

THE BEAN

MONTHLY NEWSLETTER



RECIPE

PERFECT IRISH COFFEE

1. Fill mugs with hot water and let sit 1-2 minutes. Dump out water.
2. Fill mugs with 6 oz each hot coffee.
3. Stir in 1 1/2 oz whiskey in each mug, then stir in 1-3 tsp of brown sugar in each mug.
4. Stir well until sugar has dissolved.
5. Pour 3/4 oz of Irish cream into each mug and stir.
6. Top with whipped cream and garnish with grated chocolate (if desired).

HOLIDAY GIFTSETS

HAPPY HOLIDAYS

What could be better than a custom coffee giftset? Check out our selection of amazing giftsets freshly roasted.

If there is something special that you would like us to create, please reach out and let us know. Nothing is better than the smell of freshly roasted coffee during the holiday season.

email at beanteam@berksbeans.com

JOIN THE CLUB

BERK'S COFFEE CLUB

Want our amazing coffee delivered right to your door, when and how you want it. Join Berk's Coffee Club?

- FREE delivery
- Your coffee is high quality and the freshest in the market, roasted to order.
- The more you buy the more you save.
- Get a 10%-member discount on all of our BeanWare
- You get to explore the world of coffee from your home or office.
- You are supporting a local growing business.



BEAN OF THE MONTH!

This new, washed coffee is 100% Yellow Bourbon, and comes from the Bela Vista farm located in South of Minas, under a special micro region which produces top quality coffee from high lands. It is a familiar and traditional farm with the most updated farming techniques. Producing under the best agricultural practices with full traceability and certified by Utz Good Inside. In addition, the farm sponsors a primary school to worker's children and the rural community which surrounds the farm.

Tasting Notes: Brazil Fazenda Bela Vista Yellow Bourbon has notes of red fruit, a mild acidity, and a creamy body.

BRAZIL BELA VISTA YELLOW BOURBON HONEY

Coffee Candles For The Holidays

Check out our handmade coffee candles. We have brought in 2 new scents for the holidays. Each candle is handmade with soy wax, blended with coffee grounds, coffee scent for a beautifully unique look.

We have 6 amazing scents:

Vanilla Latte

Almond Latte

Coconut Latte

Cinnamon Latte

Pumpkin Spice Latte – Only For The Holiday

Gingerbread Latte – Only For The Holiday



COULD COFFEE HELP PREVENT THE ONSET OF ALZHEIMER'S DISEASE?

Researchers think coffee could help to reduce the risk of Alzheimer's disease in later life, though it's not currently clear which specific ingredient was responsible for the benefit. Good news for those of us who can't face the day without their morning flat white: a long-term study has revealed drinking higher amounts of coffee may make you less likely to develop Alzheimer's disease. As part of the Australian Imaging, Biomarkers and Lifestyle Study of ageing, researchers from Edith Cowan University (ECU) investigated whether coffee intake affected the rate of cognitive decline of more than 200 Australians over a decade. Lead investigator Dr Samantha Gardener said results showed an association between coffee and several important markers related to Alzheimer's disease.

"We found participants with no memory impairments and with higher coffee consumption at the start of the study had lower risk of transitioning to mild cognitive impairment – which often precedes Alzheimer's disease – or developing Alzheimer's disease over the course of the study," she said. Drinking more coffee gave positive results in relation to certain domains of cognitive function, specifically executive function which includes planning, self-control, and attention. Higher coffee intake also seemed to be linked to slowing the accumulation of the amyloid protein in the brain, a key factor in the development of Alzheimer's disease.

Dr Gardener said although further research was needed, the study was encouraging as it indicated drinking coffee could be an easy way to help delay the onset of Alzheimer's disease. "It's a simple thing that people can change," she said.

"It could be particularly useful for people who are at risk of cognitive decline but haven't developed any symptoms.

"We might be able to develop some clear guidelines people can follow in middle age and hopefully it could then have a lasting effect."

<https://www.newfoodmagazine.com/news/159090/coffee-alzheimers/>

“A bad day with coffee is better than a good day without it” - Unknown

COFFEE STATISTICS & FACTS

- Coffee Consumption Statistics and Facts
- The average U.S. coffee drinker consumes between two and three cups of coffee each day
- Last year alone, Americans consumed an estimated 3.3 billion pounds of coffee
- The U.S. ranks 25th in the list of countries that drink the most coffee per capita
- Surprisingly, 42.9% of Americans report that they drink coffee, not for the energy boost, but because they like the taste
- Just under half of all U.S. coffee drinkers who buy coffee from a retail establishment do so via drive-through
- Roughly 45% of all coffee drinkers in America who make their own coffee do so with a drip coffee machine
- Drip coffee machines have become significantly less prevalent over the past five years, and single-cup machines are used 50% more than they were in 2015 (National Coffee Association)