

Coffee Information Guide

What is Coffee?

Coffee is a brewed drink prepared from roasted coffee beans. These beans are the seeds of berries from the Coffea plant, valued for their stimulating caffeine content.

Popular Coffee Bean Types

Arabica: Smooth, sweet, and aromatic.

Robusta: Stronger, more bitter, higher caffeine.

Liberica: Smoky, floral, and bold flavors.

Excelsa: Fruity and tart, often used in blends.

Brewing Methods

Espresso: High-pressure extraction for a concentrated shot.

Pour-Over: Clean and bright flavor through paper filtration.

French Press: Fuller body using metal mesh filtration.

Cold Brew: Steeped in cold water for smooth, low-acid coffee.

Health Benefits

- Can improve energy and mental focus
- Contains antioxidants
- May support heart and liver health when consumed in moderation

Fun Facts

- Coffee is the second most traded commodity in the world.
- Finland consumes the most coffee per capita.
- Light roasts have slightly more caffeine than dark roasts.