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Coffee Conversations: Occassional Newsletter #3



wild women coffee



Where Do You Drink Your Coffee?

A recent survey asked coffee drinkers where they most often sip their favorite brew. Some of the answers were surprising!

1. **IN THE HOT TUB:** those who take a morning soak bring their coffee with them. *"Nothing like watching the sun come up as the jets massage your back while sipping coffee. Keeping the mug's rim just above water means even the last sip is nice and hot!"*
2. **AT THE LIBRARY:** has anyone noticed that many libraries actually have coffee shops in their lobbies these days? *"I love that the library carries local coffee." "I always patronize the coffee shop in our library—it is run by kids in the business club at the high school."*
3. **ON THE BEACH:** where there is water there is a coffee truck! *"In the morning you can always find a bunch of us at the beach. We grab a cuppa' from the coffee cart then sit and watch the show. In the winter we stay in the car. It's a great way to start the day!"*

How does your Coffee Grow?

Magic beans grow up high on the mountain side!

Coffee grows on shrubs cultivated in areas of Asia, Africa and the Americas that lie within the world's **Coffee Belt**, a geographic region circling the globe, about 25 degrees above and below the Equator.

Coffee beans are actually the seeds that develop inside the red berries or "cherries" of the coffee plant—an evergreen belonging to the genus "coffea." Of the 124 known species of the coffea genus, only two matter—Robusta, easy to grow and cheaper to produce but with a less refined, bitter taste; and Arabica, more difficult to grow and expensive to farm

but offering a range of rich, complex flavors.

As the altitude of cultivation changes, so does the taste of the coffee! Arabica is classed by how high it grows with "altura," "high bean," "strictly hard" and "mile high" growing at altitudes between 3,200 and 6,500 feet. As far as taste goes, higher is better.

The harsh conditions of high altitudes slow down the growing process and encourage the development of complex sugars while hillside drainage keeps plants from absorbing too much

The best coffee comes from plants that grow high and in the shade

water. Since few other plants can thrive in such conditions, competition for nutrients and the spread of disease is limited. The coffee plant enjoys a unique niche.

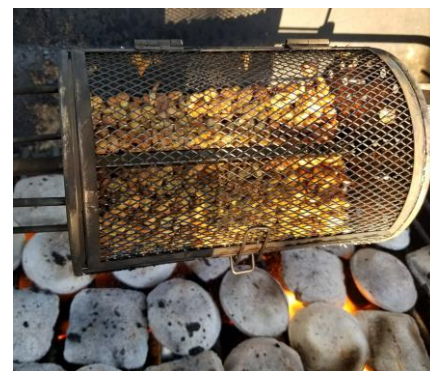
At 2,500 feet coffee is simple and bland but just 1,000 feet higher the taste becomes sweet and smooth. At 4,000 feet the nuanced hints of citrus and vanilla develop and notes of chocolate and nuttiness are detectable. Finally, the highest elevations, over 5,000 feet offer spicy, floral, fruity flavors. Reach high to find your favorite coffee!

From steaks to coffee beans—

Your grill can do it all!

Most gas grills have a shallow slit on each side of the main body and aligning slits on the hood. The feature is hardly noticeable and has no impact on anything that happens on the cooking surface. But this little standard feature allows a backyard chef to add a rotisserie spit which can hold a large piece of meat and rotate over the flames. Guess what else those slits can accommodate? For anyone who loves coffee, the best way to expand the rotisserie functionality is to install a peanut roasting basket—and fill it with green coffee beans! Voila! A backyard coffee roaster that will supply the amateur with a surprisingly consistent roast every time.

Fill the basket no more than halfway with a favorite green bean. Use a medium high heat with the lid closed and let the beans rotate. Listen for the beans to begin to crackle and pop (usually within about 10 minutes) as they release moisture and expand. Lift the lid to check their color. Choose your roast—from a light brown cinnamon roast to the shiny black French roast. Remove from the heat just before done to perfection and pour into a colander. Shake the colander to cool the beans quickly and efficiently remove the chaff.



A peanut roasting basket rotating over a grill makes a great coffee roaster. Be cautious of beans catching fire if they are allowed to roast too long—the oils emitted from the beans are highly flammable!

Holiday Special

Our Holiday gift for you!
Use the code **"Holidaze"** at checkout for 15% off through December 31.



Did you meet us at a Farmers' Market last summer? Then you're likely in the neighborhood! Choose **free local delivery** to save on shipping. On Fridays we zip around Connecticut, emission free, in our little red EV.

COFFEE STATS & FACTS

The Huff Post has been looking into coffee.

Where do you stand?

Would you rather...

...Take a morning shower or have a morning cup of coffee?
(52% will take the stink.)

...Gain 10 pounds or give up coffee for life?
(55% would accept the love-handles.)

...Give up your cell phone for a month or go without coffee?
(49% say "leave a message.")



Have you ever heard of Melitta coffee filters? In 1908, Melitta Bentz created a coffee filter from blotting paper. That year she and her husband started the Melitta Bentz coffee filter company in Dresden, Germany. Gotta wonder if the local Dresden china factory ever thought about switching from teapots to pour-over coffee cones.

www.WildWomenCoffee.com

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