**History of coffee**

The history of coffee runs back centuries to the times to the Ethiopian plateaus where the first

coffee beans were found. The coffee berry was first identified thanks to goat herder Kaldi when he noticed that he wouldn't feel sleepy after eating the berry of the tree. Also that he felt very energetic after having a few berries of it. The coffee bean which was a very random finding later moved to the Arabian peninsula, where the traders took the news of the new bean and laid the way for coffee to go global. Coffee cultivation and the trade began on the Arabian peninsula. By the fifteenth century, coffee began to be grown in the Yemeni district of Arabia and by the beginning of the sixteenth century it became recognised in Persia, Egypt, Syria and Turkey. Soon coffee became the drink of the town with coffee being found in every corner..

The main way that coffee made its way to the global scale is with the pilgrims who visit the holy city of Mecca every year. European travelers from the East came back with testimonies of an unusual darkish beverage. Through the seventeenth century, coffee made its way to Europe and became the talk of the town over there across the continent.

With the colonization by the major European powers the coffee plantations also spread across the world as it was needed to satisfy the demand for it. Therefore by that time we see that coffee was cultivated across Asia as many countries were under the influence of the Europeans.

Coffee came to the Americas in the early seventeenth century and only thrived more. At one time it is known that eighteen million coffee tree were planted in the span of 50 years in the island of Martinique. Very shortly the main coffee plantations in the Americas were found in the Caribbean, South and Central America, from which Brazilian coffee stands out.

**Evolution and culture of coffee**

Did you know that the cup of coffee you are now holding in your hand or waiting to take a sip of has a whole culture of its own behind it? From the plucking of the coffee bean to the time your coffee cup was brewed, the coffee bean has come a long way to make your cup.

The evolution of coffee began all the way back when the first coffee bean was discovered with no knowledge that this would eventually take the whole world by its taste and aroma since the 15th century. It’s a known fact that more than 70% of Americans drink at least two cups of coffee a day. Persians and the Dutch were the first to adopt the culture of coffee from the Arabians who sold the bean to them.

The real coffee culture in America started when the Americans ditched tea and welcomed the drink of coffee as a symbol of neglecting the british empire's rule. Today, like said above, coffee is what gets some Ame out of their beds in the morning.

The coffee culture evolves into a place where today people meet each other, make new relationships thanks to the coffee bean. Coffee houses, cafes have become the main attraction of the coffee culture.

So the next time you take a sip of your coffee or even get that aroma of coffee, always remember the culture and the story behind the cup of coffee.

**Benefits of coffee**

Coffee is a mainstream drink nowadays. Consuming coffee has its own unique benefits such as boosting energy levels and contributing to lose weight by burning fat . Drinking coffee on a daily basis can help to lower the risk of heart disease , dangerous heart rhythms and diabetes.Also one of main advantages of coffee is helping to fight depression . Coffee helps to brighten the mood and high caffeine levels in coffee reduce the risk of Aalzheimer disease. It also lowers risk of dementia.A moderate amount of coffee intake helps you focus and improve mental alertness as well.Also caffeine in coffee helps to fight cancer and strokes as well.

**Coffee**

From lattes to red eyes, we go through all of the different forms of coffee.Good news All of your burning coffee-related queries are finally answered.From the differences between Arabica and Robusta coffee beans to the many ways to prepare your favorite cup of joe, we've got you covered.

Arabica , without a doubt, the most popular coffee kind. Many coffee lovers choose Arabica beans because of their flavor.

While Arabica is the most widely used, Robusta is less expensive and more robust. Robusta is commonly used in espresso beverages and instant coffee mixtures because of its harsh flavor.

**Types of coffee drinks**

**Latte:**

As the most popular coffee drink the latte is comprised of a shot of espresso and steamed milk with just a touch of foam can be ordered plain or with a flavor shot of anything according to your desire.

**Cappuccino:**

A cappuccino is a latte with more froth than heated milk, usually topped with cocoa powder or cinnamon. You may sometimes find varieties that utilize cream instead of milk or that include a flavor shot.

**Americano:**

The americano is made up of an espresso shot diluted in hot water and has a taste comparable to black coffee. Pour the espresso first, then add the hot water if you're brewing your own.

**Espresso:**

An espresso shot can be served on its own or as the base for a variety of coffee beverages, such as lattes and macchiatos.

**Macchiato:**

The macchiato is another espresso-based drink that has a small amount of foam on top. It’s the happy medium between a cappuccino and a doppio.

**Mocha:**

For all you chocolate lovers out there, you’ll fall in love with a mocha (or maybe you already have). The mocha is a chocolate espresso drink with steamed milk and foam.

**Types of iced coffee**

In the summer, nothing beats a nice cup of iced coffee. Or perhaps you prefer these refreshing drinks all year. (Yes, we do!) Here are some of the greatest iced coffee beverages to try.

**Iced coffee:**

Nam it-self describes it. A coffee with ice, typically served with a dash of milk, cream or sweetener—iced coffee is really as simple as that.

**Iced Espresso:**

Iced espresso, like iced coffee, can be served alone or with a splash of milk, cream, or sugar. Specialty espresso-based beverages such as americanos, mochas, macchiatos, lattes, and flat whites can also be iced.

**Cold Brew:**

Cold brew coffees, the most popular of the iced coffees, are created by steeping coffee beans for anywhere from 6 to 36 hours, depending on how strong you want your cold brew. Add cold milk or cream when the beans have finished steeping.

**Frappacino:**

The Frappuccino, made popular by Starbucks, is a blended iced coffee drink topped with whipped cream and syrup. However, not all Frapps are created equal: look out for non-coffee varieties. Unless you're a fan of that kind of thing.