

Coffee

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What is Coffee?

The coffee cherry's outer skin is called the **exocarp**. Beneath it is the **mesocarp**, a thin layer of pulp, followed by a slimy layer called the parenchyma. The beans themselves are covered in a paper-like envelope named the **endocarp**. Inside the endocarp lay two beans side-by-side each covered separately by yet another thin membrane. The biological name for this seed skin is the **spermoderm**.



The History of Coffee

Coffee cultivation and trade began on the Arabian Peninsula. By the 15th century, coffee was being grown in the Yemeni district of Arabia and by the 16th century it was known in Persia, Egypt, Syria, and Turkey. Coffee houses were quickly becoming centers of social activity and communication in the major cities of England, Austria, France, Germany and Holland. In England “penny universities” sprang up, so called because for the price of a penny one could purchase a cup of coffee and engage in stimulating conversation. Coffee began to replace the common breakfast drink beverages of the time, beer and wine.



Coffee in the United States

In 1723 a young naval officer, Gabriel de Clieu, obtained a seedling from the King's plant. Despite a challenging voyage — complete with horrendous weather, a saboteur who tried to destroy the seedling, and a pirate attack — he managed to transport it safely to Martinique. Once planted, the seedling not only thrived, but it's credited with the spread of over 18 million coffee trees on the island of Martinique in the next 50 years. Even more incredible is that this seedling was the parent of all coffee trees throughout the Caribbean, South and Central America. Missionaries and travelers, traders and colonists continued to carry coffee seeds to new lands, and coffee trees were planted worldwide. Plantations were established in magnificent tropical forests and on rugged mountain highlands.



Steps from seed to cup

1. Planting: Coffee seeds are planted in large beds in shaded areas.
2. Harvesting the Cherries: Depending on the variety, it takes about 3-4 years for a new coffee tree to bear the coffee cherry. When the color turns a deep red it is ready to be harvested.
3. Processing the Cherries: This process must begin as soon as possible to avoid spoilage. There are two methods for processing the cherries: the wet or dry method. The wet method removes the pulp from the cherry; they are separated and then soaked in large water-filled fermentation tanks. In the dry method the cherries are spread out on huge surfaces to dry in the sun.
4. Drying the Beans: Beans processed by the wet method are dried by the sun or in large tumblers.
5. Milling the Beans: Machinery is used to polish, grade and sort beans by size and weight. They are then bagged to prepare for export.
6. Exporting the Beans: The milled beans, now known as green coffee, are loaded onto ships.
7. Tasting the Coffee: Certified coffee tasters evaluate the beans and grade them for their overall quality.
8. Roasting the Coffee: Roasting transforms green coffee into the aromatic brown beans that we purchase in stores and cafes. Beans are roasted to about 550 degrees

Fahrenheit and the internal temperature is kept around 400 degrees.

9. Grinding Coffee: This pulverizes the beans into coarse or fine grounds to be used to brew coffee.
10. Brewing Coffee: Running hot water through the grounds makes the delicious hot coffee that we enjoy.



Popular Coffee Drinks

Americano: Hot water with a shot or two of espresso

Cappuccino: Espresso with a little bit of steamed milk topped with a lot of foam.

Mocha: Espresso steamed with milk and chocolate

Café au Lait: Half coffee and half steamed milk

Espresso: Coffee brewed by forcing a small amount of nearly boiling water under pressure through finely ground beans.

Latte: Espresso with steamed milk and little to no foam

Breve: Espresso with steamed half and half

Macchiato: Double shot of espresso with foam on top

Chai Latte: Half steamed milk with half brewed chai and a pump of vanilla syrup.

Red Eye: Coffee with a shot of espresso



Works Referenced

"Coffee+drinks - Google Search." Coffee+drinks - Google Search.
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"National Coffee Association USA Home." National Coffee Association USA Home. National Coffee Association of U.S.A., Inc., 2015. Web. 05 Dec. 2015.

"Top 10 Most Popular Coffee Shop Drinks." Saratoga Coffee Traders.
N.p., 19 Aug. 2014. Web. 6 Dec. 2015.

Common Core State Standards

CCSS.ELA-LITERACY.RI.4.4

Determine the meaning of general academic and domain-specific words or phrases in a text relevant to a grade 4 topic or subject area.

CCSS.ELA-LITERACY.RI.4.9

Integrate information from two texts on the same topic in order to write or speak about the subject knowledgeably.

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