



Coffee & Tea

History,



Wars, &
Cultures

Tea timeline History

2737 BC: TEA IS DISCOVERED. Legend has it that a green tea leaf fell into Chinese Emperor **Shen Nung's** cup of hot water, he decided to drink it and obviously loved it.

551-479 BC: Documents from this time identify Confucius as a tea-drinker (no wonder he was so wise!)

350 AD: Tea, called **Erh Ya** at this time, is referenced in a Chinese dictionary for the first time.

593 AD: Our favourite drink spreads from China and into Japan, where locals lap it up.

725 AD: Tea is finally given its own Chinese character: **cha**

1101-1125 AD: Chinese Emperor **Hui Tsung** is known as a tea fiend and holds tea-tasting tournaments in his court; legend has it that he was so busy drinking tea, he didn't notice the Mongols were taking over his empire.

1280-1356 AD: The Mongols have taken over China and they don't want people to drink tea.

1368-1644 AD: When the Mongols fall, the **Ming Dynasty** takes over and drinks a lot of tea.

1391 AD: The **first teapots** begin to appear – people didn't have to prepare tea one cup at a time!

1610 AD: The Dutch East India Company imports the first shipments of Chinese tea to Western shores, marketing it to rich people as an exotic medicinal drink.

1662 AD: King Charles II marries Catherine Braganza of Portugal, who is known to be a huge fan of tea; as a result, the UK starts drinking so much tea that alcohol consumption declines.

1664 AD: The English East India Company brings the gift of tea to the British king and queen and not long after, tea-drinking becomes a part of daily life in Britain.

1680 AD: **Tea served with milk** is mentioned for the first time in letters written by Madam de Sévigné.

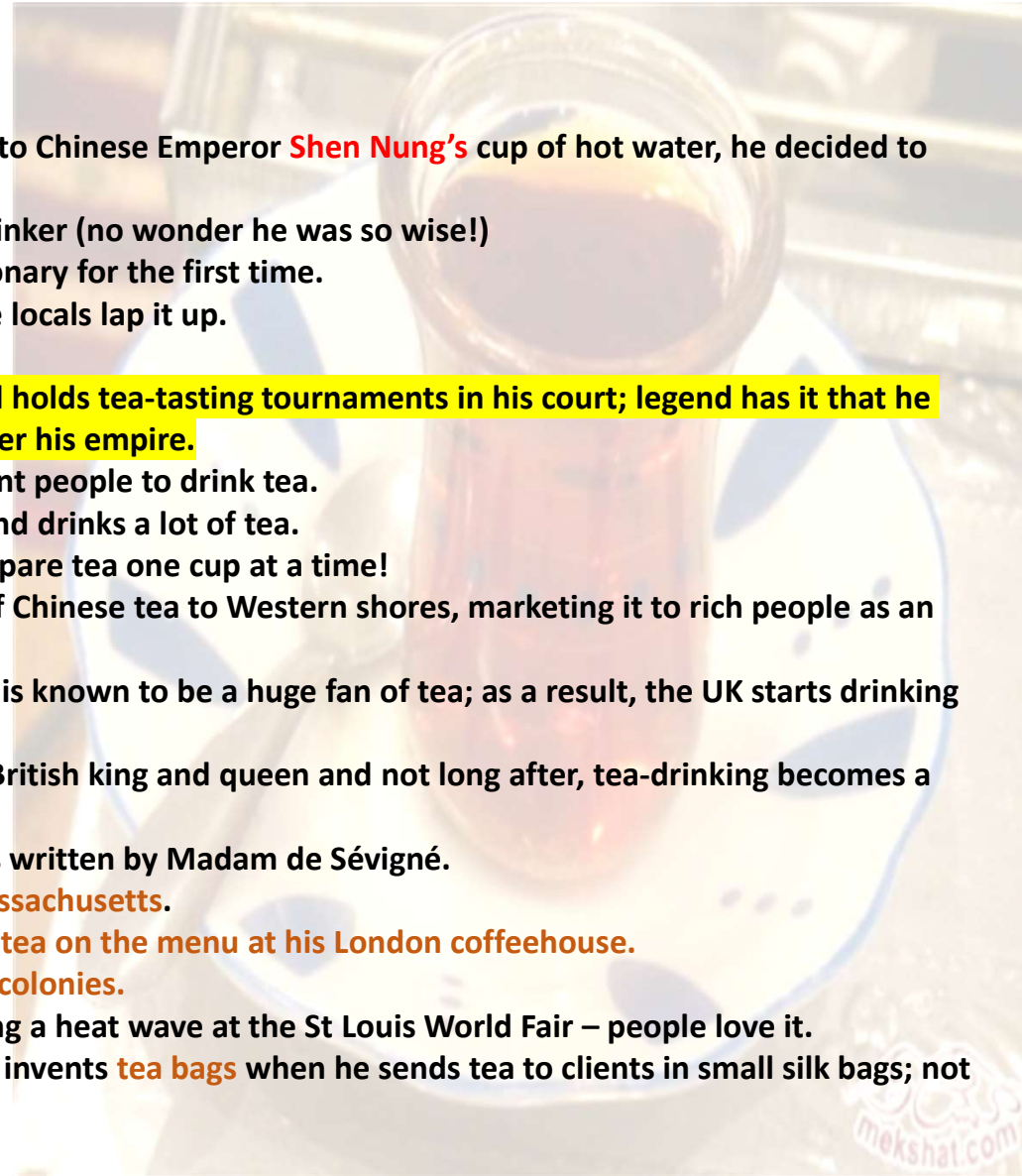
1690 AD: The American colonies see their **first public sale of tea in Massachusetts**.

1706 AD: Thomas Twining (does that last name sound familiar?!) **puts tea on the menu at his London coffeehouse**.

1765 AD: Tea is ranked as the **most popular beverage in the American colonies**.

1904 AD: Clever Englishman Richard Blechynden creates **iced tea** during a heat wave at the St Louis World Fair – people love it.

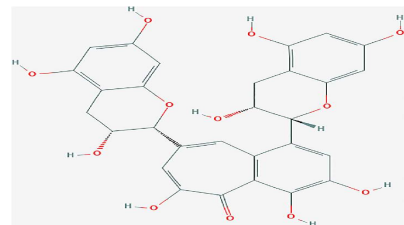
1908 AD: In a happy accident, New York tea importer Thomas Sullivan invents **tea bags** when he sends tea to clients in small silk bags; not knowing what to do with the bag, his clients steep the bags whole.



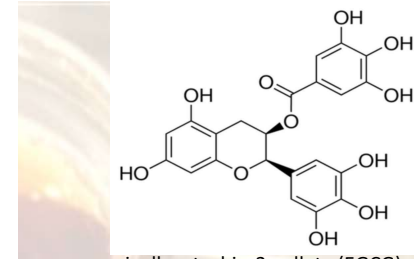
The opium war and tea

- # By the 19th century, the British became a nation of tea drinkers, and the demand for Chinese tea rose astronomically.
- # The East India Company had given up the monopoly privileges on all trade in 1833, and the free trade was already started.
- # As the demand of tea increased, the cost to the exporting country also increased.
- # Silver began to flow out of England.
- # At the time, England was facing a shortage of silver after the War for American Independence, and for the industry revolution, they needed more silver.
- # To solve the problem, East India company conceived a bright idea of exporting woolen fabrics to India, and exporting opium from India to China, which was called "Triangle trade"
- # After 1830, the amount of opium exportation to China had risen from 1000 to 20000 Boxes.
- # In 1839, Lin-Tse-Hsn, capable officials in China were chosen to regulate the opium trade.
- # Around that time, there was an incidence that one Chinese man was killed by drunk British sailor. The British refused to submit the offender to China, and that caused China to close the port of Macao. Next year, the war was started. British sent their military marines with the powerful weapons, but China could not match the powerful.
- # In 1842, China agreed to the provisions of the treaty. China was forced to accept the British demands and sign the agreement. **Hong Kong was ceded to Great Britain.**





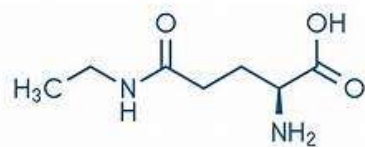
Theaflavin



epigallocatechin-3-gallate (EGCG),

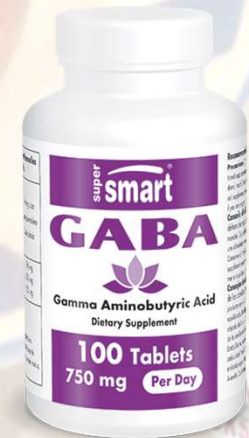
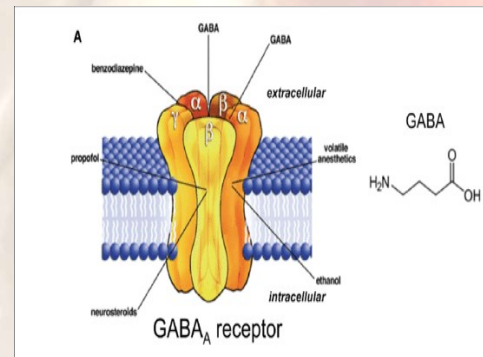
- * Both **green** and **black** tea are rich in a group of protective antioxidants called **polyphenols**.
- * **Green** tea contains a **much higher amount of epigallocatechin-3-gallate (EGCG)**, whereas **black** tea is a rich source of **theaflavins**.
- The flavonoids in **green** and **black** tea are thought to protect your heart
- One animal study found that green and black tea were equally effective at preventing **blood vessel plaque formation** by 26% at the lowest dose and up to 68% at the highest dose
- The study also found that both types of tea helped reduce **LDL (bad) cholesterol** and **triglycerides**
- Two reviews examining over 10 quality studies each found that drinking green and black tea can **lower your blood pressure**
- another review of green tea studies found that people who drank 1–3 cups per day had a 19% and 36% reduced risk of **heart attack** and **stroke** respectively, compared with those who had less than 1 cup of green tea each day. Similarly, drinking at least 3 cups of black tea could reduce your risk of heart disease by 11%

- * **Green and black** teas also contain the amino acid **L-theanine**, which is not present in coffee.
- * L-theanine is thought to cross the blood-brain barrier and trigger the release of an inhibitory neurotransmitter in the brain called **gamma-aminobutyric acid (GABA)**, which brings about a relaxed but alert state
- * At the same time, **it** promotes the release of the **mood-enhancing hormones Dopamine and Serotonin**
- * Green and black tea **both contain caffeine**, a known **stimulant**. Green tea contains **less** caffeine than black tea — about **35 mg** per 8-ounce (230-ml) cup, compared with **39–109 mg** for the same serving of black tea.
- * **Both green and black tea are great alternatives to coffee for those who want a mood lift without coffee's telltale restlessness.**



theanine

usage of theanine for anxiety reduction, blood pressure control, and mood improvement



استهلاك الشاي كغم - باوند \ شخص سنويا

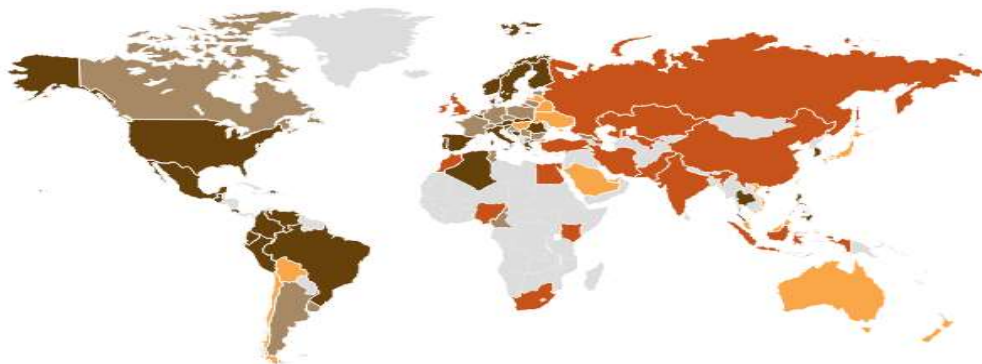
Rank	Country/Region	Tea consumption
1	Turkey	3.16 kg (6.96 lb)
2	Ireland	2.19 kg (4.83 lb)
3	United Kingdom	1.94 kg (4.28 lb)
4	Iran^[2]	1.50 kg (3.30 lb)
5	Russia	1.38 kg (3.05 lb)
6	Morocco	1.22 kg (2.68 lb)
7	New Zealand	1.19 kg (2.63 lb)
8	Chile (2018)^[3]	1.19 kg (2.62 lb)
9	Egypt	1.01 kg (2.23 lb)
10	Poland	1.00 kg (2.20 lb)
11	Japan	0.97 kg (2.13 lb)
12	Saudi Arabia	0.90 kg (1.98 lb)
13	South Africa	0.81 kg (1.79 lb)
14	Netherlands	0.78 kg (1.72 lb)
15	Australia	0.75 kg (1.65 lb)
16	United Arab Emirates	0.72 kg (1.59 lb)
17	Germany	0.69 kg (1.52 lb)
18	Hong Kong	0.65 kg (1.43 lb)
19	Ukraine	0.58 kg (1.28 lb)
20	China	0.57 kg (1.25 lb)



Tea or coffee

Tea and coffee consumption
% of total, 2012

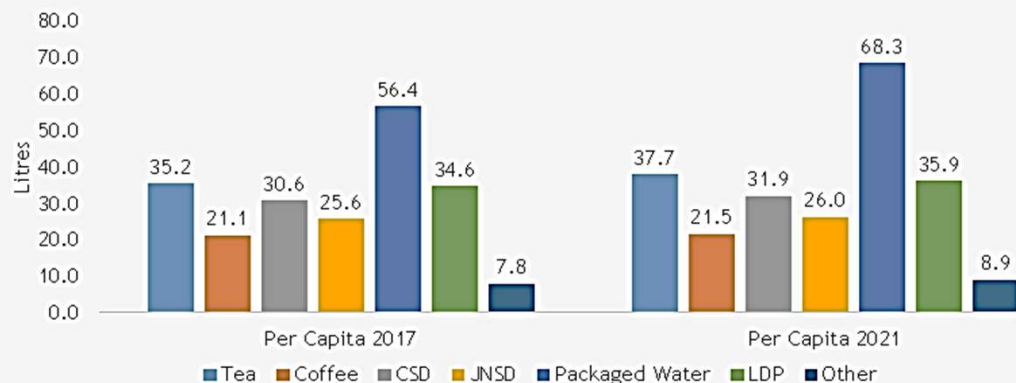
Zoom to ▼



Tea (75-100%) Tea (50-75%) Coffee (50-75%) Coffee (75-100%) No data

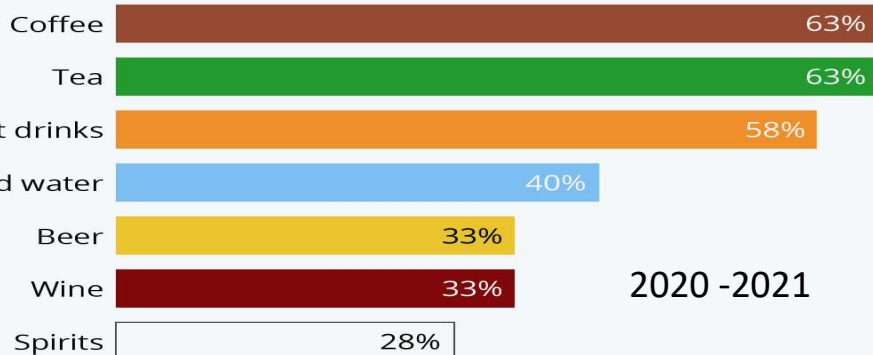
Source: Euromonitor International

Per Capita Consumption – 2017 vs 2021



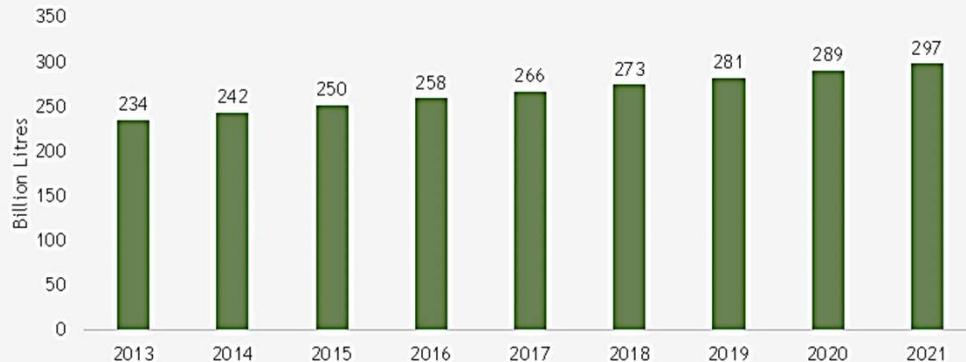
Coffee Ties With Tea as UK's Favorite Drink

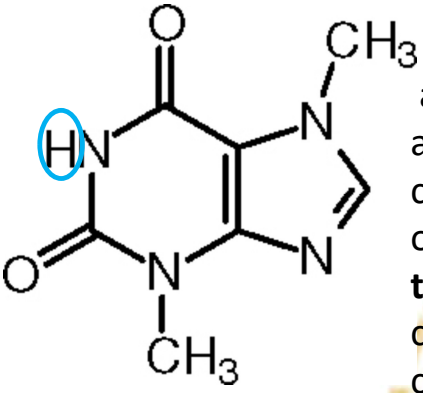
Share of UK adults saying they consume the following beverage products regularly



2020 - 2021

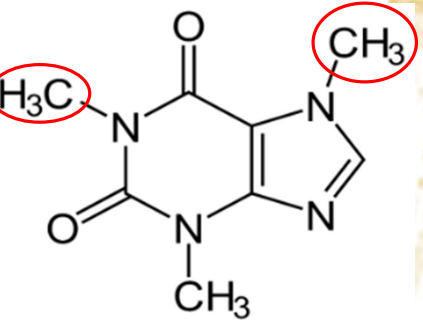
Tea Consumption



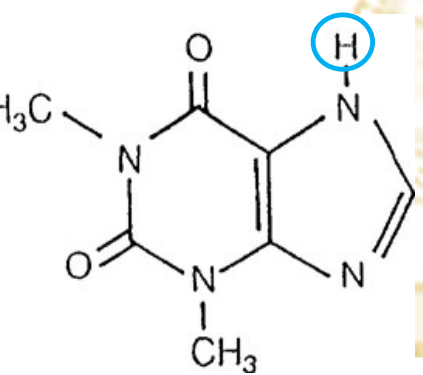


Theobromine

also known as xantheose, is a bitter alkaloid of the cacao plant. It is found in chocolate, as well as in a number of other foods, including the leaves of the tea plant. it may reduce "bad" cholesterol and improve "good" cholesterol. Reduce blood pressure



Caffeine



Theophylline

Theophylline is used to treat lung diseases such as asthma and COPD (bronchitis, emphysema). It must be used regularly to prevent wheezing and shortness of breath.

Stimulus in Tea

Blood vessel dilator, heart stimulant, smooth muscle relaxant.



The effect provided by tea is like being gently encouraged to do something by a loving grandmother, while coffee is like being kicked in the butt by a military officer.

Tea also contains two substances related to caffeine: theobromine and theophylline.

Finally, it provides a rather unique amino acid called L-theanine, which has some very interesting effects on the brain.



History

The Earl Grey blend, or "Earl Grey's Mixture", is assumed to be named after Charles Grey, 2nd Earl Grey, British Prime Minister in the 1830s. He reputedly received a gift, probably a diplomatic perquisite, of tea flavoured with bergamot oil. According to one legend, a grateful Chinese mandarin whose son was rescued from drowning by one of Lord Grey's men first presented the blend to the Earl in 1803. The tale appears to be apocryphal, as Lord Grey never set foot in China[7] and the use of bergamot oil to scent tea was then unknown in China. However, this tale is subsequently told (and slightly corrected) on the Twinings website, as "having been presented by an envoy on his return from China".[8]

According to the Grey family, the tea was specially blended by a Chinese mandarin for Lord Grey, to suit the water at Howick Hall, the family seat in Northumberland, using bergamot in particular to offset the preponderance of lime in the local water. Lady Grey used it to entertain in London as a political hostess, and it proved so popular that she was asked if it could be sold to others, which is how Twinings came to market it as a brand.[9]

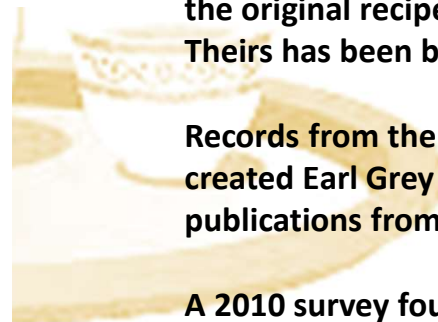
Jacksons of Piccadilly claim they originated Earl Grey's Tea, Lord Grey having given the recipe to Robert Jackson & Co. partner George Charlton in 1830. According to Jacksons, the original recipe has been in constant production and has never left their hands. Theirs has been based on Chinese black tea since the beginning.[10][11]

Records from the 19th century suggest that a tea merchant by the name of William Grey created Earl Grey tea. William Grey advertised his "celebrated Grey's mixture in publications from the time, and may have popularized the blend.[12]

A 2010 survey found that a significant minority of people in the United Kingdom associate drinking Earl Grey tea with being "posh" or upper class.[13][14]



برغومات



قصيدة للشاعر العراقي احمد الصافي النجفي الذي تغنى بشرب الشاي

لئن كان غيري بالمدامة مولعاً فقد ولعت نفسي بشاي معطرٍ
إذا صب في كأس الزجاج حسبته مذاب عقيق صب في كأس جوهرٍ
به أحتسي شهداً وراحاً وسكراً وأنشق منه عبق مسكٍ وعنبرٍ
يغيب شعور المرء في كؤس الطلا ويصحو بكأس الشاي عقل المفكر
يُجد سرور المرء من دون نشوة فاحبب به من منعش غير مسكر



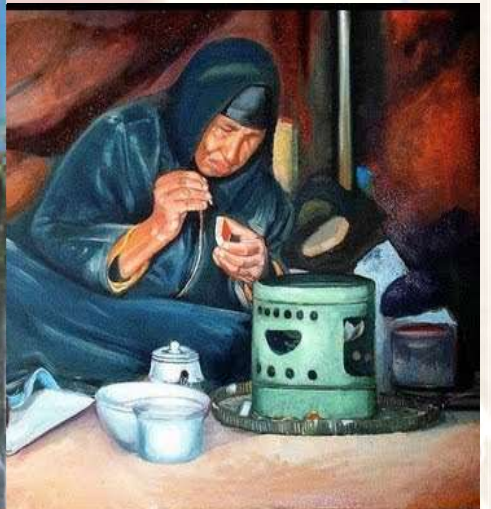
© DWIM, Al-Saidy



مقهى حسن العجمي في شارع الرشيد







The word "coffee" entered the English language in 1582 via the Dutch koffie, borrowed from the Ottoman Turkish kahve, in turn borrowed from the Arabic qahwah (قهوة)

Coffee is a brewed drink prepared from roasted coffee beans, **the seeds of berries** from certain *Coffea* species. From the coffee fruit, the seeds are separated to produce a stable, raw product: unroasted green coffee. The seeds are then roasted, a process which transforms them into a consumable product: roasted coffee, which is ground into a powder and typically steeped in hot water before being filtered out, producing a cup of coffee.

Coffee is darkly colored, **bitter, slightly acidic** and has a **stimulating effect** in humans, primarily due to its **caffeine content**. ***It is one of the most popular drinks in the world***

How Coffee Influenced The Course Of History : Once people figured out how to roast the seeds of the Coffea plant in the 1400s, coffee took over the world. In doing so, it fueled creativity, revolutions, new business ventures, literature, music — and slavery.



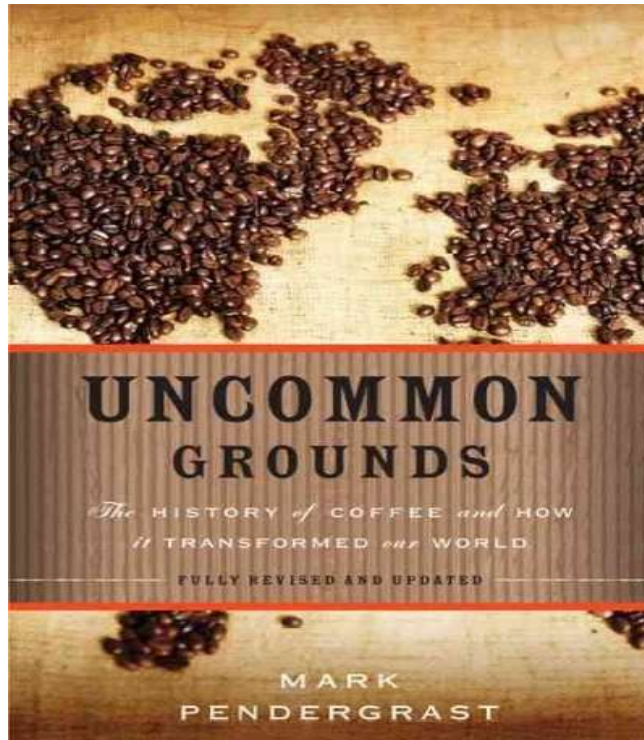
متى عرفت القهوة

يحتفل العالم باليوم العالمي للقهوة في الأول من أكتوبر كل عام، تبقى القهوة علامة فارقة في تاريخ العديد من سكان الأرض.

يعود تاريخ القهوة إلى القرن العاشر وربما لوقت سابق حسب عدد من التقارير والأساطير المتعلقة بأول من استخدمها. ويعتقد أن الموطن الأصلي للقهوة كانت من إثيوبيا. وأقدم الأدلة المثبتة على شرب القهوة أو معرفة شجرة البن هي من القرن الخامس عشر في الأديرة الصوفية في اليمن. وبحلول القرن السادس عشر وصلت إلى بقية الشرق الأوسط وجنوب الهند وبلاد فارس وتركيا والقرن الأفريقي وشمال أفريقيا. ثم انتشرت القهوة إلى البلقان، وإيطاليا وبقية أوروبا إلى جنوب شرق آسيا ثم إلى الولايات المتحدة الأمريكية.

أول فنجان قهوة

وهناك رواية أخرى تتعلق بكالدي راعي الماعز الإثيوبي في القرن التاسع، الذي لاحظ آثار النشاط على قطيعه عندما حذف قطيعه على التوت الأحمر الفاتح من بعض الشجيرات فمضغ نفس الثمرة فدفعته البهجة إلى جلب التوت إلى راهب في دير قريب. ولكن الراهب رفض استخدامها فوضعها على النار فخرجت منها رائحة مثيرة تسببت في دهشة الرهبان الآخرين، وتم سحق حبوب البن المحمص بسرعة في الجمر، وتم وضعها في الماء الساخن، مما أسفر عن أول فنجان من القهوة في العالم.



Coffee plants grow wild in Ethiopia and were probably used by nomadic tribes for thousands of years, but it wasn't until the 1400s that people figured out they could roast its seeds. "Then it really took off,"

By the 1500s, he says, the drink had spread to coffeehouses across the Arab world. Within another 150 years, it took Europe by storm.

"Coffee provides one fascinating thread, stitching together the disciplines of history, anthropology, sociology, psychology, medicine, and business, and offering a way to follow the interactions that have formed a global economy,"



By 1820, there were an estimated two million slaves in Portuguese-controlled Brazil. Under the colono system, coffee production in Brazil exploded – Brazilian coffee exports nearly tripled between 1890 and 1901.

Turkish Coffee



على مر تاريخها، مرت #القهوة بمراحل تعيسة.

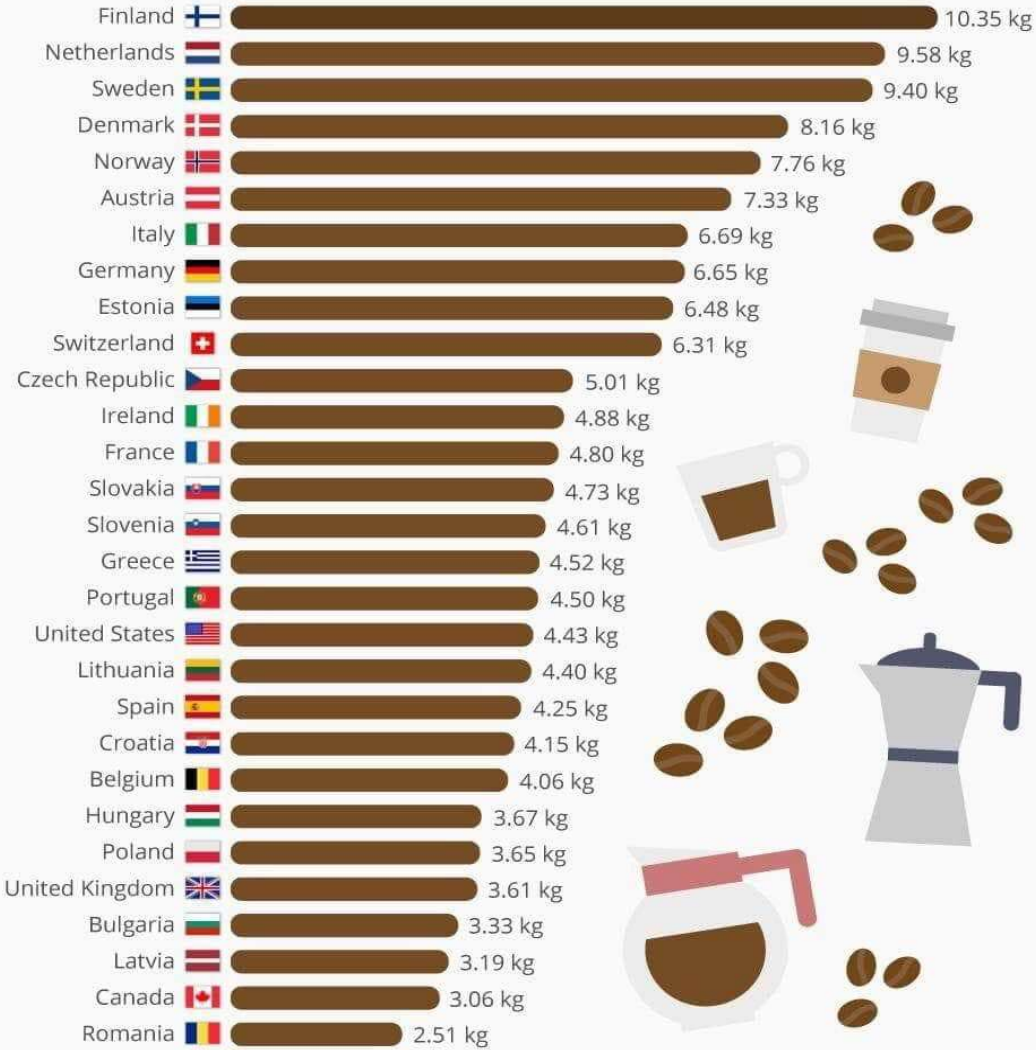
فقديماً، حرّمت الكنيسة هذا المشروب على المسيحيين قبل أن تتراجع عن ذلك خلال عهد البابا كليمنت الثامن قادت نساء إنجلترا سنة 1674 حملة شرسة للمطالبة بمنع القهوة بعد اتهامهن لهذا المشروب بالإخلال بقدرات أزواجهن الجسدية.

وفي فرنسا، لعبت المقاهي دوراً هاماً في إشعال فتيل الثورة سنة 1789، حيث انعقدت أولى الاجتماعات التي تسببت في بداية الاحتجاجات داخل أروقتها، وبسبب ذلك لم تتردد السلطات الفرنسية في الاستعانة بالمرتزقة الأجانب من أجل مهاجمة المقاهي وقتل من بداخلها.

خلال القرن السابع عشر، امتدت معاناة القهوة لتشمل الدولة العثمانية. فخلال تلك الفترة لم يتردد السلطان مراد الرابع، والذي حكم البلاد بقبضة حديدية، في تجريم شرب القهوة ملوحاً بعقوبات قاسية ضد كل من يخالف ذلك.

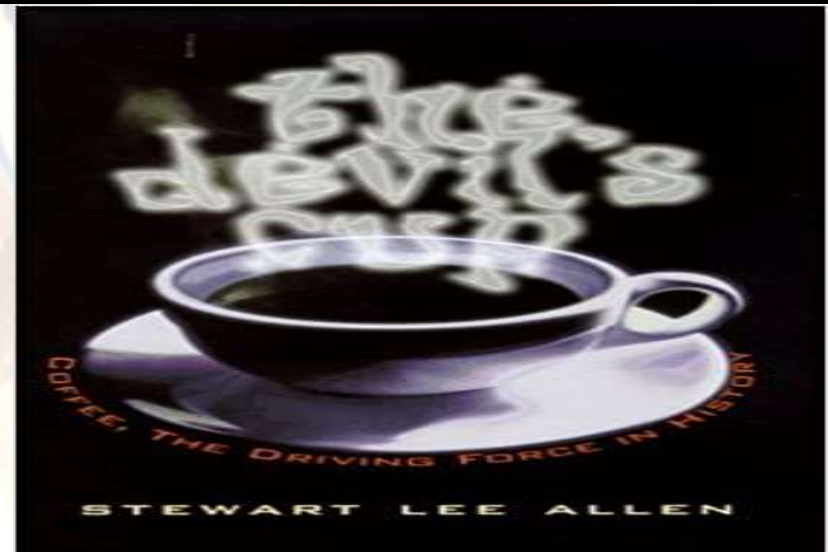
Europe and North America's Top Coffee-Drinking Nations

Per capita consumption of coffee in Europe and North America in 2017*



There is evidence of either coffee drinking or knowledge of the coffee tree from the early 16th century, in the **Sufi** monasteries of **Yemen**, [1] spreading soon to **Mecca** and **Medina**. By the 16th century, it had reached the rest of the **Middle East**, **South India** (Karnataka), **Persia**, **Turkey**, **India**, and **northern Africa**. Coffee then spread to the **Balkans**, **Italy**, and to the **rest of Europe**, as well as Southeast Asia despite the bans imposed during the 15th century by religious leaders in Mecca and Cairo, and later by the Catholic Church.

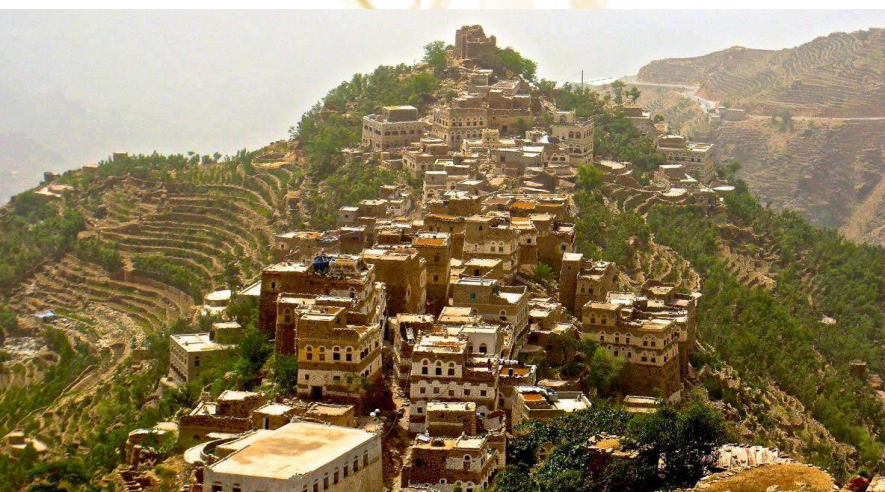
Did the advent of coffee give birth to an enlightened western civilization? Is coffee, indeed, the substance that drives history? From the **cliffhanging villages of Southern Yemen**, where coffee beans were first cultivated eight hundred years ago, to a cavernous coffeehouse in Calcutta, **the drinking spot for two of India's three Nobel Prize winners** . . . from Parisian salons and cafés where the **French Revolution was born**, to the roadside diners and chain restaurants of the good ol' U.S.A., where something resembling brown water passes for coffee, Allen wittily proves that **the world was wired long before the Internet**. And those who deny the power of coffee (namely tea-drinkers) do so at their own peril.





Mocha coffee bean

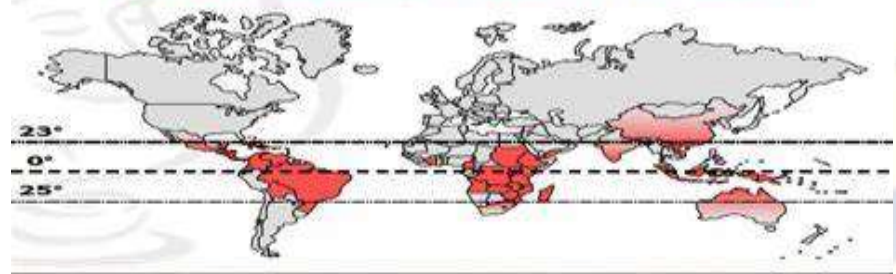
The Mocha coffee bean is a variety of coffee bean originally from **Yemen**. It is harvested from the coffee-plant species *Coffea arabica*, which is native to Yemen. In appearance it is



هذه قصة "القهوة اليمنية" التي لا تغيب عنها الشمس



Coffee producing areas of the world



What Is Kopi Luwak & Why Is It The Most Expensive Coffee In The World?

Kopi Luwak is considered the most expensive coffee in the world, but this has nothing to do with the variety of coffee beans or region of cultivation. It has to do with the processing of the coffee. The palm civet cats eat the cherries and excrete them. The coffee beans are recovered from those eaten and digested by palm civet cats. Kopi Luwak is also referred to as **cat poop coffee** or more **politely called civet cat coffee**.

The total production of kopi luwak is between **500 Kgs to 1100 Kgs** in a year. This is a total amount from all the three countries namely Indonesia, Thailand and Philippines. While the beans are inside the cat's digestive tract, fermentation occurs and the coffee beans are exposed to various digestive enzymes. The palm civet cats choose which cherries they want to eat and there is no specific variety that they prefer.



Coffee vs. Tea: Is One Better for Your Health?

Cimperman said drinking tea has been linked to lower risks of **cancer and heart disease**, improved **weight loss**, and a **stronger immune system**.

Meanwhile, studies point to coffee as a potential way to head off not just **Parkinson's** but **type 2 diabetes**, **liver disease**, and **heart problems**, Cimperman says.

Another recent study, led by Charles Fuchs, MD, director of the Gastrointestinal Cancer Center at Boston's Dana-Farber Cancer Institute, found **regular coffee drinking may help prevent colon cancer from coming back after treatment**.

Extensive research has been conducted on the health benefits of tea and coffee. Although research has indicated that coffee does have some health benefits, **these are far outweighed by the health benefits of tea**. Almost all varieties contain high levels of **anti-oxidants, which are nutrients and vitamins that help purge the human body of toxins**.

Green tea, is perhaps the healthiest variety. Research indicates that it can help prevent cancer, fight plaque on teeth, and **lower cholesterol, blood sugar, and blood pressure**. In addition, some believe that drinking green tea **may slow the aging process** by giving the body large amounts of antioxidants several times more powerful than vitamin E.

People who drink too much coffee may feel **anxious and jumpy**. Often, this is followed by a "crash," or sudden loss of energy. There is **much less caffeine in tea**, and it is absorbed into the blood stream **slower**, which may prevent the caffeine crash.

<https://youtu.be/NFXNvwZzP-Y?t=13>

” خدر كَلبي بقواري الضيم بچاي. (#)
ومنو مثلي على الصُحبان بچاي. (بكاء)
عندي اصحاب مثل الهيل بچاي. (شاي)
شما تخر حلاته تزيد بيه

لا تجادلني في حب الشاي، هو عشق لا ينتهي.
احبك واحب وطني، وأيضا أحب الشاي وهذا الحب يكفي.
” چايك خدر ولمن تریده، موعین علموده الجديدة،
كَلبي احترک مثل الحديده، وتگول کونیة اغطاي،
مُر يا حبيبي اشرب چاي.

” عيني يبو التّموين، نَمضي العريضة.
السمرّة علّ چاي طاحت مريضه.”



