

8 THINGS YOU MIGHT NOT KNOW ABOUT COFFEE

COFFEE IS ACTUALLY GOOD FOR YOU

At one time, coffee was considered unhealthy, but that assumption was not based on facts. According to a blog published in Harvard Health Medicine, moderate coffee consumption (three to four cups per day) has been linked with a longer lifespan, and coffee consumption is associated with an 8% to 15% reduction in the risk of death.

COFFEE WAS BANNED MANY TIMES

Coffee has been banned repeatedly over time. Coffee was banned in Mecca in 1511, as it was believed to stimulate radical thinking. Murad IV claimed the Ottoman throne in 1623 and quickly forbade coffee in Constantinople. Sweden banned coffee in 1746 and used it as a means of execution for convicted murderers. It didn't work.

ADDING CREAM KEEPS COFFEE WARM

Coffee with cream cools about 20% slower than black coffee. Adding cream thickens the coffee, so it evaporates slower. Evaporation causes heat loss. Dark colors also emit heat faster than light colors. By lightening the color of your coffee, you slow its rate of heat loss slightly. Finally, hotter surfaces radiate heat faster, so by cooling coffee you slow the rate at which it loses heat.

A GOAT HERDER DISCOVERED COFFEE

Legend says that coffee was discovered by a goat herder in Ethiopia in the 1500s. He saw his goats eating coffee cherries and becoming energetic. He reported his findings and knowledge of the energizing berries began to spread. By the 15th century, coffee was being grown in Arabia and by the 16th century it was known in Persia, Egypt, Syria, and Turkey.

FINLAND DRINKS THE MOST COFFEE

The US may be one of the largest consumers of coffee per country, but Americans are not even close to Finns when it comes to coffee consumption per person. Finns consume an average of 26.45 lbs (12 kg) of coffee per capita. Finland is followed closely by Norway, Iceland and Denmark. Americans drink under 10 lbs per capita.

MOST COFFEE FARMS ARE ACTUALLY SMALL

Countries like Burundi, Uganda and Ethiopia derive more than half their export earnings from coffee alone, so coffee is big business. At the same time, small-scale family farmers produce 75 percent of the world's coffee supply, so coffee is rooted in small family-owned businesses.

HAWAII AND CALIFORNIA GROW COFFEE

While the US is one of the largest consumers of coffee in the world, it does not grow a lot of coffee. Good coffee growing conditions require high altitudes, tropical climates, and rich soil. Hawaii has been producing coffee from before it was a state, but California only recently began growing coffee.

COFFEE IS HEAVILY TRADED

Coffee is the world's second most traded commodity, right behind crude oil. The global coffee market was valued at approximately USD 102.15 Billion in 2019, with worldwide production estimated at over 169 million bags.