

TEXAS ARTISAN ROASTERS

FRESH ORGANIC COFFEE BEANS FRESH ORGANIC COFFEE BEANS FRESH ORGANIC COFFEE BEANS

ROAST TO ORDER. FAIR TRADE. SHADE GROWN. WHOLE BEAN COFFEE.

The Aim of Texas Artisan Coffee Roasters:

Why Organic?

The recent trend of promoting the eco-world by developing green environment has a great impact on cultivating and using the organic products. Organic products are steadily becoming the preference of consumers in food and beverage industries. The organic movement has impacted the coffee market and organic coffee is gaining more significance. As well as an increase in demand, organic coffee has numerous benefits and health properties.

What is organic coffee?

Organic coffee is made from the organically cultivated coffee beans with no chemicals, pesticides, herbicides and hazardous fertilizers. Organic coffee is more delicious and has a richer aroma than the conventional and regular coffee drink. The coffee beans are grown without any induction or chemical process and the coffee is prepared with no refining or other processes.

Organic coffee benefits:

Benefits of organic coffee include weight loss, fighting against free radicals, pollutant free and green environment, preventing the toxins to settle up in the body, getting the essential minerals, and more.

The stimulating agent in organic coffee benefits the people with weight problems as it boosts the metabolism and burns the fat cells. Antioxidant, rich organic coffee repairs the cell damages and helps to stay young with no free radicals.

Chemical free cultivation and chemical free consumption is the major benefit of organic products. Organic coffee not only benefits health, but also benefits the environment and the farmers cultivating the beans. The environment is preserved not by using the hazardous chemicals on soil and spoiling the surrounding with chemical assortments. Eventually, the environment, nature and surroundings are safe from chemical pollutants. For instance, fertilizers used to grow coffee beans are quickly absorbed by the plant and transferred to the coffee beans. These chemicals cannot be separated and are stored in the body.

Chemicals are settled-up in the body in form of toxins, specifically in the fat cells, attempting to damage the cells, creating several health hazards.

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Drinking organic coffee assures that no form of chemicals or toxins is lodged in the body. In addition to antioxidants, organic coffee also contains magnesium, chromium and potassium in large quantities. Those vital minerals are found very rarely in other foods.

Mounting Evidence Suggests Coffee May Actually Have Therapeutic Health Benefits...By Dr. Mercola

For years, physicians have been warning about the negative health effects of drinking coffee. You may have been told that coffee will raise your blood pressure, lead to heart disease, give you an ulcer or make you diabetic. But studies continue to roll in that cast doubt on this "common wisdom."

Certainly, like anything, coffee should not be used in excess. However, study after study has failed to prove that moderate coffee consumption increases your risk for cardiovascular disease or any other serious illness.

In fact, it's beginning to look like coffee—at least in moderation—may have a number of unrecognized health-promoting properties. As a result of the rather impressive list of therapeutic benefits, I've changed my recommendations about coffee.

One of the latest studies, published in April 2012 in the American Journal of Clinical Nutrition¹, confirms earlier studies that coffee may actually reduce your risk for developing type II diabetes.

Regardless of traditionally ominous warnings that coffee should be avoided; it's being consumed in massive quantities worldwide. Although it's inarguable now that coffee does have therapeutic benefits, if you are dousing your cup of Joe in creamer, sugar, and other sweeteners and flavorings, you are missing out on the therapeutic benefits and potentially harming your health.

Please understand that I am not changing my position to justify a "bad" habit. I personally have never enjoyed the taste of coffee and have had less than five cups my entire life and those were used therapeutically to compensate for jet lag.

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Could Coffee Really be GOOD for You?

My understanding of coffee's virtues was greatly enhanced by my interview with Ori Hofmekler, author of *The Warrior Diet* and *Unlocking the Muscle Gene*, who has researched coffee extensively. Ori explained how coffee, when consumed in the right way, can be used effectively as part of your overall health and fitness plan.

Although organic coffee as a whole food may be therapeutic, caffeine in isolation can be quite toxic. The natural blend of polyphenol antioxidants (including chromogenic acids), bioflavonoids, vitamins and minerals in coffee beans all work together to help neutralize the harsher effects of the caffeine². There are literally thousands of different natural chemical compounds in your brew, and science now suggests the synergy between them can produce a strong nutritional impact.

With all of these compounds, you might wonder if there are any that have undesirable health effects. Yes, there are. But as I mentioned earlier, these are more concerning if ingested in isolation, as opposed to being consumed as part of the whole food.

What about the Caffeine?

Caffeine is the most widely used drug in the world and can be helpful or harmful, depending on how it's used. Caffeine provides a "lift" by blocking the normal action of adenosine. Adenosine normally slows down your brain's activity and induces sleepiness. Some people are caffeine sensitive and don't tolerate it well or have problems sleeping if they have caffeine too late in the day.

Caffeine levels vary depending on type of bean, roast, grind, and brewing method. Contrary to popular belief, darker roasts typically contain less caffeine than lighter roasts due to the prolonged heat breaking down more of the caffeine molecules. Bean species also differ widely in their naturally occurring concentrations of caffeine. Additionally, drip coffee has *more* caffeine than espresso because the brew time is much longer. Also, the finer the grind is, the higher the caffeine content. So, you might want to vary some of these factors if you experience a reaction, like switching from drip coffee to espresso, or changing brands.

If you have an issue with decreased adrenal function, use coffee with care, as it can be hard on your adrenal glands. Coffee also has a diuretic effect, so if you have problems with electrolyte imbalance, you might want to avoid it.

If you have any negative reactions to coffee, caffeine isn't *always* the culprit. You could be sensitive to some of the burnt sugars or oils produced during the roasting of the beans, rather than the caffeine.

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People experience symptoms such as stomach cramping, heart palpitations and other autonomic symptoms, and these symptoms are usually interpreted as caffeine sensitivity when they are actually more of food intolerance. There is also the possibility of mold or other contaminants triggering an allergy (as coffee is a dried food), so you want to make sure your coffee is of the highest quality and meticulously produced. However, as a whole, if you're healthy, coffee is well tolerated and the positive effects seem to outweigh the negative. Please note that I still recommend women completely avoid using caffeine while pregnant.

The List is Growing of Health Benefits from Coffee...

The Following Is A Summary Of Some Of The More Recent Research That Supports Coffee's Health Benefits.

Type II Diabetes: A Japanese study in 2010 ³ revealed that coffee consumption exerted a protective effect against type II diabetes; further confirmed by 2012 German study, published in the American Journal of Clinical Nutrition. Researchers have also found that coffee doubles glucose intake, which can greatly reduce blood glucose levels.

Parkinson's Disease: Coffee may significantly cut your risk of Parkinson's disease. In fact, coffee is so preventative against Parkinson's that drug companies are designing experimental drugs that mimic coffee's benefits to your brain. ⁵

Alzheimer 's Disease: A 2011 study ⁶ revealed that a yet unidentified mystery ingredient in coffee interacts with the caffeine to help protect from Alzheimer's disease.

Prostate Cancer: A large 2011 study ⁷ of nearly 50,000 men found men who drank six cups of coffee per day had 60 percent lower risk of lethal prostate cancer, and those who drank three cups per day had a 30 percent lower risk.

Liver Cancer: A Japanese study ⁸ found those who drank coffee daily, or close to it, had about half the risk of hepatocellular carcinoma (HCC), a type of liver cancer, than people who never drank coffee. Coffee is also associated with less severe liver fibrosis, lower levels of fat in your liver, and lower rates of hepatitis-C disease progression. ⁹

Kidney Cancer: Coffee consumption may be associated with decreased risk of kidney cancer. ¹⁰

Colorectal Cancer: A 2007 study ¹¹ suggested coffee consumption might lower colon cancer risk among women.

Heart Rhythm Problems: A study showed moderate coffee drinking reduces the chances of being hospitalized for heart rhythm problems. ¹²

Pulmonary Function: A 2010 study ¹³ revealed a beneficial effect of coffee on the pulmonary function of nonsmokers.

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Stroke: A 2011 study ¹⁴ found that women who drank more than one cup of coffee per day had about a 25 percent lower risk of stroke than women who drank less; a 2009 study found women who drank four or more cups of coffee per day reduced their stroke risk by 20 percent.

Gastrointestinal Flora: A study ¹⁶ in 2009 showed coffee produced an increase in the metabolic activity and/or numbers of bifid bacterium, which are beneficial bacteria in the digestion system.

There are many more studies with positive findings, in fact, too many to list. Not every single study shows coffee to be beneficial, but the majority is positive, suggesting that coffee has been unfairly maligned. There is strong evidence coffee can help stabilize your blood glucose level and may even help curb sugar cravings. Caffeine binds to your opioid receptors, which essentially prohibits you from craving something else, such as sugar.

Research also shows that coffee triggers a mechanism in your brain that releases a growth factor called Brain-Derived Neurotrophic Factor (BDNF). BDNF activates brain stem cells to convert into new neurons, which also expresses itself in your muscles. It does this by supporting the neuromotor, which is the most critical element in your muscle. Without the neuromotor, your muscle is like an engine without the ignition. Neuromotor degradation is part of the process underlying age-related muscle atrophy. Essentially, caffeine from natural whole coffee may help keep the brain and muscle tissue young.

When to Drink Coffee for Maximum Benefit...

According to Ori Hofmekler's extensive research, coffee increases your metabolism by up to 20 percent. I've previously discussed the benefits of exercising on an empty stomach, but coffee can actually be quite beneficial if consumed before exercise. Ori states, "Coffee before training allows fast energy to initiate your workout. For people who train in the morning, having coffee before training is a great advantage."

However, coffee is a potent substance and should be used only in moderation and without sugar. Ori recommends having just one cup of organic coffee or one shot of espresso in the morning or before training, and that's it for the day. If you exercise in the morning, have your coffee prior to your workout, NOT after. Consuming coffee after your workout interferes with your body's muscle-building mechanism. Your body can handle whole, fresh organic coffee because it doesn't hit your system the way synthetic caffeine does.

Dark Roast Coffee may be Superior to Light Roast...

When it comes to the health benefits of organic whole-bean black coffee, the darker the roast, the better. ¹⁷ It's often the case that foods with the darkest pigments also offer the most robust benefits to health. Dark roast coffee, such as French or Italian Roast, or roasts used to make espresso or Turkish coffee, are no exception.

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Roasted coffees are higher in neuroprotective agents than green (unroasted) coffees. A new study in *Molecular Nutrition & Food Research's* found that dark roast coffee restored blood levels of the antioxidants vitamin E and glutathione more effectively than light roast coffee. The dark roast also led to a significant body weight reduction in pre-obese volunteers, whereas the lighter roast did not. Other studies have shown that dark roast coffee produces more of a chemical called N-methylpyridinium, which helps prevent your stomach from producing excess acid. Therefore, darker roast coffee may be easier on your stomach than lighter roast coffee.

Coffee Quality is Key: Five Tips to Remember ...

When it comes to achieving any therapeutic benefits from coffee, only high quality coffee will do. You can find a great deal of information at [Coffee & Conservation](#).²⁰ Here are five primary considerations:

- **Choose Organic:** Coffee beans are one of the most heavily sprayed crops with pesticides. So, when selecting coffee, only choose coffee beans that are organically certified. Remember, you will obliterate ANY positive effects if you consume coffee that's been doused in pesticides or other chemicals. Whenever possible, purchase sustainable "shade-grown" coffee to help prevent the continued destruction of our tropical rain forests and the birds that inhabit them. There are many who say shade grown coffee tastes better anyways.
- **Whole Bean:** You'll want to purchase whole bean coffee that smells and tastes fresh, not stale. If your coffee does not have a pleasant aroma, it is likely rancid. Grind it yourself to prevent rancidity as pre-ground coffee may be stale by the time you get it home.
- **Drink it Black:** If you're interested in the health benefits, drink your coffee black without sugar, cream or flavorings. Add sugar and you'll certainly ruin any of the benefits discussed above by spiking your insulin levels, which contributes to insulin resistance. Also, make sure the water you're using is pure.
- **Coffee Filters:** If you use a "drip" coffee maker, be sure to use non-bleached filters. The bright white ones are chlorine-bleached, and some of this chlorine will leak from the filter during the brewing process. Bleached filters are also notoriously full of dangerous disinfection byproducts, such as dioxin.
- **Coffee Mugs:** Please be careful about the container you use. Avoid plastic cups, as the BPA will leach into your drink. Also, avoid Styrofoam cups that can leach polystyrene molecules. Your best bets include glass and ceramic travel mugs.

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ABOUT

OUR

COFFEE

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Brazil Natural Fazenda Nossa Senhora de Fatima

Grade:	Screen 17/18
Region:	Minas Gerais
Altitude:	1000 Masl
Varietal:	Acai, Catucaí, Mundo Novo, Bourbon, Icatu
Harvest Period:	August- September
Milling Process:	Natural, Patio-Dried
Cupping Notes:	Sweet Chocolate, Rich Body, Clean Stone Fruit Notes, Consistent & Well Structure

Fazenda Nossa Senhora de Fatima (FNSF) is situated within the Triangula Mineiro, in the famed Cerrado region. Coffees from this area are often touted as some of the best that Brazil has to offer. The dark red soil, typical of the area, produces an excellent cup.

This farm produces only 100% organic coffee and a full-time agricultural engineer to ensure consistency and quality closely monitors its 895,000 coffee trees. Ricard Aguiar Resende, a third-generation coffee farmer, directs the farm's production, commercialization and social projects along with his wife, Gisele.

FNSF has gone above and beyond in its commitment to social and environmental equity. The 75-110 workers at this farm travel every day from three towns: Perdizes, Patrocínio and Igreja da Macega. Ricardo arranges the transportation for the workers everyday, though some actually live on the property. The production of natural fertilizer from livestock and new biodigestor combine to produce all the energy needed for coffee production. The reforestation of native trees is underway, adding to the farm's portion of shade-grown coffee, which is not commonly found in Brazil. In January of 2012, the farm became the world's first Fair Trade Certified coffee estate. Within 3 months of certification, the farm's 110 workers (40% of whom are women) earned \$7,250 in community development premiums, which they elected to invest in critical healthcare programs. Through FNSF's participation in USA's Fair Trade for all initiative, 30 workers have already received eye exams, 27 received glasses, and 11 received dental care.

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Ethiopia FTO YirgaCheffe

Grade:	Grade 2
Region	Yirgacheffe
Altitude:	1770-2200 Masl
Varietal:	Heirloom Varieties
Harvest Period:	October- January
Milling Process:	Fully Washed, Dried On African Beds
Cupping Notes:	Medium Acidity, Light Lemon-Lime, Floral, Soft, Tea-Like, Medium Body

The coffees of Yirgacheffe have long been prized for their delicate, tea-like aromatics and clean citrus flavor. We offer you an excellent example from a producer committed to both quality and equity.

Many of our certified Ethiopian offerings come from Oromia Coffee Farmers Cooperative Union (OCFCU), a small-farmers owned cooperative union, which has members from all coffee growing areas in Oromia regional state. Established in 1999 to facilitate the direct export of coffee produced by small farmers cooperatives, OCFCU works exclusively in Oromia Regional State, which accounts for 65% of the country's total coffee growing land. Oromia, along with their General Manager, Tadesse Meskela, have been internationally recognized for their implementation of farmer support programs. OCFCU has an excellent reputation for supporting its members and their communities. The Union pays 70% of its net profit back to the cooperatives, who in turn pay 70% of their profit to the member farmers. Farmer's benefit by being paid three times in one season, allowing for greater stability. This strategy of support has enabled OCFCU to grow from 34 primary cooperatives representing 22,691 household farmers. OCFCU maintains a members bank to provide much needed pre harvest financing, a major impediment for Ethiopian farmers. They also provide their farmers with insurance options to cover coffee against loss. Along with focusing on farmer equity, Oromia has recently opened a new cupping lab to continue their commitment to quality control. The processing facility has a volume of nearly 5-7 tons of coffee per hour and has created jobs for more than 1,200 seasonal employees.

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Honduras FTO Capucas

Grade:	Strictly High Grown (Shg)
Region:	Copan
Altitude:	1100-1300 Masl
Varietal:	Caturra, Catuai, Bourbon, Pacas
Harvest Period:	November- February
Milling Procoess:	Washed, Patio-Dried
Cupping Notes:	Clean, Sweet, Chocolate Notes, Soft Nutty Notes, Mild Acidity, Full Body, Balanced

The Cooperative Capucas Limitada (COCAFAL) is located in western Honduras, in the buffer zone of the Celaque National Park, a cloud forest containing the country's highest mountain. The cooperative represents an estimated 12 communities from the municipalities of San Pedro and Corquin, in Copan.

Together, they work to promote the sustainable development of their local economy through financial, technical, productive and marketing services for members and families. Reducing poverty and increasing standards of living for their community are their main objectives. Their development programs have benefited approximately 5,000 people in Las Capucas and surrounding regions. Members are dedicated to growing sustainable conventional, organic and Fair Trade coffees. The cooperative's General Assembly has 10 members, nine of whom are women. The General Assembly manages the democratic use of the Fair Trade premium.

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Indonesia FTO Sumatra

Grade:	Grade 1 Triple-Picked (Tp)
Region:	Takengon, Aceh, Sumatra
Altitude:	1200-1800 Masl
Varietal:	Typica
Harvest Period:	September- March, June-July (Fly Crop)
Milling Process:	Wet-Hulled (Giling Basah)
Cupping Notes:	Dark Chocolate, Cinnamon, Cedar, Clove, Rich Round Body



This FTO certified Sumatran comes to us from Koperasi Adil Wiladah Mabur, a well-known established cooperative in the Aceh region. It is put through two processes that gently remove the caffeine and use more moisture to hull the coffee, maintaining the bean's distinctive origin and flavor characteristics.

The Indonesia Sumatra is put through the SWISS WATER Process, which is an ecofriendly water decaffeination process using three steps to remove caffeine from green coffee beans. The first step of the SWISS WATER process, the green beans are cleaned and hydrated with pure water preparing them for caffeine extraction. The second step involves an internally developed and maintained GCE beginning the extraction. The last step of the process occurs when the carbon filtering system continually traps caffeine until the beans are 99.9% caffeine free. The process is 100% chemical free, while most methods use chemical solvents such as methylene chloride or ethyl acetate to strip caffeine.

Giling Basah, the name of the traditional Sumatran process, involves hulling the parchment off of the bean at roughly 50% moisture content; for comparison, most other processes hull coffee at around 10-12% moisture. This unique process results in a trademark flavor profile (low acidity and a richness that lingers on the back of the palate) and gives the green beans a signature dark color. Notes of chocolate are evident in the finish. The Grade 1 Triple-Picked is as one might guess, hand picked three times for defects.

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Colombia FTO Anei

Grade:	Supremo 17/18
Region:	Sierra Nevada De Santa Marta, Cesar And Magdalena
Altitude:	1200-1500 Masl
Varietal:	Caturra, Columbiana
Harvest Period:	September- December
Milling Process:	Fully Washed, Patio-Dried
Cupping Note:	Nice Sweet Stone Fruit Acidity, Yet Crisp, Toasted Almond, Round Body, Toffee

The Productores Agroecologicos Indigenas y Campesinos De La Sierra Nevada de Santa Marta (ANEI) is located in the foothills of the Sierra Nevada of Santa Marta and the mountainous region of Perija in Colombia.

Aurora Maria Izquirda founded the organization in the 1980's. At the time, Aurora was one of the first women of her generation to leave the isolated indigenous Arhuaca community of Santa Maria and get a higher education. Upon Aurora's graduation, she left Bogota and returned to her community to create a sustainable agriculture program that would improve the quality of life for all of her community members. The foundation of ANEI honors the rich cultural heritage of the indigenous groups represented. They are deeply committed to maintaining the harmony between humans and nature, which has led them to develop many environmental protection programs, including soil recovery, integrated solid waste management practices, and wildlife preservation.

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Guatemala Fancy Antigua Bella Carmona

Grade:	Fancy
Region:	Antigua
Altitude:	1500-1800 masl
Varietal:	Caturra, Bourbon, Typica
Harvest Period:	December-April
Milling Process:	Washed, patio-dried
Cupping Notes:	Deep chocolate notes, caramel notes, sweet, citric notes, complex, bright acidity, full body

Our Genuine Antigua Bella Carmona comes from one of Guatemala's most beautiful and captivating valleys, Antigua. This region's rich volcanic soil and cool weather provide the perfect conditions to produce one of the world's best coffees.

Bella Carmona is a blend of peak of the harvest cherries that come from the best estate in Antigua to be then processed at Beneficio Bella Vista, owned by the Zelaya family. With over 100 years of experience, the Zelaya family is committed to maintaining excellent quality coffee through ecologically stable and environmentally friendly methods. The mill uses traditional washing and sun-drying processes.

The Antigua Bella Carmona has strong chocolate notes, a bright and fine acidity with orange and lemon notes. It offers an exquisite roundness and pleasant mouth feel, which can satisfy the most demanding palates.

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