



Drink Coffee, Live Forever !!

Coffee tastes better when it is strong!

Do you agree?

A 2017 review of clinical trials found that drinking coffee is generally safe within usual levels of intake and is more likely to improve health outcomes than to cause harm at doses of 3 or 4 cups of coffee daily. Exceptions include possible increased risk in women having bone fractures, and a possible increased risk in pregnant women of fetal loss or decreased birth weight. Results were complicated by poor study quality, and differences in age, gender, health status, and serving size.

TYPES

Coffee beans are the seeds of a fruit called a coffee cherry. Coffee cherries grow on coffee trees from a genus of plants called *Coffea*. There are a wide variety of species of coffee plants, ranging from shrubs to trees.

Type of bean There are two main types of coffee species, Arabica and Robusta. Arabica originates from Ethiopia and produces a mild, flavorful tasting coffee. It is the most popular type worldwide. However, it is expensive to grow because the Arabica plant is sensitive to the environment, requiring shade, humidity, and steady temperatures between 60-75 degrees Fahrenheit. The Robusta coffee plant is more economical to grow because it is resistant to disease and survives in a wider range of temperatures between 65 - 97 degrees Fahrenheit. It can also withstand harsh climate changes such as variations in rainfall and strong sunlight.

Type of roast. Coffee beans start out green. They are roasted at a high heat to produce a chemical change that releases the rich aroma and flavor associated with coffee. They are then cooled and ground for brewing. Roasting levels range from light to medium to dark. The lighter the roast, lighter the color and roasted flavor and the higher its acidity and a bitter roasted flavor. The popular french roast is medium-dark.

Type of grind. A medium grind is the most common and used for automatic drip coffee makers. A fine grind is used for deeper flavors like espresso, releases the oils, and a coarse grind is used in coffee presses.

Decaffeinated coffee. This is an option for those who experience unpleasant side effects from caffeine. The two most common methods used to remove caffeine from coffee beans are the Swiss Water Process and the Ethyl Acetate Process. The Swiss Water Process uses only water and time to remove caffeine, while the Ethyl Acetate Process uses a chemical solvent. Both methods are effective, but the Swiss Water Process is generally considered to be a more natural option. The amount of caffeine removed varies by method, but most decaffeinated coffee contains less than 1% caffeine.

trace. Both rinsed are residual and for amounts dried, to or steamed used. According caffeine, or to soaked. Both U.S. applied methods may cause some loss of flavor as other naturally occurring chemicals in coffee beans that impart their unique flavor and scent may be destroyed during processing.

TOP BRANDS



1.STARBUCKS

The brand is not known for sourcing and roasting the best coffee beans. Most of their coffee beans are dark roasted meaning, they taste bitter. And many consumers, who know their coffee, complain that Starbucks coffee has a distinct burnt taste

2.Dunkin' Donuts

Bill Rosenberg opened Open Kettle in 1948, a restaurant selling donuts and coffee in Quincy, Massachusetts (a suburb of Boston), but he changed the name in 1950 to Dunkin' Donuts after



discussing with company executives.[11][12] He conceived the idea for the restaurant after his experiences selling food in factories and at construction sites, where donuts and coffee were the two most popular items.



3. PEET'S COFFEE

Founded in 1966, Peet's Coffee is a San Francisco Bay Area-based specialty coffee roaster and retailer. The company sells various coffee beans, teas, and related items through its retail stores and online store. Costco is a membership warehouse club, founded in 1983 in Seattle, Washington, that offers its members a variety of products, including food, electronics, and home goods.

4. COSTA COFFEE

Costa Coffee was founded in London in 1971 by Sergio Costa as a wholesale operation supplying roasted coffee to caterers and specialist Italian coffee shops. It was acquired by Whitbread in 1995, sold in 2019 to The Coca-Cola Company in a deal worth £3.9bn, and has grown to 3,401 stores across 31



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5.Mc CAFE

McDonald's top brass wanted to capitalize on the growing popularity of coffee pubs which was started by the success of Starbucks and they launched the first coffee and beverage chain McCafe in Australia in the year 1993. McCafe proved to be more successful than the fast food chain itself and is the largest coffee chain in Australia and New Zealand.

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