Coffee: then and now by RubyJones

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Coffee has been around for longer than you would think. In fact, the oldest stories about coffee date all the way back to 600 A.D. Ethiopia. The properties of coffee were first identified when an Ethiopian shepherd was kept awake at nights due to the ruckus his goats were making while they were supposed to be asleep. After some investigation, the shepherd found out that the goats were eating berries off a tree. After trying on some of these berries himself, the shepherd began to learn that he too was able to stay awake for longer hours. Then the shepherd took the berries to a nearby monastery where the monks managed to brew the beans into a warm drink that helped them stay awake for long hours of prayer.

In the 1300s, the very first coffee cultivation began in Yemen. A few centuries later, what is now referred to as coffee house culture began in Mecca where small shops began serving coffee and people started to gather in these places in order to discuss all sorts of matters.

This coffee house culture still exists to this day. In most countries, meeting over a cup of coffee is a common way of socializing. The massive stimulating properties of coffee have made the drink a staple in most peopleâ€™s lives. In fact, most people claim that they donâ€™t actually feel awake until the have had a cup of coffee to drink. Even the methods of preparing coffee have evolved to allow people to create their own personal blends to suit their taste buds perfectly. For instance, it has become a modern trend to purchase coffee beans online and to brew custom blends right at home. Ever since the publication of research results that have highlighted the health benefits of green coffee, the sales of green coffee beans too have soared.

In the end, coffee is a great drink that has managed to withstand the test of time. Being a proven promoter of health by reducing the risk of cardiovascular disease, certain forms of cancer and gallstones, coffee is definitely here to stay.

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