

THE BEAN

MONTHLY NEWSLETTER



FATHER'S DAY

GIFT SETS - \$5 OFF

Remember Father's Day is Sunday June 20th, do not forget about Dad. What better way to celebrate than with fresh roasted coffee? Use "DADS5" for \$5 off any giftset for dad. We can custom build anything you like, just let us know.

SOCIAL MEDIA

FOLLOW US...

Social media is so big and has helped us grow. If you have not, please follow us. We are on Facebook, Instagram and yes even TikTok. We are very active in all and the biggest favor we could ask is follow, like, share and comment. When you do that, it helps us grow our brand.

Also, if there is anything you would like to see from us, drop an e-mail at: beanteam@berksbeans.com

LOOK FOR US

GETTING AROUND

Look for us, we are now being served at 3-Below Theaters in San Jose. If you have not checked them out, please do at www.3belowtheaters.com we will also be at a few of the farmers markets, where they will be selling and serving our coffee. Once the schedule and locations are out, we will let you know on social media.



BEAN (BLEND) OF THE MONTH!

Though we specialize in single origin beans, received a lot of requests for an espresso blend. Our blend is made of South American and Asian beans to make a wonderful combination of flavors and aromas. From South America, you get a balanced smooth texture with notes of Fruit, Chocolate, Caramel, Lemongrass, Black Pepper, Medium Body, Bright Acidity, and a pleasant, clean aftertaste with a Sweet Finish. The beans from Asia give you Low Acidity, Full Body, Dark Chocolate, Black Pepper, Grain, Quick Finish, and a kick of caffeine. Combined you get a delicious worldly blend. This blend is perfectly roasted a Medium to Dark.

TASTING NOTES: Dark Chocolate, Hazelnut, Citrus, Lemon, Pomegranate, rich, smooth & silky

BERK'S BEAN ESPRESSO BLEND

AIRSCAPE CONTAINERS

Looking for the best container to store your Berk's Beans in? Look no further, we have brought on Airscape canisters, and they are amazing. They have a double airtight seal so you know your coffee will always be fresh.

Checkout our site, we have 7" in Steel as well as Ceramic, we also brought in the Kilo which holds 2.5 pounds.

We have many Airscape and BruTrek products to we stock locally.



IS DRINKING COFFEE GOOD FOR YOU?

"Caffeine is the first thing that comes to mind when you think about coffee. But coffee also contains antioxidants and other active substances that may reduce internal inflammation and protect against disease," says Diane Vizthum, M.S., R.D., research nutritionist for Johns Hopkins University School of Medicine.

In addition, there are many other proven benefits to drinking the right amount of coffee:

Your body may process glucose (or sugar) better - That is the theory behind studies that found that people who drink more coffee are less likely to get type 2 diabetes.

You are less likely to develop heart failure - Drinking one to two cups of coffee a day may help ward off heart failure, when a weakened heart has difficulty pumping enough blood to the body.

You are less likely to develop Parkinson's disease - Caffeine is not only linked to a lower chance of developing Parkinson's disease, but it may also help those with the condition better control their movements.

Your liver will thank you - Both regular and decaf coffee seem to have a protective effect on your liver. Research shows that coffee drinkers are more likely to have liver enzyme levels within a healthy range than people who do not drink coffee.

Your DNA will be stronger - Dark roast coffee decreases breakage in DNA strands, which occur naturally but can lead to cancer or tumors if not repaired by your cells.

Your odds of getting colon cancer will go way down - One in 23 women develop colon cancer. But researchers found that coffee drinkers — decaf or regular — were 26 percent less likely to develop colorectal cancer.

You may decrease your risk of getting Alzheimer's disease - Almost two-thirds of Americans living with Alzheimer's disease are women. But the caffeine in two cups of coffee may provide significant protection against developing the condition. In fact, researchers found that women aged 65 and older who drank two to three cups of coffee a day were less likely to develop dementia in general.

You are not as likely to suffer a stroke - For women, drinking at least one cup of coffee a day is associated with lowered stroke risk, which is the fourth leading cause of female deaths.

"I have measured out my life with coffee spoons." -T.S. Eliot

COFFEE STATISTICS & FACTS

- The drink dates back to 800 A.D. ...
- Coffee beans are technically seeds. ...
- And you can eat coffee cherries as a food. ...
- There are two main types: Arabica and Robusta. ...
- Brazil grows the most coffee in the world. ...
- Only two U.S. states produce coffee.
- The world's most expensive coffee can cost more than \$600 a pound.
- Finland is home to the biggest coffee lovers.
- Coffee drinkers tend to live longer.
- The Boston Tea Party helped popularize coffee in America.
- The word "coffee" comes from the Arabic word for "wine."