**Coffee-Related**

**The annual harvest of an entire coffee tree is required for a single pound of ground coffee. Every tree bears up to six pounds of beans, which are reduced to a pound after the beans are roasted and ground. *(Isaac Asimov’s Book of Facts, p. 93)***

**Coffee-drinking first became popular in Europe after the siege of Vienna in 1683, when coffee beans and coffee-making equipment were left behind by the retreating Turks. *(Paul Stirling Hagerman, in It's a Weird World, p. 11)***

**It is inhumane, in my opinion, to force people who have a genuine medical need for coffee to wait in line behind people who apparently view it as some kind of recreational activity. *(Dave Berry, humorist)***

**Black coffee for the heart: Coffee may help reduce the risk of heart failure, but only if it's black. Researchers examined data from three major long-term health and diet studies involving a total of 21,000 Americans. Across two of the studies, people who drank at least one cup of joe a day had a 5 percent to 12 percent lower risk of suffering heart failure than those who didn't drink coffee at all. The other study found no differences among those drinking one cup a day, but a roughly 30 percent decreased risk for those drinking two or more. The apparent benefits were not seen among those who drank decaffeinated coffee; in fact, they had a higher risk of heart failure. The studies were done only for black coffee -- adding dairy, sugar, flavors, or nondairy creamer might negate any possible heart benefits. "Coffee and caffeine are often considered to be 'bad' for the heart," senior author David Kao, from the University of Colorado, tells CNN.com. "The consistent relationship between increasing caffeine consumption and decreasing heart failure risk turns that assumption on its head." *The Week magazine, February 26, 2021)***

**Many of the coffee bars inside the CIA and other top-secret United States government buildings are staffed by blind people, although this has as much to do with a very successful employment drive as it does national security. *(David Hoffman, in I Never Knew That!, p. 112)***

**Coffee may cut cancer risk: Most people drink coffee for an energy boost. But women who consume three to four cups a day may also be reducing their risk of endometrial cancer, FoxNews.com reports. A team at Imperial College London examined the dietary habits of 2,800 women with cancer of the endometrium, the lining of the uterus, and compared them with data from women who didn't have the disease. They found that those who drank four cups of coffee daily had an 18 percent lower risk of developing the cancer than those who drank less than one cup a day. The findings add to a growing body of evidence that a coffee habit could have significant health benefits, but it remains unclear exactly how the hot beverage helps reduce the risk of endometrial cancer. Another is that the oxidants in coffee may help slow or prevent cell damage. "Further studies are needed," says research leader Dr. Melissa Merritt, "to isolate the components of coffee that may be responsible." *(The Week magazine, February 27, 2015)***

**Good news: Someone in Detroit has finally developed a car that gets 70 miles to the gallon. Bad news: It runs on coffee. *("Doc" Blakely, in Reader's Digest)***

**My son’s fifth-grade teacher asked him to define eternity. “That’s when you’re at a restaurant with your parents,” he said, “and the waitress asks if they want more coffee.” *(Betty Plumb, in Reader’s Digest)***

**Coffee Flour: A New Superfood: Coffee beans are actually seeds from the coffee plant's nutritious berrylike fruit, usually left to rot during the coffee-milling process. Now a Vancouver company wants to turn that discarded berry pulp into flour. The result is gluten-free, with five times more fiber per serving than whole-grain wheat flour and more iron per serving that any grain or cereal in the USDA database. A serving of coffee-flour brownies has only a fraction of the caffeine buzz in a cup of coffee, and the taste is more like that of roasted fruit than java. The flour should be available in the United States next year. *(Regina Nuzzo, in Reader's Digest, October, 2014, page 61)***

**Good week for: Getting up in the morning, after a new University of Texas study found that drinking two cups of coffee a day lowers men's risk for erectile dysfunction by 42 percent. *(The Week magazine, June 5, 2015)***

**The record shows that Persian Sultan Selim I hanged two doctors simply because they advised him to stop drinking coffee. *(L. M. Boyd, in Boyd’s Book of Odd Facts, p. 1)***

**Coffee may curb heart attacks: Coffee has a bad reputation when it comes to heart health, but new research suggests that drinking up to five cups of the stuff a day could actually reduce the risk of a heart attack. Scientists in South Korea studied the link between coffee consumption and coronary artery calcium levels, an early indicator of cardiovascular disease -- the clogging of arteries with fatty substances -- which can lead to heart attacks. Researchers examined 25,000 men and women and found calcium levels were lowest in people who drank three to five cups a day. The next-lowest levels belonged to people who drank one to two cups daily. But the scientists found that excessive coffee consumption was worse than drinking no joe at all. Calcium levels were highest in test subjects who drank more than five cups daily. Researchers still aren't sure why imbibing a moderate amount of coffee is good for your heart. It could be that powerful antioxidants in the beverage help reduce the risk of disease. But whatever the explanation, the findings are good news for java fans. "We are not ready to say people should drink more coffee," Dr. Eliseo Guallar of John Hopkins Bloomberg School of Public Health tells Newsweek. "But if you do drink it, you shouldn't worry." (*The Week magazine, March 20, 2015)***

**Coffee can improve memory, but don't drink too much. Researchers asked 160 people to look at pictures of objects, then gave them either a placebo or a tablet containing 200 milligrams of caffeine -- equivalent to a strong cup of coffee. When the volunteers were shown a larger set of images the next day and asked to identify which ones were old, new, or similar, the caffeinated group was more likely to recognize very slight changes in the pictures. Dosage was crucial, however: Researchers found that 100-milligram tablets didn't improve memory, while 300-milligram doses caused headaches and jitteriness. *(The Week magazine, December 31, 2014)***

**If this is coffee, please bring me some tea; but if this is tea, please bring me some coffee. *(The Wit & Wisdom of Abraham Lincoln, edited by Alex Ayres, p. 41, a remark to a hotel waiter)***

**Drink coffee, live longer: Many people rely on big cups of java to power them through the working day. But a coffee habit may have another benefit -- reducing your risk of premature death, reports CBSNews.com. In an analysis of three long-term surveys charting the drinking habits of more than 200,000 men and women, scientists found those who drank moderate amounts of coffee -- three to five cups a day -- were up to 15 percent less likely to die from neurological diseases, type 2 diabetes, and even suicide. The benefits were limited to nonsmokers, but were the same for both decaf and regular coffee drinkers. It's unclear why coffee seems to reduce the risk of premature death. Scientists suspect that naturally occurring nutrients in coffee beans, such as magnesium and chlorogenic acid, likely play a role, because they have been shown to reduce insulin resistance and systemic inflammation. Caffeine also appears to boost mood and reduce the risk of depression. Whatever the explanation, the study adds weight to previous research showing that moderate consumption of coffee can be beneficial to health. "Associations are not proof of causation," cautions Alice Lichtenstein, a spokeswoman for the American Heart Association." However, the data on the topic have been very consistent over the years." (*The Week magazine, December 4, 2015)***

**Coffee limits liver damage: Drinking three or more alcoholic beverages per day increases the likelihood of developing liver cancer, but research now suggests that drinking coffee may help offset that risk. In an ongoing analysis of cancer rates, scientists from the World Cancer Research Fund (WCRF) looked at data from 34 previous studies involving 8 million adults, including 24,600 diagnosed with liver cancer. They found that among heavy drinkers, a regular coffee habit of just one cup per day reduced the risk for liver cancer by nearly 14 percent, ScienceTimes.com reports. It remains unclear how coffee works to reduce cancer rates, but scientists speculate that its various compounds help clear the liver of harmful toxins. "Both coffee and coffee extracts have been shown to reduce the expression of genes involved in inflammation," the researchers' report said. "And the effects appear to be most pronounced in the liver." *(The Week magazine, April 17, 2015)***

**A cup of coffee does more than help wake you up. Parkinson's researchers found that people genetically predisposed to the disease who drank three or more cups of coffee a day reduced their Parkinson's risk by 40 percent. Another study found that caffeine combined with exercise helps the body discard precancerous skin cells before they became dangerous. *(The Week magazine, December 28, 2007 - January 11, 2008)***

**Coffee sharpens color perception. Liquor dulls it. If you’re nearsighted, you see the color red most clearly. If farsighted, you see blue more sharply. So say the experts. According to eye experts, the color you see best just before dusk is green. *(L. M. Boyd)***

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**Dollars to Star-Bucks: A tall latte from Starbucks costs $3.45 in the chain’s native state of Washington, but it’s as high as $3.92 in Hawaii – and only $2.89 in Mississippi. That same cup of joe is just $1.31 in Turkey and $1.96 in Brazil, but it’ll set you back as much as $5.36 in France, $6.55 in Denmark and a whopping $7.17 in Switzerland. (Digg.com, as it appeared in Reader’s Digest, June, 2023 issue, on page 79)**

**About $1.2 billion was loaded onto Starbucks cards and the Starbucks mobile app during the first quarter of 2016. That's more than some midsize banks and other financial institutions have in deposits, including California Republic Bancorp ($1.01 billion), Mercantile Bank Corporation ($680 million), and Discover Financial Services ($470 million). *(MarketWatch.com, as it appeared in The Week magazine, July 1/July 8, 2016)***

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**A secretary put a coin into a new office vending machine and watched helplessly while the cup failed to appear. One nozzle sent coffee down the drain while another poured cream after it. “Now that’s real automation,” the secretary said. “Even drinks it for you.” *(Bits & Pieces)***

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