there; various pests such as Varroa mites, wax moths, and beetles reduced their yields to just four bottles per hive. “Everything changed in 2024 with the support of iDE Honduras. We received 12 hives in excellent condition, and they are filling up strongly. We expect to harvest between 10 and 12 bottles per hive, reaching a total of 200 bottles in this harvest,” Idalia continued, with words full of optimism.

In addition to increasing production, this support improved the quality of the product. As Blanca Portillo, a group member, pointed out: “With a new steel extractor, the honey is more hygienic and does not get contaminated with dust. This equipment will help consolidate our group. Our honey is medicinal because the pollen comes from many trees, such as tatascán, cypress, liquidambar, and napoleon, among others.”

Youth migration, a challenging reality in Honduras, threatens food security, but Raíces Lencas has taken proactive measures. “There are four young people who enjoy working with bees and see that honey sells very well in the market,” shared young Deysi Gutiérrez.

The sweetness of their success hints at a promising future, establishing these women as an inspiring example of empowerment and community advancement. In conclusion, Raíces Lencas has a sweet future ahead.