



Kon Aroma

Winter Newsletter-2019

KonAromafarms.com

Aloha KonAroma Customers and Friends!

We hope that your New Year is off to a good start. KonAroma ended 2018 on a high note - thanks to many of you, our customers.

KonAroma sold double the amount of coffee from the prior year, with sales in red cherry, green beans and our roasted coffee all up across the



board. That is good news. The bad news is that we have a much smaller quantity remaining until our 2019 fall harvest.

For our regular monthly customers, we have pre-planned and will be able to ship to you each month. For those customers who would like to place an order, we will be shipping from Hawaii beginning mid-March until the supply ends.

Please note that orders placed today through mid March will be shipped after March 15th.

If you would like to be enrolled in our automatic shipping, please email for the details to konaroma@comcast.net

We ship on the first of each month a minimum of two pounds to a maximum of ten pounds.

Mahalo,

Cindy and Dennis

Can YOU Relate To This Video? LOL!



Coffee Snobs

How Your Morning Coffee Might Slow Down Aging

To the age-old question "Is coffee bad for you?", researchers are in more agreement than ever that the answer is a resounding "no."



A new study published in the journal Nature Medicine found that older people with low levels of inflammation - which drives many, if not most, major diseases - had something surprising in common: they were all caffeine drinkers.

"The more caffeine people consumed, the more protected they were against a chronic state of inflammation," says study author David Furman, consulting associate professor at the Institute for Immunity, Transplantation and Infection at Stanford University.

In the study, Furman and his colleagues analyzed blood samples from 100 young and old people. The older people tended to have more activity in several inflammation-related genes compared with the younger group - no surprise, since as people get older, inflammation throughout the body tends to rise.

Chronic diseases of aging, like diabetes, hypertension, heart problems, cancer, joint disorders and Alzheimer's, are all believed to have inflammation in common.

"Most of the diseases of aging are not really diseases of aging, per se, but rather diseases of inflammation," Furman says.

The more active these genes were, the more likely the person was to have high blood pressure and atherosclerosis. What's

more, even among older people, those with lower levels of these factors were more protected against inflammation - and they had something else in common too. They all drank caffeine regularly.

People who drank more than five cups of coffee a day showed extremely low levels of activity in the inflammatory gene pathway. Caffeine inhibits this circuit and turns the inflammatory pathway off, the researchers say.

Drink up!

More Amazing Coffee Facts....

Coffee could fuel your car someday:

More than 100 million Americans rely on coffee to get their personal motors running each morning. And at some point in the future, it could be the fuel that gets their cars' motors running, too.



Researchers have had great success in converting coffee into biodiesel. Best of all, used grounds work just as well.

The Coffee Break has a hometown:

Stoughton, Wisconsin bills itself as the place where the coffee break originated. Every year the town holds a Coffee Break Festival to celebrate this major contribution to the days of workers everywhere. According to local lore, the area's coffee-loving Norwegian immigrants created the breaks in the late 19th century.



Coffee Coffee Cake by Trisha Yearwood...Yum!



Ingredients:

Crumb Topping:

- 1/2 cup all-purpose flour
- 1/4 cup brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon instant coffee powder
- Pinch salt
- 4 tablespoons unsalted butter, melted

Cake:

- 1 3/4 cups all-purpose flour
- 3/4 teaspoon baking powder
- 3/4 teaspoon baking soda

1/2 teaspoon ground cinnamon
1/2 teaspoon salt
1/4 teaspoon ground cardamom
1/2 cup strong brewed coffee
1/3 cup sour cream
2 sticks (1 cup) unsalted butter, room temperature
1 cup granulated sugar
2 eggs
1 teaspoon vanilla extract

Directions:

1. Preheat the oven to 350 degrees F. Spray and line with parchment a 9-by-9-inch baking pan; spray the parchment as well.
2. For the crumb topping: In a medium bowl, mix the flour, brown sugar, cinnamon, instant coffee powder and salt. Add the melted butter and mix until crumbs form that you can clump together in your hand. Set aside.
3. For the cake: In a medium bowl, whisk together the flour, baking powder, baking soda, cinnamon, salt and cardamom. In a smaller bowl, whisk together the coffee and sour cream until smooth.
4. In the bowl of an electric mixer fitted with the paddle attachment, beat the butter and sugar together until light and fluffy. Add the eggs, one at a time, mixing until each is well combined. Then add the vanilla extract and beat until the mixture is light and fluffy.
5. Starting and ending with the dry ingredients, alternate adding the flour mixture and the coffee mixture to the stand mixer; mix each addition well, scraping the bowl each additions.
6. Pour the batter into the prepared baking pan and top with crumb topping, spreading it evenly. Bake for 45 minutes or until a toothpick comes out clean.
7. Remove the cake from the oven and allow to cool for 20 to 30 minutes before cutting and serving.

ORDERING KONAROMA COFFEE & PRODUCTS A LA CARTE?

For the Addicted KonAromans...

[CLICK HERE TO ORDER](#)

We love to hear from our customers! Kindly, send us comments, pictures or even videos of you enjoying your KonAroma coffee products.

We are a home grown operation and appreciate the help to spread the word about our award winning coffee!

Keep sipping and never forget to grab life by the bean...

[Contact us](#) | [Order Today](#)