



It is talking about Coffee



## Coffee

Coffee is a brewed drink prepared from roasted coffee beans, the seeds of berries from certain *Coffea* species. The genus *Coffea* is native to tropical Africa (specifically having its origin in Ethiopia and Sudan) and Madagascar, the Comoros, Mauritius, and Réunion in the Indian Ocean.[2] Coffee plants are now cultivated in over 70 countries, primarily in the equatorial regions of the Americas, Southeast Asia, Indian subcontinent, and Africa. The two most commonly grown are *C. arabica* and *C. robusta*. Once ripe, coffee berries are picked, processed, and dried. Dried coffee seeds (referred to as "beans") are roasted to varying degrees, depending on the desired flavor. Roasted beans are ground and then brewed with near-boiling water to produce the beverage known as coffee.

## MENTAL HEALTH

THE UK NHS ADVISES THAT AVOIDING COFFEE MAY REDUCE ANXIETY. CAFFEINE, THE MAJOR ACTIVE INGREDIENT IN COFFEE, IS ASSOCIATED WITH ANXIETY. AT HIGH DOSES, TYPICALLY GREATER THAN 300 MG, CAFFEINE CAN BOTH CAUSE AND WORSEN ANXIETY. FOR SOME PEOPLE, DISCONTINUING CAFFEINE USE CAN SIGNIFICANTLY REDUCE ANXIETY. CAFFEINE-INDUCED ANXIETY DISORDER IS A SUBCLASS OF SUBSTANCE-OR MEDICATION-INDUCED ANXIETY DISORDER. POPULATIONS THAT MAY BE MOST IMPACTED BY CAFFEINE CONSUMPTION ARE ADOLESCENTS AND THOSE ALREADY SUFFERING ANXIETY DISORDERS. PRELIMINARY RESEARCH INDICATED THE POSSIBILITY OF A BENEFICIAL RELATIONSHIP BETWEEN COFFEE INTAKE AND REDUCED DEPRESSION. LONG-TERM PRELIMINARY RESEARCH, INCLUDING ASSESSMENT OF SYMPTOMS FOR DEMENTIA AND COGNITIVE IMPAIRMENT, WAS INCONCLUSIVE FOR COFFEE HAVING AN EFFECT IN THE ELDERLY, MAINLY DUE TO THE POOR QUALITY OF THE STUDIES.



## History

### Legendary accounts

According to one legend, ancestors of today's Oromo people in a region of Kaffa in Ethiopia were the first to recognize the energizing effect of the coffee plant. However, no direct evidence that has been found earlier than the 15th century indicating who among the African populations used it as a stimulant, or where coffee was first cultivated.[6] The story of Kaldi, the 9th-century Ethiopian goatherd who discovered coffee when he noticed how excited his goats became after eating the beans from a coffee plant, did not appear in writing until 1671 and is probably apocryphal.

**COFFEE!** The savior of tired moments, the drink that attracts us with its fragrance and taste! Coffee has been in our lives for 1200- 1300 years, but it feels as if it was one of the oldest drinks in human history. So much so that coffee is grown in around 70 countries. In recent years, interest in coffee has also increased in our country. But, how many of us really know what we are drinking? How many coffee bean types are there and what are their characteristics? Let us offer you an incisive look into the issue...

MAIN TYPES OF COFFEE BEANS  
FIRST OF ALL, THERE ARE 3 MAIN TYPES OF COFFEE BEANS. THE NAMES OF THESE COFFEE BEANS ARE ROBUSTA, LIBERICA AND ARABICA. THERE ARE ALSO SUB-TYPES OF THESE BEANS. BUT THESE ARE THE MAIN BEAN TYPES. THESE TYPES OF BEANS TAKE ON DIFFERENT FLAVORS WHILE THEY ARE BEING PROCESSED AND HARVESTED. LIBERICA: LIBERICA IS A LOW YIELD TYPE OF COFFEE COMPARED TO ARABICA AND ROBUSTA. ROBUSTA: THIS TYPE OF COFFEE, WHICH CONTAINS

MAIN TYPES OF COFFEE BEANS  
FIRST OF ALL, THERE ARE 3 MAIN TYPES OF COFFEE BEANS. THE NAMES OF THESE COFFEE BEANS ARE ROBUSTA, LIBERICA AND ARABICA. THERE ARE ALSO SUB-TYPES OF THESE BEANS. BUT THESE ARE THE MAIN BEAN TYPES. THESE TYPES OF BEANS TAKE ON DIFFERENT FLAVORS WHILE THEY ARE BEING PROCESSED AND HARVESTED. LIBERICA: LIBERICA IS A LOW YIELD TYPE OF COFFEE COMPARED TO ARABICA AND ROBUSTA. ROBUSTA: THIS TYPE OF COFFEE, WHICH CONTAINS



## Coffee

Coffee is a brewed drink prepared from roasted coffee beans, the seeds of berries from certain *Coffea* species. The genus *Coffea* is native to tropical Africa (specifically having its origin in Ethiopia and Sudan) and Madagascar, the Comoros, Mauritius, and Réunion in the Indian Ocean.[2] Coffee plants are now cultivated in over 70 countries, primarily in the equatorial regions of the Americas, Southeast Asia, Indian subcontinent, and Africa. The two most commonly grown are *C. arabica* and *C. robusta*. Once ripe, coffee berries are picked, processed, and dried. Dried coffee seeds (referred to as "beans") are roasted to varying degrees, depending on the desired flavor. Roasted beans are ground and then brewed with near-boiling water to produce the beverage known as coffee.

## COFFEE



## BEANS

Liberica is a low yield type of coffee compared to Arabica and Robusta. Robusta: type of coffee, which contains 2.5% more caffeine than other types, has a pretty strong taste. Arabica: This coffee bean with low caffeine and a smoother taste is aromatic and delicious. 80% of the coffee in the world is produced from these types of beans. We have covered so far three main types of beans. Now it's time to learn the characteristics of these coffee beans according to countries. Because tens of factors, such as temperature, affect the flavor of the coffee beans.

The coffee culture in Ethiopia dates back to the 800s A.D. Even historical findings show that the homeland of coffee is Ethiopia. According to a rumor, goats eating coffee beans in ancient times used to be observed by the dervishes. And the dervishes boiled the juice of the fruit the goats ate and drank it. Ethiopia, which produces 384,000,000 kg of coffee per year, has prized coffee trees that yield delicious coffee. Uganda - Arabica & Robusta Ugandan coffee resembles African coffee in terms of its aroma and wine-like acidity. But it is not as popular as Kenyan or Ethiopian coffee. Most of the coffee produced is exported which contributes significantly to the economy. Among the important types of coffee produced in Uganda is Bugishu.

The savior of tired moments, the drink that attracts us its fragrance and taste! Coffee has been in our lives for 1200- 1300 years, but it feels as if it was one of the oldest drinks in human history. So much so that coffee is grown in around 70 countries. In recent years, interest in coffee has also increased in our country. But, how many of us really know what we are drinking? How many coffee bean types are there and what are their characteristics? Let us offer you an incisive look into the issue...

