

Coffee the beverage that history loves

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By Carol Hansonly Hansonly

Around the time of A.D 850 legend has it that a lone shepherd and his flock happened upon a

strange new plant that was growing upon the slopes of lonely hillside. Before the shepherd could intervene some of his herd had started to chomp away at this newly discovered delicacy. After about a quarter of an hour the shepherd began to notice that the entire flock were acting in an extremely lively manner. They appeared to be not only very alert but even hyperactive. Now the shepherd being slightly weary and more than a little tired decided that he also should sample the berries and see what, if any effect they would have on him. He secretly hoped that the dramatic effect that he had observed the berries to have on his greedy flock of sheep would also be his experience. Just as had happened with his herd, he too started to feel the benefits and in a matter of minutes he also [pardon the pun] was "extremely full of beans". A few hours passed and along came a wandering monk. The herder proceeded to tell him of the plants amazing qualities but he was immediately scolded for his outlandish ways and foolhardy behaviour. After he had finished telling the shepherd just what a sinner he had been the monk went on his way but not before he had hidden a little something in his bottom of his backpack.

When the monk reached his monastery his fellow holy men also decided to try this new and enchanting beverage. Soon the endless hours of prayer no longer seemed so wearisome, in fact they became easy to endure with the help of this exciting new drink. Coffee, had now well and truly arrived and the news began to spread! Its widespread consumption first commenced in the wilds of the Ethiopian outlands before then moving on to the heart of Arabia . Here it was to be held as a holy delicacy but was eventually to be unlawfully exported by a trader by the name of Baba Budan. In no time at all word of its qualities began to spread and coffee was to evolve into one of the most valued drinks ever known to the human civilisation. Its hard to believe that each year we consume a staggering four billion cups and there are many among us who would not contemplate starting their day without it.

Although coffee is usually thought of as a sleep suppressant there are many who think that it also has many health benefits. It is said that folk who suffer from the complaint of asthma and drink coffee have an average of at least 25% less symptoms due to a substance in the coffee named theophylline. This is known to be a bronchodilator which helps those who suffer with the disease to breathe a little more easily. Drinking coffee on a daily basis is also thought to help lower your chances of developing colon

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cancer. This is also by a figure in the region of about twenty five percent.

Its curious that the vast majority of folk have no idea of the different tastes and delights that this king of all drinks has to offer us. One of the swiftest growing trends of the last few years has to be the rising popularity of buying coffee via the internet. Never before have we been able to so easily get hold of such a large and voluptuous variety of blends, tastes and tantalising aromas from all over the world. With the aid of the wonderful web, trekking around the local neighbourhood to try and find some new exciting coffee blends has become a thing of the past. Sitting at home I can now search out an almost infinite variety of coffees from all over the world and order them at the click of a mouse. I tend to place numerous orders via the web and I always make a point of recording blend, country, and from exactly whom I purchased.

Now you know the history of this magical bean I hope that if in the days to come you are thinking of visiting your local coffee shop you recall the information you have read on this website and make the

most of this wonderful drink. Go on and try some new varieties. Not only will you impress your friends, your tastebuds will be thrilled as well.

Cappuccino or latte?

The Free Secret

coffee

report by Carol Hanson the author of this article can be found at :

<http://www.bjcoffee.com>

Coffee Facts - A Brief History In Time

By Jocelyn Meadows

It is probably common knowledge that coffee was discovered in Ethiopia. The `red' cherries which the sheep ate and become very active were taken home and tasted and what was known as the devil's fruit become coffee as the world knows it today. However, this is just one of the stories which revolve around the history of coffee. Another tale which has been around for some time involves an Arabian who use coffee beans to survive an exile and was discovered near the town of Mocha and thus we also refer to coffee as Mocha. As you will read on, there are more to these interesting coffee facts.

Coffee remained in Arabia for quite some time and was a secret which Arabians were not keen to share with outsiders. India was one of the first few countries outside Arabia to get a taste of coffee and then there was no holding back the growth of popularity of this drink. There is a lot of history which revolves around coffee and many legends which exist which help in creating a mystique for the

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beverage. Famous luminaries seem to have had some kind of brush with the drink and it is said that The Boston Tea Party, so well known for throwing away boxes of tea, considered coffee drinking a patriotic act!

Coffee beans revolved and took the avatar of instant coffee which is used the world over. Many well known words and trends have been the output of coffee as it gets accepted as part of the global culture. Coffee facts tell us that countries such as Brazil have an entire economy dependant on the production of coffee and the United States is one of the largest coffee drinking nations in the world!

Jocelyn Meadows loves coffee and everything about it. Coffee enthusiasts should read about

Krups

coffee makers

and

Cuisinart coffee makers



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