

Coffee (Beverages)

Interesting facts: The majority of coffee is produced in Brazil. Coffee is the second most traded commodity on earth. There are two types of coffee beans: Arabica and Robusta

How to select: Use organic coffee: Organic Coffee is good for health (except for the caffeine in it) in the sense as it does not contain any toxic residues of synthetic fertilizers, pesticides, herbicides, artificial flavors or colors, or preservatives. Organic coffee is much richer in antioxidants than regular coffee.

If you buy whole beans; grind them just before you want to brew it to get the best flavor and aroma out of them. Buy only the fresh beans when you are ready to grind and use.

What to avoid: Avoid conventional coffee and non-dairy creamers with hydrogenated oils, refined sugar, and artificial sweeteners or flavorings added to the drink.

How to store: Store your beans in an air tight glass container such as a canning jar and do not put in refrigerator or freeze. Buy enough to use within 4-5 days.

How to brew: The best way to brew coffee is by making an individual cup per person. Using a French press will allow you to make 1-2 cup at a time. Grind your own beans. Use filtered water. Do not use paper filters. Use enough 2 tablespoons per 6-ounce cup. Do not boil the water. The water needs to be about 200 °F which is right below boiling. The coffee needs to be consumed fresh and not reheated. If using cream, try and use real organic cream or half and half. If not using dairy, try using coconut cream or coconut milk. If you must sweeten, try using stevia.