**Coffee**

Legend has it that coffee was discovered by an Ethiopian goat herder named Kaldi in the 9th century. By the 15th century, Coffee cultivation and consumption began to spread in the Arab world and was being traded in the major cities. Over the period, coffee was introduced to different parts of the world. Coffee culture continued to evolve in the 20th century, with the rise of specialty coffee, espresso-based drinks, and the global expansion of coffeehouse chains like Starbucks. The history of coffee is a fascinating journey that reflects cultural, social, and economic developments across the globe.

**History of Coffee in America**

<https://study.com/academy/lesson/history-of-coffee-in-america.html#:~:text=Coffee%20became%20popular%20when%20America,House%20was%20built%20in%20Philadelphia>

#### When did America first get coffee?

* It is reported that in 1723 coffee seeds were introduced in the New World.

#### Who introduced coffee to America?

* Captain John Smith introduced the idea of coffee to the American colonies. He learned of the beverage from his travels to Turkey.

#### How did coffee become popular in America?

* Coffee became popular after the Boston Tea Party. It was seen as patriotic to switch from drinking tea to drinking coffee.

#### What was the first coffee brand in America?

* Arbuckle Brother Company was created in 1839 during westward expansion in the United States. It is the first company to sell coffee in America.

# Coffee - The Nutrition Source

<https://www.hsph.harvard.edu/nutritionsource/food-features/coffee/>

Coffee is a popular beverage enjoyed by millions of people worldwide, when consumed in moderation, coffee can be considered a healthy beverage. It offers several nutritional benefits such as,

* Rich in Antioxidants
* Improved Mental Alertness
* Enhanced Physical Performance
* May Reduce the Risk of Certain Diseases
* Cardiovascular Health
* Liver Health
* Anti-Inflammatory Properties
* Potential Diabetes Prevention
* Mood and Depression
* Source of Essential Nutrients

**Where does the word “coffee” come from?**

<https://www.tandem.net/blog/how-to-order-coffee-different-languages>

The word "coffee" entered the English language in the 1600s. The coffee plant (Coffea Arabica) is native to the Kaffa province of Ethiopia. Coffee beans had then reached the Middle East where coffee was referred to by the Arabs as “قهوة” (pronounced qahwa). It was then said to have been sold to merchants in Venice, who called it “caffè” derived from the Turkish “kahveh.” From there, it eventually worked its way into English as “coffee.”

*The word “coffee” in other languages:*

**Chinese: 咖啡 (Kāfēi)**

**Malay: Kopi**

**French: Café**

**German: Kaffee**

**Japanese: コーヒー (Kōhī)**

**Korean: 커피 (Keopi)**

**Portuguese: Café**

**Russian: Кофе (Kofe)**

**Spanish: Café**

**Afrikaans: Koffie**

**Dutch: Koffie**

**Finnish: Kahvi**

**Greek: Καφές (Kafés)**

**Hindi: कॉफ़ी (Kofee)**

**Icelandic: Kaffi**

**Romanian: Cafea**

**Swedish: Kaffe**

**Few interesting and fun facts about coffee**

<https://esquirescoffee.co.uk/news/ten-interesting-facts-coffee/>

<https://www.commonroomroasters.com/blogs/specialty-coffee/fun-facts-about-coffee>

1. Coffee is actually a “Fruit.”
2. Bees love coffee.
3. You can drink coffee in space [How cool is that!!]
4. The world’s largest cup of coffee was 20,000 liters – made it to Guinness Book of World Records
5. There is a coffee made from POO...
6. Coffee helps you live longer!!!!!!