

Did You Know?



Coffee *Coffea* spp.

- The genus *Coffea* has over 120 species of shrubs or small trees, including *Coffea arabica*, making up 40-60%, and *Coffea canephora*, making up 20-40% of the world's coffee production. They are grown for their seeds, also known as coffee beans.
- *C. arabica* has a milder, more flavorful, aromatic, and sweeter taste, though is less hardy than other species. *C. canephora* is cheaper to produce due to its hardiness and its beans have twice as much caffeine as *C. arabica*. There are a number of cultivars of each, grown in Latin America, Africa, India, the Caribbean, and other places around the world.
- In addition to the seeds, the fruit and leaves of the plant used to make coffee contain caffeine. Not all species of the *Coffea* genus contain caffeine.
- In addition to coffee beverages, culinary uses for coffee include flavoring baked goods, ice cream, sauces and other desserts.
- Coffee and as well as the grounds are used to dye plant or animal based textiles, hair, and wood.
- Coffee grounds, the ground coffee beans that remain after brewing, are used as a soil additive or can be composted to add nutrients to the soil and compost. Grounds contain nitrogen, calcium, potassium, iron, phosphorus, magnesium and chromium. They are also known to decrease heavy metals in the soil.
- Natural acids and enzymes are present in coffee grounds, which can be added to seasoning rubs to tenderize meat and enhance flavor.
- Coffee grounds can be used to repel insects, including mosquitos, fruit flies, beetles, and others due to the presence of compounds such as caffeine and diterpenes.
- The coarse, abrasive texture of coffee grounds can be used to scrub pots and pans, scour sinks and other nonporous surfaces. The antibacterial and antiviral properties contribute to cleaning surfaces. (Avoid using it on porous materials which can stain.)
- There are several components in both oils from roasted and green coffee beans that have medicinal properties. For example, triglycerides and free fatty acids in green coffee oil are used in cosmetics to help retain skin moisture and act as anti-aging components.

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- According to John's Hopkins University School of Medicine, the antioxidants and other active substances may reduce internal inflammation and protect against disease. This includes coronary heart disease, stroke, diabetes, kidney disease, developing type 2 diabetes due to processing glucose better. Research shows that coffee drinkers are less likely to develop Parkinson's disease, colon cancer Alzheimer's disease. Coffee seems to have a protective effect on the liver and dark roast coffee decreases breakage in DNA strands. It is recommended that consumption be in quantities that avoid the negative side effects: increased heart rate, raised blood pressure, anxiety and trouble falling asleep.

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