

MEXICO: MOUNTAIN WATER PROCESSED DECAF

Using coffee beans from the Chiapas region, Mountain Water Decaf is processed using an innovative cold water and chemical free method to remove coffee's natural caffeine content.

ABOUT YOUR COFFEE

Mountain Water Process (MWP): This coffee is decaffeinated in Mexico by Descamex. A company located near the tallest mountain in Mexico, Pico Orizaba. Water from the mountain is used to steam green coffee coupled with a rinsing process to extract caffeine while maintaining optimal flavor and body.

Coffee bean decaffeination processes have made huge gains in the past 15 years, although it is still common to find decaffeinated beans that use the traditional and unhealthy solvents to extract the caffeine. Aside from the potential health issues for the drinker, the resulting lack of flavor and body, there are also negative impacts on the environment resulting from the process.

These beans use a process called the Mountain Water Decaffeination Method – or MWP (Mountain Water Processed). MWP is renowned for its chemical-free processing to remove caffeine from coffee beans. I have personally entered these beans (which I have roasted) into roasting competitions and have had wonderful success when competing against other decaf coffees from roasters around the world - as well as in blind taste tests where judges attempted to identify the decaf coffee. In addition to the amazing flavor and body able to be produced, it allows me to adjust roasting profiles for different tastes and produce much better results than all of the other decaffeinating processes. By comparison, the Swiss Water Process produces coffee which is not bad, however it pales in comparison to MWP decaf coffee.

Additionally, decaffeinated coffee still retains the antioxidants and beneficial compounds found in regular coffee which are linked to many health benefits including the enhancement of the gut biome, the reduction of risk of chronic diseases including (but not restricted to) heart disease, type-2 diabetes and several forms of cancer.

The purest of all coffee drinkers are the decaf drinkers. They are drinking it simply for the taste, not necessarily for the “kick” of the caffeine. I recommend watching the following YouTube video by James Hoffmann one of the most respected coffee gurus and former world barista champion. And although it does not cover the MWP, it will provide a much more entertaining and deeper dive into decaf!

James Hoffman: Decaf Explained <https://youtu.be/yYTSdIOdkn0?si=mxY7QonYo4fXeTCY>



Roasting Notes

Your beans have been roasted in 5-pound batches. They have been roasted to a darker roast resulting in a shiny oily sheen on the exterior. My technique allows me to produce a darker bean without the bitterness. I hope you enjoy them and if you should have any further questions, suggestions or comments, please feel free to contact me.

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