

Title:

Coffee is an mysterious drink and so is its past

Word Count:

683

Summary:

Coffee and it's history is certainly an amazing subject. This is one of our most well loved drinks but just where did it come from and what are its origins. Who exactly promoted its use and why?

Keywords:

Coffee, Coffee Makers, Coffee Tables, Antique Coffee Grinder, Arabica Coffee, Beverage Cooler, Beverage Distributor, Beverage Manufacturer, Beverages, Brazilian Coffee, Caffeine, Cakes, Cappuccino, Cappuccino Cups, Cappuccino Machine, Cappuccino Recipe, Caribou Coffee, Chocol

Article Body:

About 850 A.D it is said that a lone shepherd and his flock came across a strange and mysterious plant growing upon a secluded and forgotten hillside. Before he could stop them some of his herd had began to gnaw away at this unusual berry. After about fifteen minutes or so the herder started to notice that his sheep were behaving in an odd manner.

Not only were they unusually alert but they also appeared to be extremely hyperactive. Now being a little weary and extremely tired the shepherd decided to try the berries and see if the end results would be the same for him as they had been for his flock.

To his pleasant surprise the shepherd began to feel wide awake and he too became very alert. After a few hours had passed along came a wandering monk who, after being informed of the plants amazing qualities proceeded to scold the poor shepherd and lecture him on his foolish indulgence. After he had finished telling the shepherd just what a sinner he had been the monk set upon his journey but not before he had added a little something to his backpack and supplies.

Back at the monastery the monks decided to try this new and exciting substance. Soon the endless hours of praying were endured with the greatest of ease. Coffee, the drink had been revealed to the world. Its widespread use then took a grip in the Ethiopian lands before then migrating on to the Arabian outlands.

Here it was to be held for many years as a sacred substance but was eventually to be unlawfully exported by a merchant called Baba Budan. Word of its qualities were soon to spread and within a few years coffee was to emerge as one of the most valued commodities of all time. Now would you believe that each year we drink an amazing four billion cups and there are those among us who would cry at the thought of starting their day without it.

Although coffee is mainly known as a sleep suppressant there are those who consider coffee to have many health benefits. It is thought that people who suffer from asthma and partake of the beverage have at least 25% less symptoms which may be due to a substance in coffee called theophylline. This is known as a bronchodilator and quite simply it is thought to help those who suffer with the disease to breathe with a little more ease. Drinking coffee on a daily basis is also thought to help lower your chances of developing colon cancer by a figure also in the region of about 25%. This may be due to the fact that coffee helps to keep you regular. Coffee can do more than just help you get through your day!

Aside from the benefits that have been mentioned above, it has to be said that simply enjoying coffee as a beverage is a delight that will never be easily surpassed. The unbelievable thing is that most people have no idea of the different tastes and delights that this monarch of all drinks has to offer. One of the fastest growing trends of the past few years has to be the rising popularity of obtaining coffee via the internet. Never before has it been so easy to sample such a huge variety of blends, tastes and aromas, and all at the click of a mouse. I order coffee frequently through the internet and I always make a point to record the country, blend and from whom I purchased.

Now you know the story of the magic beans I hope that next time you are considering popping into the local coffee shop you recall the story of the wandering sheep herder and consider just what you might be drinking were he not to have wandered with his flock onto that lonely hillside. Take the time to try the many different varieties available and I promise you the joys of coffee will be sure to tantalize your senses, tease your tastebuds and delight your friends and associates.

Latte or mocha?