

THE BEAN

MONTHLY NEWSLETTER



COLD COFFEE

COLD BREW VS ICED COFFEE

Cold Brew:

- Bold, smooth, rich taste
- Naturally sweet
- Brewed over night with ground coffee & cold water

Iced Coffee:

- Intense, strong flavor
- Slightly bitter
- Brewed with hot coffee over ice

Which one do you like?

TELL US..

ANYTHING YOU WANT TO KNOW?

Is there a topic that you would like to learn or know more about? Please let us know. Odds are if you want to know others do as well. We want to help you learn more about the wonderful world of coffee.

Send us a note and we will do our best to share in our newsletter or on social media

FREE COFFEE!

TELL YOUR FRIENDS

We have been loving the support from everyone as we continue to grow. If you know anyone who is a coffee lover, please share us with them.

If we get a referral from you we will include a 6oz bag of free coffee with your next order. All your referral needs to do is tell us they heard about Berk's Beans from YOU! We will send you a thank you e-mail and a code for you to use on your next order. It's that easy, to get some free coffee...



BEAN OF THE MONTH!

Papua New Guinea Purosa AX is grown in the Eastern Highlands provinces, specifically Ivangoi, Purosa and Okapa valleys by over 3,000 farmers and certified as FTO through the Highland Organic Agricultural Cooperative. This coffee is excellent for blending a nd espresso, but please, drink it straight too, as it shines as a straight single origin! It takes a dark roast very well and puffs up nicely after a friendly roasting for a great flavor profile. It is very well processed and much cleaner in the cup than most Sumatras and other Indonesian coffees. This is a truly wonderful coffee that should be a regular player in your collection.

Cupping Notes: Cane sugar sweetness, medium acidity and creamy body with sweet caramel overtones and a slight cocoa note on the finish.

PAPUA NEW GUINEA ORGANIC PUROSA AX FTO

REUSABLE PODS!

Have a Keurig and like the convenience? Well, don't sacrifice freshness and great taste. Use reusable pods with freshly roasted Berk's Beans coffee. It is better for the environment and your health. Sure, it might add one more step to your coffee routine, but you gain so much more, with freshness, more variety and potential health risks. We offer reusable pods for Keurig's when you order your coffee, when grinding your coffee, make sure it is on the fine setting and add the coffee to your pods and brew away. You get a fresher coffee, save the environment, and limit the potential health risk from the plastic pods.



LOSE THE PODS FOR YOUR OWN HEALTH!

One Major Side Effect of Using Coffee Pods, New Study Says: If you prepare your morning brew using a single-cup coffee machine, you're well aware of how quickly it satisfies your caffeine fix. While this is a convenient option, it could also have potential consequences on your health. Now, researchers are raising awareness about a hormone-disrupting chemical that may also be trickling into your cup.

A team of nutrition and engineering researchers at the University of Connecticut is currently investigating the health effects of drinking coffee that's brewed through a plastic pod. In the journal *Current Research in Toxicology*, they recently observed that "coffee brewed from capsule machines may contain estrogenic chemicals migrated from plastic."

In an interview with *Eat This, Not That!*, lead researcher Ock Chun explained that in general terms, these "estrogenic chemicals," which can mimic estrogen, are often found in plastic coffee pods. They could then go on to potentially disrupt the body's endocrinologic (hormone) regulation.

According to Chun, this may be a result of the brewing process, when high temperature and pressure are added to the plastic pod to extract flavorful coffee quickly. Those factors could also lead the chemicals to contaminate the coffee powder inside.

For now, Chun suggests that it's not quite time to sound the alarm, as the work of the researchers remains ongoing.

"We are exposed to those chemicals from everywhere these days," she said, pointing to disposable cups and even the paper on which grocery store receipts are printed as other sources of similar estrogenic chemicals.

Because "coffee-drinking is a habitual behavior," Chun said the researchers viewed this study as worthy of investigation.

If you have been pondering a shift from plastic coffee pods to a possibly healthier option, you may not have to completely toss out your single-serving coffee machine. Many retailers sell reusable stainless steel coffee pods, which are easy to wash and friendlier to the environment.

*** "EAT THIS NOT THAT!" – By Krissy Gasbarre, August 6, 2021*

“By replacing your morning coffee with green tea, you can lose up to 87% of what little joy you still have in your life “- Anonymous

COFFEE STATISTICS & FACTS

- Coffee dates back to 800 A.D.
- Coffee beans are technically seed
- You can eat the coffee cherry as a food
- There are two main type of beans: Arabica & Robusta
- Espresso means “pressed out” in Italian
- The worlds most expensive coffee costs more than \$600 a pound
- Finland is the home of the biggest coffee lovers
- Coffee drinkers tend to live longer
- The largest cup of coffee ever filled was a 9-foot tall cup
- The Boston Tea Party helped popularize coffee in America,
- The word “coffee” comes from the Arabic word for wine.