



# Espresso yourself



## Little known facts about COFFEE

1. Legend has it that coffee was discovered by a goat herder. The most widely accepted myth is of an Ethiopian goat herder named Kaldi who noticed his animals acting jittery after eating ripe coffee beans
2. Coffee beans can vary in colour. They start green, and then they ripen, turn either yellow, orange, or red depending on the variety.
3. A coffee plant can live up to 200 years. When they're sprouting, the top of the plant looks like an adorable little seed, which eventually grown into a bushy plant that can live for two centuries.
4. Coffee beans pooped out by cats are a thing. The Asian palm civet is a cat known to eat coffee cherries in the wild, which are fermented in their digestive tract and pooped out whole. It supposedly gives the beans an incredible flavour, but the limited availability makes them extremely expensive. If that wasn't rare enough for you, there's also a reserve in Thailand doing the same thing with elephants and calling it black ivory coffee.
5. Coffee actually has more flavours than wine. Some sources put the number of coffee aromatic characteristics as high as 1500, compared to the 200 found in wine.
6. Coffee grinding is an essential part of the coffee-making process. Coffee stales much quicker once it's been ground, so if you're looking to make the best cup of coffee possible, buy whole beans and grind them at home. It's so important that coffee shops often spend thousands of rands on a grinder in order to ensure an even, accurate, and highly adjustable grind size.
7. Coffee loses 70% of its flavour within two minutes. According to official coffee snob standards, it's stale after 15minutes.

***We can boast with two local coffee plantations on the South Coast - Beaver Creek Coffee and Mpenjati Coffee. To learn more about coffee, visit these two local plantations and enjoy a tour and a cup of coffee and something yummy at their on-site coffee shops.***

**“Thanks to the South Coast Herald for these amazing interesting Facts.”**

