

# 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.