

# EXCLUSIVELY FAIR TRADE ORGANIC COFFEES

- **Bolivian "Colonial Caranavi"**  
Spicy, heavy bodied and buttery. Medium acidity with mild nutty tones.
  - **Brazilian Sul De Minas Poco Fundo**  
An exceptionally smooth coffee with low acidity, full body and natural sweetness seldom found anywhere else.
  - **Colombian "Café Femenino"**  
A nice, bright acidic snap with slight citrusy notes. Phenomenal french press coffee!
  - **Colombian Supremo (Swiss H2O Decaf)**
  - **Costa Rican Guacamayo Arena**  
Lively acidity and strong body with a bittersweet cocoa finish.
  - **Dominican Republic "Barahona"**  
A mild yet complex coffee. Mild acidity with a pleasant cocktail of spicy vanilla and fruit. A classic, nuanced Caribbean coffee.
  - **Ecuadoran Fapcafes**  
Medium to high acidity with a vibrant aroma and a sweet, honey-like finish. An Upper Midwest favorite morning coffee!
  - **El Salvador SHB EP Pipil Shade Grown**  
Exceptionally nutty, mild acidity. Well balanced with noticable bittersweet chocolate hints.
  - **Ethiopian Harrar**  
Fruity, winey acidity best characterizes this coffee. Rich in flavor and finish with a very well defined fragrance of ripe blueberries.
  - **Ethiopian Natural Sidamo**  
This full-bodied beast jumps right out of the cup with fruity notes that'll knock your socks off! We classify this bad-boy as a "must try." Call for a sample!
  - **Ethiopian Yirgacheffe**  
One of the most unique coffees in the world. It possesses a distinctive floral bouquet with defined citrus notes and strong body. Very smooth.
  - **Guatemalan Nahuala**  
A remarkably balanced coffee displaying traditional Guatemalan spiciness. Peppery aroma, hints of dried cherry, lively, full bodied, complex.
  - **Honduran SHG Olancho**  
Medium acidity, nice body. Caramel sweetness in the finish. Very perky.
  - **Mexican Chiapas**  
A light bodied coffee with bright acidity. Finishes sweet with distinct undertones of roasted nuts.
  - **Mexican "Café Femenino"**  
A complex cup. Both fruity and floral with a bright nippiness. See the back of this sheet for more info!
  - **Nicaraguan Matagalpa**  
This coffee possesses a creamy, balanced body with vibrant acidity. Muted fruitiness and sweet aftertaste.
  - **Papua New Guinea**  
A sensational Indonesian coffee that produces a very complex cup. Floral and citrus tones dominate with a caramel finish amidst an acidic tang.
  - **Peruvian "Café Femenino"**  
A coffee that's as good for the soul as it is for the taste buds. The Cafe Femenino project promotes women's rights and the proper treatment of women and girls in coffee producing countries. These all-women-operated farms provide not only a refuge and a purpose, but an amazing specialty coffee as well. Justice cannot be done to this project in a few sentences. See the back of this sheet for more info!
  - **Sumatra Mandheling**  
Full bodied earthiness. Clean, fruity finish. Bold sweetness in the cup. One of the world's supreme coffees.
  - **Sumatra Gayoland (Swiss H2O Decaf)**
  - **Tanzania KNCU**  
Rich, creamy mouth-feel with an acidic sweetness, hints of vanilla and solid body. A potent vibrato of flavor!
  - **Timor Maubesse**  
Medium acidity, big, bold, buttery body. Fun spiciness in the cup.
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- **Angry Bull Blend**  
A very complex cup. Sweet and spicy, earthy and clean. Bright, full bodied and amazingly balanced.
  - **Gypsy Breakfast Blend**  
Light, clean and aromatic. A rich and fruity breakfast treat.
  - **Red Sombrero**  
Intense and robust body. Muted acidity with a bold, creamy finish. Hints of dried fruit in the aroma. A fantastic dark roast.
  - **Matador Espresso**  
Rich, creamy and nutty. Amazing crema. Loaded with sweetness. A fabulous choice for straight espresso lovers.
  - **Red Sombrero Espresso**  
Deep and intense. Robust ability to cut through milk, chocolate and flavors. An excellent espresso for mocha, latte and cappuccino drinkers!
  - **Rondena Decaf Espresso**  
Rich and fruity. Bold and sweet. A great treat without the caffeine.

■ City Roast ■ Full City Roast ■ Vienna / Light French Roast ■ French Roast □ Italian Roast



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U p p e r M i d w e s t G o u r m e t  
**FLAMENCO ORGANIC COFFEE CO.**



### The Cafe Femenino Foundation

We at Upper Midwest Gourmet and Flamenco Organic Coffee Co. are extremely pleased to introduce a new project that we have jumped on board with. It's a project that's as good for your taste buds as it is for your soul.

The Cafe Femenino Project is an organization whose aim is improving the overall quality of life for women and children in coffee producing regions, many of which sustain abuse rates approaching 60%! Strides toward this lofty goal are made both in the economic and social arenas.

Coffee that is produced by the women within Cafe Femenino's sphere of influence is isolated and kept separate from its neighboring harvests. This coffee then receives a premium at all stages of transaction. These premiums coupled with additional funds from organic and fair trade certification and partner contributions return directly to the organization and the producer.

In addition to the direct monetary support, the Cafe Femenino Foundation serves as a growing social consciousness in many areas where such ideas were woefully bereft.

While understanding that changing an age-old family dynamic is a tall order indeed, plenty of testimonial evidence suggests that the Foundation has created positive change for the 755 affected women in Peru over a period of one year. As an organization in its infancy, this can be considered a triumphant and wild success.

The Cafe Femenino Foundation has direct employees and activists working with these women and helping them plan for their futures. While coffee is the main focus, women are encouraged to grow other crops as well, raise small animals or embark on any other wholesome endeavor with aspirations for the open market. The Foundation offers assistance and grants for many women to pursue and develop these projects.



The Foundation serves as a crisis organization as well. Noteworthy donations of time, resources and money were made to assist in the aftermath of the tsunami in Aceh, Sumatra and the mudslides in Santiago, Guatemala.

Last year's "Touch of Christmas" program was able to supply Christmas gifts to over 1000 children in the poorest reaches of Northern Peru, and hot cocoa and Christmas bread to over 2600 other children.

In addition to the money that filters back to the producers and the good work being done abroad, Upper Midwest Gourmet has pledged to help make a difference at home. We will donate \$0.05 for every pound of Cafe Femenino coffee that we sell to the Tubman Family Alliance, a Twin Cities based organization committed to putting an end to domestic violence and assisting the victims thereof.

Currently, Cafe Fem coffees are being produced in Colombia, Mexico and Peru with projects soon to yield results in the Dominican Republic, Costa Rica, Guatemala and Tanzania.

Please call Flamenco Organic Coffee Co. for more information.  
612.728.7208