**F3CF - Interview farmer #3 - male, Santuario, 37 - 22-6-2022**

**Specialties/difficulties:**

* I translated “finca” as “coffee farm”, which in this context I believe is a better translation. Other suggestions were “estate” or “property”
* Translated “beneficio” as “processing plant”
* Translated “redes” (min 13:07) as “media” or “internet”. Although it could also refer to “social networks”
* Translated “sellos” (min 19:39) as “labels”, but could also be “seals”
* Most of the parts that I marked as “unintelligible” are single words that most likely won´t affect the meaning of sentence.

**So, to begin you can introduce yourself, like how old are you?**

Ah okay, well my name is [name], I am 37 years old, and all my life I have worked with coffee, my dad has been a coffee growerand let´s say that I grew in the world of coffee since I was a small child in the coffee farm. I don´t know how to do anything else that is not producing coffee. I am the generational replacement of my father, out of 5 brothers two of us are coffee growers. I come from a traditional coffee culture, traditional means that we knew about the coffee, collecting it, pulping it, giving it a fermentation, washing it and selling it and that´s it. About 8 years ago I entered the association [name] was born, so we began to have other knowledge about coffee, like with the whole subject of special coffees and everything about the processing of the coffee cherry. So, I went from being a traditional coffee producer to being a coffee producer-processer. So that´s what I do now for a living, (unintelligible) I make processes: I produce natural coffee, Colmex coffee and micro batches of coffees with long fermentations to improve the profile in the cup, to give added value to the coffee and get a better retribution in price.

**And you do this since 8 years ago?**

No, give or take 8 years ago I got into it, but dedicated to it fully I have only this year. I have done it in previous years but now all the coffee that gets to this coffee farm is processed.

**And how many hectares do you have? You have different coffee farms, right?**

Approximately in coffee there are 30,000 trees.

**30,000 trees**

From 3 different farms. My parents have a farm and that´s where I stayed, a brother of mine also has a small farm and by putting money together with the family we bought this farm. So we are moving the processing here, so all the cherries and (unintelligible) comes here. This coffee farm is not nice compared to the other farms, but the others are not far: there´s one up there and one next to here, so we try to concentrate all the coffee here.

**And you live here with your wife and the kid?**

I live here with my wife and the kid, and my other brother lives here but right now he is not here, but the 3 of us live here.

**So, you are associated with the association?**

With Azucafe, yes. I’m a partner of [name] and they presented to us a whole new world from the traditional perspective that we had as traditional producers. So now we produce for specific costumers with a cup profile that they want or that like.

**And association provides training or something like that?**

Yes, but more than that, the Foundations or the projects that come here to help are the ones that provide the training, so the Foundations came here to teach the processes, they have taught to the baristas, they have taught commercialization. I got more focused on the aspects of processing. There are other people, I don´t know if you went into the store, that focused on barista services.

**Yes, the one in the plaza**

That one! In the plaza. So those people were more focused on becoming baristas so that they can work there or so that they have more opportunities elsewhere. Me being here in the field, I need to do the processes, so that good coffee is produced, like the ones we are drinking right now.

**Is it the coffee that we are drinking?**

Yes, this is my coffee. And I think that in the store they´ll have another one of my coffees this week. So, this is something new to the producers because the traditional ones only sell the coffee and doesn´t know what happens with it later.

**And now they toast it?**

Yes, they toast it. But that toasting is done by the association, I only process it and deliver it, and the association deals with everything related to the commercialization. Regarding the side products of coffee, right now I’m not very involved with them. But there´s a client that buys from me Manchester coffee, and early in the year he asked if could send some samples of peel, of cherry peel. He asked for the samples because he says that in Europe, they gave a free way to sell peels. I told him “I know nothing of peels”, and he said “It doesn´t matter we are going to run a test”. So, we made some research about how we could deal with the peels, that the cherry must be washed around 3 times and that it is also good to wash it with vinegar to kill some bacteria. I did it to all the varieties that I handle, and I sent them to him. He has been taking them to fairs and hasn´t told me yet how it is going, good or bad, he hasn´t told me if he is going to start asking for tons of it or if it didn´t work. I´m still waiting. That would be first side product for which I ran a pilot without knowing too much of the topic, only with what I could find somewhere. But my thing are the processes.

**Could you describe a regular day in this time of year? For example, what do you do in a day? At what time do you wake up?**

I´m getting up at around 5:30 am, my wife gets up at around 6-6:30 am. I get up and prepare some coffee, I drink it, I take a shower, organize myself and move to the processing plants. For example, the coffee that is collected today is pulped tomorrow in a process that I´m doing. All processes are different but in a process that I´m doing right now, today´s coffee is pulped tomorrow. So, I wake up and that´s what I do; during the morning I pulp the coffee and I throw the pulp to the grass, I use it as an organic fertilizer. And the rest of the day I spent drying coffee or washing or in the silo. Food also needs to be delivered to the workers and I do that. In here the workers are not given food, that´s done by someone else, an aggregate that we have hired but I take the food to the workers. I also bring the coffee. After midday we select it, the coffee is selected by hand, my wife does it. That´s when it´s not too much, when it is too much like in a harvesting peak other people must be hired for them to select it. And those are like my daily activities.

**And until what time do you work more or less?**

It depends. There are times where we are done around 10 pm or sometimes around 6 pm. It depends on the coffee that is being made.

**Do you work 5 days a week? Six? It depends?**

Since the coffee farm is here, we work every day. If I don´t work a day is because I went out, to the town. Even if its Sunday, I don´t work all day because I also rest but I still work. In the farm there’s always work to do.

**You’ve said that always you´ve worked with coffee. You learned it from your parents?**

Yes, I learned it from my parents. My dad was always a coffee grower and that´s the world I grew up in. Getting to know everything about coffee.

**Did you go to school? Did you study?**

Yes, I studied until high school

**And what did you study?**

No, elementary school and high school.

**Why did you decide to work with coffee?**

Because that´s what I had learned. Disease affected my parents and they couldn´t work on the farm, so they told me “Go, there’s the farm, take care of it”. So that´s where I stayed and for my love of the job and to coffee… I had the chance to go do something else, but I also saw the opportunity of staying here and make my future here at the farm.

**What´s the thing that you enjoy or that you like from this place?**

Everything. I am passionate about the processing and what I enjoy the most is when I drink coffee that I can say “I´m drinking a coffee that is mine, that I did it” because Colombian culture doesn´t lead to this, but to drink coffee in “aguapanela” or coffee that isn´t coffee. And with that is with what we wake up: drinking something that we thought was coffee but that is not coffee. We were coffee growers not drinking our own coffee, we were half coffee growers. Or tricked, so to speak. Now with the special coffees and all that, one has a different vision towards coffee, and one grows to love the farm. Where else am I supposed to go or what else could I do if what I know is to work with coffee?

**So, this coffee farm was from your parents?**

No, this farm was from someone else. The farm from my parents was another one that is up there. With one of my brothers, we bought this farm not long ago, last year about 8 months ago. Since January I started living here and we are organizing everything so that all the coffee gets here. More comfortable, for comfort.

**Are there also things that you don´t like about this job?**

Things that I don´t like? No, I don´t know. Things that would make me say: “No, I don´t like it, I don´t want to do this anymore”, no. Physical work is always hard, it is tiring, but it´s normal.

**Do you go out frequently to other towns, other places?**

I used to go out more. Before the pandemic I went out a lot because I trained others, from the association I trained other producers, other people and taught them what I do, what I know or what I learned. After the pandemic when everything closed, I couldn´t do that work because I was doing it with the association. And while I’m on this farm, I get very little time left to go out, so I only go out for the necessary stuff like going to the municipality and then I come back.

**Do you have a car, motorcycle or what means of transport do you use?**

I have a car and a motorcycle.

**How do you communicate with other people? Do you have a cellphone, internet access or how?**

Yes, although reception here is sometimes very deficient but yes, we have communication.

**How do you search for new information, for example about the farm, how do find the information?**

Well, through media, one can find a lot of information.

**More through the internet?**

More through the internet. Yes, more than anything else, through media.

**Is there something that is required in that sense? For the communication**

That reception should be better. That companies should improve reception because sometimes there´s no reception and one has to go up, so we go up to look for reception.

**So you are involved in the association as a partner?**

I am a partner, before I was a trainer because I took a course on processing. Q processing about coffee. So that led me to be able to provide that information to other peers. I have done it, recently I have not done it again. The association right now has not made a capacitation group -because we had capacitation groups-. Not long ago the store was opened, just this year, so the focus was on the baristas and all that. I imagine that by the end of the year we will focus more on the processing.

**Why did you become a partner of the association?**

The association was born from a necessity of the producers. To look for better prices, better quality of life, and that´s how the association began: I am a founder, I was born there. Initially the association did not commercialize, it was more from an alliance where there was a project from which some money came, so we said, “We need to put this as a revolving fund**,** in money for some coffee producers”. And from there until now, it was based on like dreaming with new things, so we decided to commercialize coffee as producers. And that´s how it started. Little by little the association started. We, the producers, started behind a good leader that the association has. The association has a very good leader who is responsible to take us where we are now. This association is recognized in almost the whole country and abroad as well.

**How is the relationship with the government? Do you receive help or services from the government?**

Yes, in here projects are done with the government and with the association, with the federation of coffeegrowers. A lot of projects where everybody helps are done.

**Do you have an example of one of these projects?**

We could say that the store could be an example. The government, the partners and the municipality have contributed to the store. The association itself, the spot where … you went to the office?

**We haven´t been there yet.**

You haven´t been there yet? Well, that place was an abandoned place that the municipality had, and they told the association “Take that spot and place yourselves there”. So, the association took it, tidied it and with the help of foundations and the government now there is a laboratory, a **management center** that controls all the offices. There´s the warehouse where the coffee is deposited. So that´s another example of a lot of united forces.

**Yes, so it´s the municipality then that helps?**

The spot, the place is from the municipality. They gave it to the partners to turn it into what it is now, which you will get to know later if you go there.

**You have said that you have lived here only for a short period of time, right? Is it a new house?**

No, the house is not new. The house was already here. I have been here for a short time, and we are rebuilding some stuff. There was no processing plant, where we work with the coffee, so we are now building it.

**And in here do you have access to electricity, drinking water?**

Yes, electricity and drinking water. The farm itself has the water **sources.** We do not pay for water.

**It comes directly from … ?**

Yes, from where it is originated.

**Is there something that you would like to change from this house?**

Something that I would like to change? Well, we are changing: this front was not like this, so we are changing it. Towards there I want to expand to make a backyard or bathrooms and leave this part for the coffee. We are building the processing plant. Yeah, a lot of things will be changing. We lack a garden, that will be later. Also a prettier entrance because that makes it more eye-catching. So little by little.

**And what importance does the environment have for you?**

A lot.

**Yes?**

Because the quality of the environment reflects in the quality of coffee that we have. The environment has a big influence on the coffee we produce. So it does have a big influence.

**Has anything changed in the weather or the environment on the last years?**

Yes, it has been a long winter, a lot of rain.

**Lots of rain.**

Yes, so that affects us. It affects us in terms of production. The plantations produce less. We are waiting for the summer, to see if they produce a bit more but we have been waiting for 3 years to (unintelligible)

**So there´s more rain and that**

More rain.

**How do you take care of the environment in your farm, for example? Is that something you think about?**

Yes, besides being part of the association, I am part of some quality labels. Those labels demand us to take care of the environment so, what does that demand? It demands not using certain chemicals on the coffee, it demands to not incinerate, to not contaminate water. We are given a huge list of demands with which we must comply. We comply with almost all of them. Since we are just moving here, we are missing some things. It´s not that complete. But where I used to live, yes. I have had a lot of audits and have passed them all. If right now I had an audit I would maybe not pass it because there are some things missing. But as I said, we are just moving here, so we are looking into it. However, since I work with (unintelligible)**,** the leachates do not end up in the water, so that´s a way of not contaminating with the coffee processes.

**What type of seals do you have? Fair trade, organic?**

Yes, we have worked with FLO label, UTZ label, Rainforest label, but these are labels of a cooperative. So, they tell us to not contaminate, don´t do that, and then they come, look, and certify us if we pass.

**Why do you participate in that? Why do you have those labels?**

More than me looking for them, they are the ones who have looked for us to avoid pollution and all that. Then it´s like this label overprices the coffee because it gives us an overprice in fertilizers or in something else for the farm. Sometimes it comes as help or assistance. The label is to help a processing plant, a dryer, to buy a silo or some new technology. That´s why I participate in the labels.

**So, what type of fertilizer do you use?**

I use chemicals, the fertilizers are chemical. Because of the weather we don´t use foliar fertilizer, no (unintelligible) and no contaminants. We only put chemical fertilizers on the soil and that´s it.

**Do you feel safe in this zone? Do you have safety?**

Yes, in here it is very healthy, so to speak. There´s no armed people or criminal groups. In that sense one lives peacefully here, it is very safe. There´s was some violence from around ´98, ´99 until 2005 that there were some groups, there were some self-defense groups in this zone, after they moved out peace came into the zone. This zone has progressed because it used to be very complicated. Violence has affected everyone who lives where there are armed groups.

**Now that´s no longer the case?**

Yeah, no, it´s way better.

**Do you ever feel discriminated or intimidated? or maybe other people in the community?**

No, socialization in here is very good. Everybody is a hard worker.

**Is coffee your main source of income or do you have any other sources of income?**

No, it is coffee. 100% coffee. There are some animals here, but we don´t live from them, they are like a saving that we have in the farm. But it does not provide for me to live, I live from coffee.

**Does your wife also work in the coffee farm?**

Yes besides being a housewife, she is the one in charge of the house, she right now is the one that selects the coffee, so there´s she has another source of income as well.

**Do you have any savings?**

Yes, of course, we save money. From our savings is how we have obtained what we have, although we also have loans. We owe money, but it is something that is affordable from our work, we can pay it, or we hope that we can pay it, if good prices for coffee continue and God willing.

**How is the price for coffee? Is it good, enough?**

The price for coffee is good and is enough. The problem is that everything is very expensive, the fertilizers and everything required for the production is very expensive. But the price for coffee is very good. We had never had the price for coffee that we have now. Coffee growers are in a good time, you don´t see any of them complaining. We had a strike when there was a coffee shutdown. Back then it was hard to live from coffee, but right now there are very good prices, and all the coffee growers are having a bonanza.

**Is there a big difference between years? Regarding price or productivity for example?**

Productivity can be the same or, as I told you earlier, because of the cold weather there can be lower levels of production, because we depend a lot on the weather to produce, and we need a lot of sun and summer. So right now, production is low, but the price is way better than previous prices.

**With your hectares, how much do you produce? What quantity of coffee? How many kilos?**

Right now, since we have been here for a short time, I wouldn´t be able to tell you because the year hasn´t even finished. I make the calculations every end of year, to see how it went and how much coffee was produced.

**You said you studied until high school and right now you are learning more about coffee processing, so you are looking for more knowledge.**

Yes, always learning. It´s like research that is done daily or from what one is told such as “Do this” or “Do that”.

**Do you have enough opportunities to obtain that knowledge or training?**

Yes, right now there´s a lot…. From the internet we get a lot of information, or there are onlinecourses.

**Do you feel satisfied? Happy?**

Yes

**Do ever have any concerns?**

Also yes, of course, there are concerns as with everybody else. Like what is going to happen with this winter, if it keeps like this, plantations will get disease. If we will keep living peacefully, or if out of nowhere an armed group comes and tells us “You have pay for a vaccine” or “You have to go” or things like that. Concerns that are always in one’s mind, that hopefully will never happen. But right now, we are living very peacefully. Things are goods. Coffee growers are happy.

**Do you have dreams or things that you would like to achieve?**

Yes, of course.

**Yes? What things?**

Help my family, now that we have a baby, I would like to give her a good future. That she grows in a good family environment, that she can have what I didn´t but also to instill on her the love for the field, because young people have left the field. But also, in some way our parents are guilty because they said “Leave because the field doesn´t work. Opportunities are in the city; opportunities are somewhere else.”. But in here there are also opportunities, one can live from this happily without the need to leave. Without the need of separating families because a lot of people want to go abroad, moreover, Santuario I believe is the municipality from the region with more people abroad. It is from where most remittances arrive. Where more families have people in the USA, Spain, France, and that leads to the separation of families. In here there are also opportunities, there is also a future without the need to leave.

**Do you think that´s a problem? That young people don´t want to work on the field? Is it a challenge?**

Yes, the people with whom one works are mostly old, so when this people are no longer here, who will work in the field? I don´t know if the government or how can a policy be made for young people to return to the field. Because most leave looking for opportunities, so those opportunities should be on the field so the people don´t have to leave. So, for example, the processing and everything about coffee I think is a great opportunity, but there are parts or zones where it´s not seen, so there are no opportunities. Coffee is not restricted to being in a plantation unintelligible, there is also knowledge in baristas, in toasting, in catchment. This is provided by the association, there are a lot of opportunities for young people but there are parts where that is not the case, where it is not even allowed for one to bring it. There are parts where we would like to go and teach but they say “No, you can´t do it. Do not teach to the coffee growers because we only need them to produce and that´s it”. Or they use a policy like that. “We need coffee growers to produce and nothing more”. There are parts of the country that are like this. So, what does that achieve? That young people go away.

**But are there opportunities for you?**

For me yes, a lot of opportunities mostly in the field, more than in the cities that are exploiting people who have a lot of abilities and knowledge but there is no one to train them. Or people go out of universities but there are no jobs. They are in debt, with the need to pay for their degree. Here in the field, there are a lot of opportunities.

**How is your physical condition? Are you healthy?**

Yes, yes, it is very good. So far. Hopefully it stays like this.

**Because it is physical work so…**

Yes, everything in the coffee farm is physical work.

**You can do everything you need to do?**

Yeah, do I have any limitations? No, none so far.

**Where do you get your food?**

In the supermarkets in the town. In the coffee farm one has bananas, yucca; if there´s a garden we get some stuff but groceries we get from the town.

**Do you have enough for your needs and your family´s needs?**

Yes. Saying like “Today we are not eating because it wasn´t a good day”, no, we haven´t had that.

**You have a big family, right? Who makes the calls in your family?**

Decisions are sometimes shared because one can have an idea, but we ask somebody else if yes or no. Decisions are not solely mine, they are made with the family. That´s when its important decisions because there are some things that one knows that need to be done, so they are done. When it´s an important decision, I consult my family. For example, buying this farm was a family decision because we all got together, and we bought it. To see if it was a good idea, if we should move here. So far it has been a good idea. It was not something that was decided only by me or by my brother or by my parents, it was a family decision.

**What is it that you consider the most important thing to offer to your child or children?**

I don´t know, the most important thing would be family warmth, that there´s love, affection. The material stuff is something that is needed to live but it´s not everything. There are more important things like values, love, family.

**Would you like for your daughter to work in the field?**

Yes, I would love it.

**Yes? Why?**

Because I would not need to tell her “Leave, that there are no opportunities here”. Although if she wants to leave, I would not stop her. But in here there´s an opportunity and she would not need to leave because she has it. If she leaves it would be because fate took her elsewhere. Obviously, she can study and train; learn what I did not learn. But if she wants an opportunity in the field, on how to manage a coffee farm, or how to become a barista, coffee toaster, or something else coffee-related, she can always help and in there she can also have a promising future.

**And how is your relationship with the community? With the neighbors?**

Very good. There are some neighbors that are family, they are cousins. There are the people with whom I grew here in the zone, almost no new people get in. So, the relationship is very good with everyone. Whenever we can, we help each other. When the road is blocked, we unblock it. (unintelligible) We all collaborate.

**You´ve said that there are different workers in the farm?**

Yes

**Do they work the whole year here?**

Some do and some do not. Depending on the needs of the farm or work, workers are required. When there are more types of coffee or when we harvest, more people are needed and those are the people that are hired for the harvest season. But there are some others that are there the whole year that besides collecting coffee they do other things as well. They are not only looking for coffee for a living. If not, it decreases.

**Is it easy to find these workers?**

Sometimes it´s not that easy.

**No?**

No, because when there´s harvest, there is everywhere. So workers are working like crazy. So “Today I worked here, but it´s better over there so I go there”, so a worker can be in 3 farms in 1 week and one deals with that.

**The workers are from this zone, or do they come from other countries, other zones?**

From other countries, no. From other parts of the country, yes. There are people from Antioquia, Tolima or from other municipalities, also sometimes people from here go to other parts looking for coffee plantations, it is normal among workers.

**Do they sleep in the farm?**

Generally speaking, one has to give workers in the farm their dormitory and bathroom. They are given a place to sleep and food.

**We have talked about a lot of topics, now I would like to do an exercise for which we need a table. Perhaps we could do it here.**

If you want, we can do it here.

**We have talked about different topics and now I would like to know what things or opportunities are the most important for you to live well or to feel okay. Here I have different cards that represent those aspects, and I would like to ask you what is their importance for you? If it´s the most or the least important, or perhaps somewhere in the middle. And I would like to discuss them one by one. First is public participation, with the community, with the associations, what is their importance to you?**

Public participation is important. It is not the most important, it would be somewhere in the middle.

**Taking care of the environment?**

Very important, yes. It is among the most important and more to us that are in these zones of taking care of the environment. The ideas that we have now are about focusing on that. So that´s a very important topic.

**So more important.**

Yes, more important. Could be somewhere over here, I don´t know.

**What would need to change? What would you like to change in that sense in the environment? You´ve said you´ve begun some projects …**

The idea is to not contaminate all the water because water is contaminated a lot. Household wastewater goes to the water.That´s a thing that we are going to begin to work in here, some septic tanks. As I said, the leachates, since we are working with processes now, we can try to give them a different handling. Or we could have a biodigester like the one that Don José has. I don´t know if you saw it. So that gas is generated for the house from coffee honey. That´s a very good project that is not contaminating the water.

**Right now, the wastewater from the process ends up in the river?**

Normally they go to the river. Normally everything goes to the river. That´s something that we need to work on, as the association we need to start here in managing a project about the environment. Well, the other stuff we already know, which is “Do not hunt”, “Do not cut down trees”, “Take care of wildlife”, “Do not use chemicals or poisons” and “Reduce the carbon footprint”, which is with what we are going to work in this zone or in what the association will focus.

**Do you think that a lot of people in the association or in the community are thinking about these topics? Are they open to it?**

They are open to it. In this zone everybody is thinking about the topic. They already do it, they do it here. Almost all coffee farms have septic tanks. A lot of organizations support that, like CARDER, the Federation, the municipality itself.

**They provide support with money or with unintelligible?**

Not so much with money, they give to people the tanks, the filters. One puts the work and between everyone it gets done.

**What about physical health? How important is it?**

Very important, without physical health one is nothing.

**Where do you put it?**

It is also there among the most important. Without physical health there is nothing. It is the most important

**What about nutrition?**

Also very important. So that one can have a good quality of life. It is very sad that there are parts where there is malnutrition. The kids. Having a malnourished little kid that cannot have that quality of life must be something that keeps one awake. So, it is very important. In here thank God with the coffee, so far, we can live well.

**Where would you put it?**

Also there, where physical health is. It is very important.

**What about education and knowledge?**

Also there at the end. That one is essential, education and knowledge. For me, the way of thinking is very important. It is very important because we must be open to the new technologies, we must have a lot of education and learn. Sometimes knowledge is not given to producers so that they do not abandon traditional agriculture and they keep only producing. So that they don´t have new markets or opportunities. Even if it’s not about coffee, knowledge and education will always… The more educated and the more knowledge one has, one can become a better person for the world. Although if we go to politics that doesn´t apply anymore. But everywhere else it applies. I don´t know why the politicians are like that.

**You don´t trust politics?**

It´s not that I do not trust it, it just that in here there´s a corrupt political system. It is a system that has already been created. You cannot just get in there and say “I´m going to change it” because it´s not possible. That´s how it is.

**What about the living space?**

The living space is also very important because having a house where one gets wet, like laying down here and getting wet, no. It is important, could be somewhere here, it is also one of the most important to have a comfortable place.

**What about social relations?**

Yes, they are important. Because in here, one relies on the neighbors. Like I said, the road was blocked, so by myself I wouldn´t be able to unblock. It is better to get together and unblock it. For example, right now that I have a car, I have been asked to pick up a sick person, to see if I can take him to town. So I do it right away. We are used to collaborate in what is needed.

**Because he lives farther away.**

Yes, so we must help each other out. If one has a need, where does one go? With the person who is the closest. Or if one has a need, people go where one is. Social relations are very important.

If we are talking at the association level, it is more important because we have all focused to move forward towards the same direction and we have grown together and that has taken us to where we are right now.

**So where would you put it?**

It is also very important. I think I´ll put all cards there. Let´s put it somewhere here.

**Yes, with this system all of them are very important.**

Yes, let´s put them all in the middle.

**What about safety?**

Safety is important. Safety let´s one live peacefully. Nothing more unpeaceful than going to bed thinking of being attacked or that someone could come rob. Safety is something that… We have safety from the government like the police and the army so that there are no armed groups. But that is also why social relations are very important because we provide safety for ourselves. So, if there´s someone around that we don´t know, or that we wonder “Who can that be? What is this person doing here?”. So yes, it is very important.

**So, they are related?**

Yes, it also goes somewhere over here.

**What about having free time? Leisure and entertainment.**

Yes, it is important because it takes one out of the routine. One lives in a routine every day, but it is very important to have free time, go out to eat

**What do you do on your free time?**

Normally we go out to eat. We used to go to the movies or go out a while. Right now, because of our kid we haven´t been out a lot but we go out maybe on a Sunday to eat somewhere else. That we have done.

**Do you think that you have enough free time?**

It depends. Yes and no. If I decide that I want 1 week off, I can do it but then I must organize stuff. But on the weekends, I have enough free time, on Sundays. Because I can say to someone “Look after the place” and then I leave with my family.

**Where do you put it?**

Let´s put it here as well. It is important.

**What about work satisfaction?**

Yes, it is very satisfactory. It is out of love that I do what I do. It´s not like “Aah, I don´t want to do it”, no. I do it with a lot of love. I have my reason as to why every day I do it. It is because of her. Yes, what I do is my passion. It is possible that later I do something else, but this is what I know how to do, what I learned to do. What I believe that I´m doing right, so it also goes somewhere over here, it is very important.

**What about mobility?**

It is good. And it is important, more around this area because it is very far away from resources, we are 1 hour away from the municipality. So, mobility is very important: for roads to be good, that they are not blocked. If they are blocked, we are screwed.

**Is there something that can be improved regarding that?**

Yes, a lot of improvements can be made: more bridges, more roads. But that depends on the government. For us if a unintelligible is blocked, we go as a community and take it out. But so far, we can at least go in and out, which is good. The driver said that the road was very good. So yes, it is also very important because if we don´t have mobility around here we are left behind.

**What about self-determination? Taking your own decisions?**

Yes, also very important. I can take my own decisions but as I said, there are some decisions that I cannot take by myself. Like they are mine only and whatever I say is done, of course not. It is about sharing thoughts, to see if there is support or not. No impositions. So yes, it is important

**Finally, mental health.**

It is also…

**Also important, yes.**

It also goes over there. Without mental health, I wouldn´t be able to do anything.

**I also have some blank cards, I don´t know if there is something that is very important to you that we haven´t spoken about. Is there something missing?**

Let´s see. We have talked about everything: physical health, nutrition, living space, health. I don´t know. What have people said in the other visits? Almost all of them are here.

**Is there something in those topics that is missing or for which you would like improvements or changes?**

Yes, for example about the environment, to improve the it´s care. Regarding health we are okay, but the health system is very deficient, that I hope it would improve. Because sometimes one is sick and needs to go to the medic but there´s a lot to do before that happens or to get a good medicine or stuff like that. But that depends on the government, it is not dependent on oneself. But if that improved in the country… oh well.

What else could be improved? I don´t know. Education and knowledge. You were asking me if I had access to education, yes but because of time, there´s some stuff that one would like to learn but there´s no way because one needs time for that. Hopefully one can provide it to them to learn what… Because for example, I would like to learn about management. But right now, I don´t have time, I cannot do it. So, I have to teach her management so she can take care of that in the future. Like “Dad, you are a bad manager”, “Manage your accounting like this”. At the end we look for improvement.

**Finally, I would like to show you this. Our project is about the residues, the side products like the pulp, the peels. The idea is that these residues are transported to a plant where they can be transformed into other products such as biocuro and biochar which have different of applications. From biocuro we can produce biofuels for planes or boats, plastics can also be made or also other things. What do you think about this idea? Did you know that residues could be used like this?**

Within what I´ve learned about coffee, I know that residues can be used for biofuels, such as with the biodigester, which is a very good idea for a farm so that gas is not bought or brought from somewhere else: it makes the farm self-sufficient, and I think that´s very good. From the pulp I´ve seen that people make food like sauces, jelly, or stuff like that. I don´t know if they are healthy but I´ve seen them and I´ve tasted them. I knew that.

The least coffee is lost, the better. The thing is that with coffee almost nothing is lost, everything is used. The problem is that sometimes there´s no big market for these side products because, for example, I use the peels and pulp as organic fertilizer, but there are places that they just throw it away, it ends up in the water. Mostly in big farms.

It would be very good that a plant took all those side products.

**What kind of residues do you generate here?**

When I wash the coffee, I generate residues from the leaching, they are very few, but I do generate them. And the pulp.

**And you also do the pruning?**

Yes

**What do you do with the residues?**

They are put in the wood stoves

**So, you use everything that you generate?**

Yes. And what is cut is left behind as fertilizer in the soil, because we cannot incinerate in order be able to be part of the labels, certifications and to take care of the environment. We do not incinerate anything.

**Is it forbidden?**

It´s forbidden. For the ones of us that have labels and special coffees, those are the conditions.

**Would you be willing to collect and perhaps sell those residues if the opportunity was available?**

Yes of course. That would generate more income to the farm, because right now that is being lost.

**Right now, how do you transport, for example, the coffee? Do you transport it yourself to the association? Does someone come pick it up?**

For the time being I transport it myself with my car.

**Would you be willing to do the same with the pulp?**

Yes, of course. Yes, if it´s a good business and there are no losses. I would be willing to transport it.

**Do you see any other opportunities or benefits that a system like this could generate to the farmers or to you?**

Benefits? A lot because if we can sell those products, the quality of life of our families will improve. It´s an added value, it´s new income. It improves the family´s economy and at the same time we take care of the environment.

**Do you see any challenges for the implementation of a system like this?**

A system like that has a lot of challenges. Because the pulp gets very easily contaminated, so we need time and dedication. But it can be done. It´s about changing the way of thinking. I don´t know if everyone is willing to do it, but I have never been closed to technology. It´s like with this person that asked me for some samples and I asked, “How do I prepare them? I don´t know” so I started making research and to ask around how could I reduce the contamination, because I know that pulp is very delicate and that it generates toxins that are not very healthy so I tried find out a bit about that, and I achieved it. It took some time but I´m just waiting to see if he wants more samples.

**In your experience with the training in different farms, do you think that people here are open to new projects or innovations? How is their mentality?**

Yes, there are people that are very open to it, that they like it very much while there are others that think that it is very difficult, which is normal. But overall, they are open to it. They worry about the topic. Right now, because coffee has a very good price, the difference is not that big. So a grower could say “No, I won´t do all that knowing that without it I´m still doing okay”. But when the coffee has low prices, making process is very appealing, economically speaking.

**Right now that the price is better, maybe there´s not too much need of looking for better opportunities.**

Exactly, some coffee growers see it like that. I do it because for me it is easy, for me it´s not a challenge. It´s not something that I have begun just now, I come from a process little by little. I would not have achieved it without the association´s support, if there was no lab. Because I took a lot of samples and they gave me the green light, I learned from my mistakes in there. Right now, I have consolidated all my processes, I know they are like this, that they are good and that there is a market for them and that we can do it. But for a coffee grower to get where I am, it must be step by step to not scare him off. Because if I bring him here and show him what I do he´ll say “No, I won´t deal with that”.

**Thanks a lot! Those were my questions. Do you want to share something else?**

I hope the best for your research and your project, and that hopefully we can take you our side products, that you can buy the pulp from us. Hopefully policies are heading that way in the future. To take care of the environment, which I think is very important. More in these areas and more in these times with the global warming. There´s a lot of people that do not care about the environment. People say that in the future a lot of water sources will be dry or the paramos, so that topic is very important