

# Cascara

Dried peel of the coffee fruit that can be used to prepare aromatic infusions with a fruity and slightly sweet flavor.

***From Coffee Pulp produced during the wet processing method.***

## Materials & resources

- Fresh coffee pulp (pulp removed from ripe cherries)
- Washing container
- Clean towels or mats for drying
- Sunny, well-ventilated area
- Solar dryer (optional but recommended in case of rain/humidity)
- Airtight containers for storage

## Suggestions

- For consumption put 10g of cascara in 200ml hot water for 5-7 minutes, strain and enjoy as a fruity, sweet and slightly tart infusion.
- The cleaner and well-dried the cascara is, the higher its quality.
- It can also be an additional source of income for small growers (sold to stores, local markets, or exported).
- It can be flavored (e.g., with cinnamon, ginger, or orange peel).

## Steps

- 1.** Select coffee pulp: use only fresh, good quality pulp from ripe cherries, paper material that is too fermented, mold or dirty scraps.
- 2.** Rinse the pulp thoroughly with clean water. Repeat the washing until excess sugars and impurities are removed. This is to prevent unwanted fermentation and bad odors.
- 3.** Let the pulp drain on a sieve or in a colander for a few hours. The drier it is before drying, the better the process will succeed.
- 4.** Place the pulp in a very thin layer (1-2 cm) on clean sheets or mats. Place it in a sunny but well-ventilated area. Then stir regularly (every 2-3 hours) to avoid mold. Leave the pulp to dry until the material is crisp and crumbly (may take 7-10 days depending on climate).
- 5.** Check that the cascara is well dried, with no fermentation odor. Discard any blackened or moldy pieces.
- 6.** Store cascara in airtight containers, away from light and moisture. Label with date of production.

