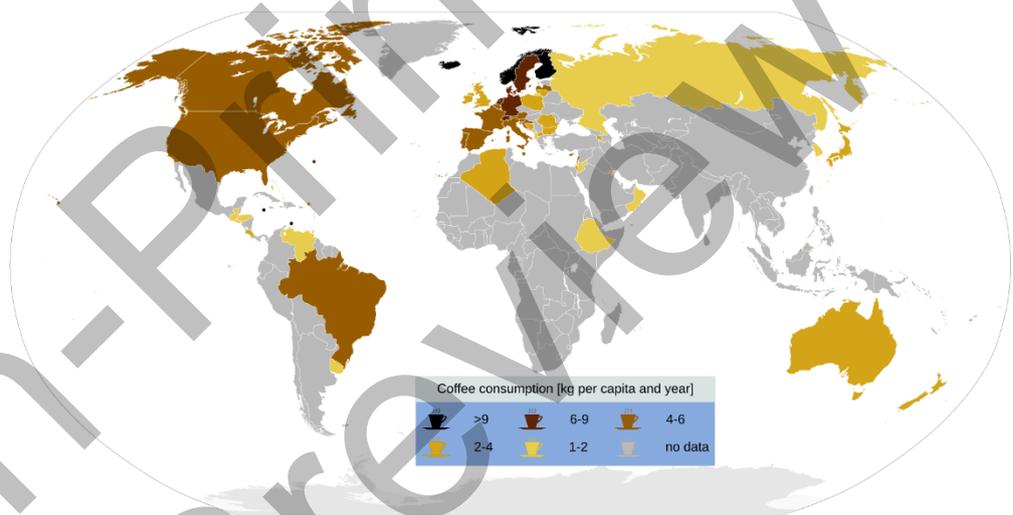




Coffee is one of the most **popular** hot drinks in the world. Almost a third of the world's **population** drinks coffee. People often meet at cafes or coffee shops for a **coffee break** during the middle of the morning or stop work in the afternoon to drink coffee.

About 10 million tons of coffee are produced every year. Brazil is, **by far**, the world's largest coffee producer. About a third of the world's production comes from this South American country. Other coffee producing countries include Vietnam, Indonesia and Columbia.

Europeans are the biggest coffee **consumers** in the world. In Finland, the **average** person drinks about 4 cups a day, that's over 12 kg of coffee per year. Norway, Iceland and Denmark are other northern European countries, where drinking coffee is extremely popular. Canada is the only non-European country in the top ten list.



### Average consumption per person and year

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## The Coffee Plant

Coffee grows as a green-leaved tree or bush with **blossoming** white flowers. The coffee **shrub originally** comes from Ethiopia but, in the **course of time**, **spread** to southeast Asia and South America.

There are two **basic** types of coffee. *Arabica* **accounts for** about 70% of the world's coffee production. It is grown in the higher regions of Central and South America and is popular for its **flavor** and **fragrance**. *Robusta* has spread throughout central and eastern Africa. **Although** it makes up only thirty per



cent of the total coffee production it has become more important because it can **resist** diseases better. It also has smaller beans and can grow at lower **altitudes** than Arabica.

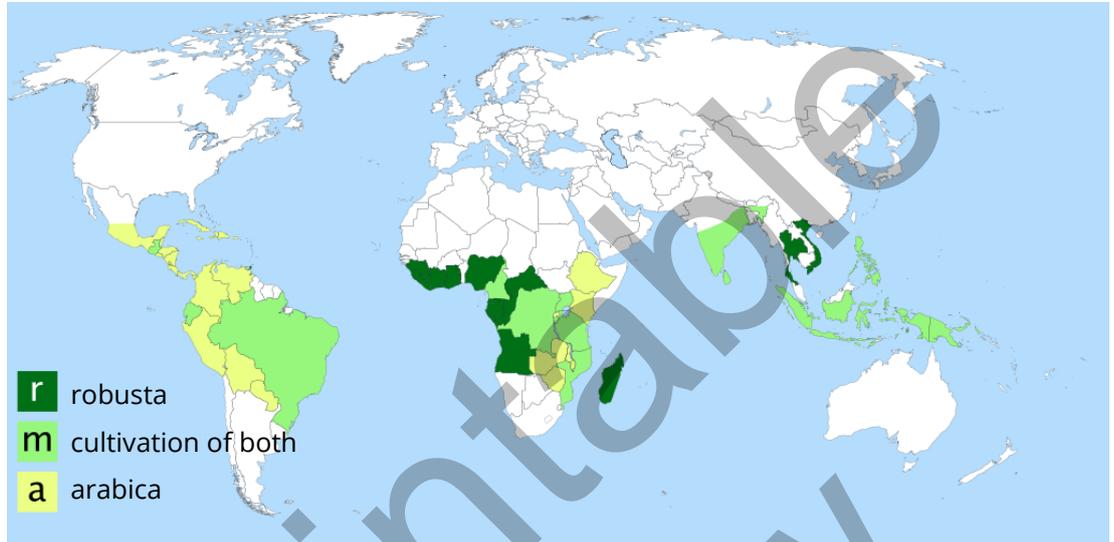


Image: "[Coffee Cultivation by type](#)" by [Pixelto](#) is licensed under [CC BY 1.0/Public Domain](#)

Coffee plants grow in the warm and **moist** climate of the tropics and subtropics. Most coffee trees grow best between 1000 and 2500 meters above **sea level**.

Coffee trees produce fruits called **berries**. At first, they are yellow and then become red as they **mature**. An **average** coffee tree can produce enough berries to make about a pound (half a kilogram) of **roasted** coffee.

Coffee **seeds** are grown in **nursery beds**. After a year they are planted in specially prepared fields. It takes a coffee tree about six years to produce a **full harvest** of coffee berries. The largest ones can be up to six meters tall, but they are normally **trimmed** to a **height** of 1.5 to 4 meters.

## Harvesting and Processing Coffee

Most coffee berries are **picked** by hand, which makes sure that only the good berries are used. After **separating** berries from leaves and other **waste** materials, the beans are then taken out, cleaned and dried. Only the best beans make it to the **market**. Then they are put into bags and shipped to countries where they are **roasted**.

At their **destination** the beans are **combined** to make different **blends** of coffee. Roasting for about 15 minutes brings out the true **flavor** of the coffee. The roasted coffee beans are **packaged**; some of them are **crushed** to **ground coffee**.



## Effects of Coffee

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Coffee **contains** caffeine, a **substance** that **stimulates** parts of the body, **especially** the heart and muscles. People often drink coffee to help them stay awake or keep them alert. **Although** coffee has some negative effects, it is not thought to be a **harmful** drink. Children and people who have heart problems should not drink coffee in great **quantities**. In **decaffeinated** coffee the caffeine is **extracted** in a chemical process.

## How Coffee is Brewed

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Coffee must be **ground** before it is **brewed**. Grounding usually **takes place** inside a coffee machine, but you can also buy ground coffee in shops. The simplest **brewing** process is **pouring boiling** water over a **filter** of ground coffee and letting it flow into a **pot**.

Coffee is often made by using simple machines that **force** hot water through a **pad** of pressed coffee. Espresso machines press hot water through ground coffee.

**Instant coffee** is made by pouring hot water over **powdery** coffee. It **dissolves** at once and you do not need a special machine.



**Coffee brewed in an espresso machine**

*Image: [The original uploader was CoffeegEEK at English Wikipedia.](#), [Public domain](#), via Wikimedia Commons*

## History of Coffee

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Coffee **originated** in the east African **highlands** in the 6th **century**. It was then brought to Arabia where people used it as food and medicine. During the 11th century the first coffee drinks came up. In the 16th and 17th centuries coffee became **widely popular** in Europe when the Turks brought it to Central Europe. In the 17th and 18th centuries coffee **conquered** North and South America.

Coffee houses soon became **popular** all over the world. In the 1900s **chains** of coffee shops **emerged** in Europe and America. Today, Starbucks is the largest coffeehouse **chain** in the world, with over 20,000 stores in 60 countries.



## Types of Coffee Drinks

- *Espresso* is probably the most popular coffee drink in the world. It is made by **forcing** hot water through a **pad** filled with dark ground coffee. **Although** there is not much coffee in the cup an espresso is very strong. It is usually drunk black, with no milk **added**.
- *Americano* is an espresso with hot water added to make it weaker.
- *Café Latte* is an espresso with a lot of hot milk and **foam** added on the top.
- *Cappuccino* is a cup of espresso, together with warm milk and a lot of milk **foam** at the top. In some coffee shops it is **decorated** with **flaked** chocolate or cocoa.
- *Cafe Mocha* is a cappuccino with chocolate or cocoa added.
- *Frappe* is a cold espresso that you can get at some coffee shops during the hot summer months.
- *Turkish coffee* is usually thicker than normal coffee. It is made by **combining** ground coffee and water to a **muddy** mixture.



**Espresso**

Image : [Nonami2 at German Wikipedia](#), Public domain, via Wikimedia Commons



**Turkish Coffee**

Image : [Eaeaeae, CC BY-SA 3.0](#), via Wikimedia Commons

## Global Coffee Production (2025)

<b>Brazil</b>	37%
<b>Vietnam</b>	17%
<b>Columbia</b>	8%
<b>Indonesia</b>	6%
<b>Ethiopia</b>	6%

Source: Foreign Agricultural Service – US Department of Agriculture