The Wonder Coffee Bean and the Origin of Coffee

by Treeves

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The world has enjoyed coffee for over centuries and since then the wonder bean has undergone significant modifications and has an important role in history and culture of humankind. That perfect brewed cup of dark coffee to brighten your day with the irresistible combination of donuts is definitely a good start of the day. As I sipped my cup of coffee surfing through the channels of my Dish TV, a food show caught my attention on preparation of several variations of coffee drink apart from the normal espresso, latte, cappuccino, and mocha. It was quite interesting to know about the preparation of so many variants in the comfort of your kitchen. All you need for that is good quality selected coffee beans, roasted in the right manner as the flavor and the aroma depends on the variety and the size of the bean. Read on below if you want to explore the world of coffee connoisseurship with few interesting facts about the origin of coffee and how it was used in olden days.

The coffee bean is a seed of red and purple fruit of the coffee plant or evergreen shrubs often resembling cherry and is cultivated in around seventy countries of the world mostly in the tropical regions of Africa, Asia and Latin America. Coffee is one of the most traded and valued commodity and has played a significant role in the society. It is one of the most consumed beverages of the world and has stimulating effects due to its caffeine content inducing instant energy. The beans grown in different parts of the world have distinct characteristics from each other in varying flavors like acidity, and caffeine content depending on the environment it is grown and the methods of processing.

Arabica and Robusta are regarded as the two important types even though there are thousands of varieties grown worldwide. Arabica coffee beans are of higher quality and a coffee lover would prefer because of its desirable flavors and aromatic properties. It results into a superior grade of coffee and has a lesser percentage of caffeine. These beans tend to be expensive as it is difficult to cultivate because of the vulnerability of the Arabica plant to pest and diseases. Arabica has other popular varieties under it named after the region or country where they are cultivated like the aromatic Columbian, Bourbon, Hawaiian Kona, exotic Jamaican Blue Mountain, Panama and the rich Sulawesi and many others. Unlike Arabica, Robusta is easier to grow as it has a very high resistance to weather and disease. These beans are high in caffeine and give a higher yield. The quality of the beans is of lower grade and is less expensive but does not vary in flavors except for little bitterness when compared to Arabica. Though Robusta is not categorized into significant types of bean, it's available as strange Civet and expensive Kopi Luwak. Most of the coffee drinkers wouldn't even notice the varieties when it comes down to freshness of the brew.

The word coffee did not become synonymous instantly to the present generation. Thousands of years ago, it was discovered in the northeast region of Ethiopia where a shepherd noticed the changes in goats after eating the berries from a bush. After trying out the berries, the goat herder felt an adrenaline rush in his senses which made him feel better. Then the shepherd spread the news of this wonder bean to the nearby monastery, and later the popularity spread thought Arab and to the world. The first coffee shop was opened in Turkey, and it was the Turks who used this brewed beverage as a drink blending with spices such as clove, cinnamon, cardamom and anise.

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Tina is a freelance writer and she likes to sip her freshly brewed coffee relaxing on the couch watching shows on her a Dish TV and researching for some of the world's best coffee brewing methods, origin of coffee bean and its types.

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