

# de Stolfe

*Journal* ●●●●●●●●

International Coffee Day 2019 | Special



# Contents

## International Coffee Day 2019 | Special

*Covers activities happening in June through August 2019*

*These page numbers correspond to the PDF pages.*

- 3** Comments by RG
- 4** Coffee Plants
- 5-7** Coffee Process
- 8** Drying Coffee Beans
- 9** Coffee Farming
- 10** Origin of Coffee
- 11** Coffee Grinds
- 12** Roasting Coffee Beans
- 13** Coffee Production
- 14** Coffee Consumption
- 15, 18** Fun with Coffee
- 16-17** Espresso Drinks
- 19** Coffee as an Ingredient
- 20, 21** The Event That Wasn't, Final Thought

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### On The Cover



International Coffee Day is September 29 every year. The pumpkin on the cover is also to hint about another special issue coming soon for National Pumpkin Day in October!

**We live in the 21st century! Anywhere you see a web link like this, click it to go automatically to the webpage that it references! (Try it now!)**

[www.tophandgraphics.com/rg/journals](http://www.tophandgraphics.com/rg/journals)



# Comments by RG



**Producer, RG de Stolfe**

Sunday, September 29, 2019 is International Coffee Day!

It's the same day every year. I've wanted to do a coffee issue for a while, and now here it is!

On these pages, you will find most anything you could ever want to know about coffee, from growing it, the varieties, the roasting process, grinding, and coffee drinks. And that's just half of the issue!

I've also thrown in a few extra things too to make it fun.

Enjoy!



# Coffee Plants

## Coffea Arabica

Arabica plants are harder to grow, produce less, and has a better flavor than Robusta. 75%-80% of the world's coffee is Arabica with most companies almost focusing on Arabica exclusively.

## Coffea Canephora (Robusta)

Robusta is a hardier plant, has twice the caffeine content, but has a flavor that is bitter and harsh. This variety is mostly used as filler for cheaper coffee blends and to add body to espresso blends.



# Coffee Process

## HOW COFFEE WORKS!

### 10 Steps from Shrub to Mug!

#### 1 GROWING

There are two species of tropical plants, both bushy evergreens, that provide most of the world's coffee.



The Coffee BERRY



##### **Coffea arabica**

- two-thirds of all beans in trade
- more complex & balanced flavor
- less caffeine

##### **Coffea canephora ("robusta")**

- disease-resistant
- less acidic; smoky, tarry aroma
- not prominent until late 1800's

Both grown here



#### 2 PICKING

Five years after planting, and as berries ripen from green to red, the bush is harvested.



Most berries are handpicked, but in some places (like Brazil) it's done by machine. Often only ripe berries are selectively picked, but usually entire crops are strip-picked.



# Coffee Process

## 3 PROCESSING

In this important step, the outer covering and pulpy fruit are removed from the berry, leaving the seeds (aka the "beans"). There are two primary ways to do it:

### DRY PROCESSING

In this older method, beans are sorted, then dried naturally in the sun.

It's slower, more laborious (and expensive), but the beans have more body and less acidity.

After 2-4 weeks the dried, crumbly berry will be ready to shed the rest of its skin.

The Coffee BEANS



### WET PROCESSING

This method uses lots of water and equipment. First, usable berries rise during immersion.

They are fermented and washed or mechanically scrubbed to remove pulp, then dried.

This will produce consistent coffee with less body but more aroma.

not technically "beans"

Optional steps:



## 4 MILLING

Any remaining fruit or parchment will be removed and dry coffee will become sought-after "green coffee" beans.



## 5 ROASTING

By applying heat, green coffee will transform into fragile, easily opened packets of flavor.

Chemical reactions inside the bean begin to make it puffy, oily, and tasty.

Starches become sugars  
Acidity weakens  
Aromatic oils develop

It's usually done with large commercial machines, but home roasting is also possible. Temperature and duration of heat impact a bean's consistency, color, and flavor:



**475° F**  
"Italian Roast"  
• Very dark  
• Shiny w/oil  
• Used mostly for espresso

**468° F**  
"French Roast"  
• Burnt flavor  
• Surface oil

**450° F**  
"Vienna Roast"  
• Second crack  
• Light oil

**440° F**  
"Full City Roast"  
• Rich, even color  
• Often bittersweet

**428° F**  
"City Roast"  
• Most popular U.S. roast

**410° F**  
"American Roast"  
• Right after first crack

**380° F**  
"Cinnamon Roast"  
• Lightest drinkable bean

**328° F**  
Drying Phase  
• Yellowing, enlarging

**75° F**  
Unroasted  
• Can be stored for 2 years

# Coffee Process



Once the seeds are either washed or unwashed and dried, the beans are in the green state and are ready for the next step to make them usable. That step is known as roasting. The “bean” must be roasted before they are usable to make coffee. The degree of roasting determines not only how dark the coffee is but also how acidic and how much caffeine it has. Contrary to popular belief, darker roasted coffee has LESS caffeine, “breakfast” roasts have much, much more.

Once the coffee is roasted to the desired level, the next step is grinding. Coffee is best ground just before brewing. The preground coffee you can get in the store is okay, but it cannot maintain freshness in the days/weeks/months that it sits on the shelf. You are best to grind your own coffee beans to the specific grind for the particular method you plan to use to brew.

# Drying Coffee Beans



*These are the flowers of the coffee plant and where the berries form.*



*The cherry has two seeds in it. The seeds are mechanically removed from the pulp.*



*Green "beans" ready for roasting into coffee!*

*In the Washed Process, the seeds are washed after the fermentation process to stop the fermentation and to clean the seeds of the leftover pulp.*



# Coffee Farming

Coffee is an interesting produce. Technically, the coffee bean is the pit or seed inside a berry grown on the *Coffea* plant, a bush or shrub that grows in tropical climates and often at high elevations. There are two main varieties grown for producing the commercial coffee beverage, *Coffea Arabica* (75%-80%) and *Coffea canephora* (about 20%).

*(The variety of the Coffea plant is different than the locations where they are grown and described as having various flavor notes in the coffee houses. That is a whole other discussion about the growing climates and how they affect the eventual flavor of the coffee beverages.)*

These shrubs can live for about 50 years and sometimes longer. They will start producing fruit after about three to five years. The plant has white fragrant flowers that then form into a cherry like berry after nine months. Inside each cherry are two seeds. The seeds are what get roasted for the coffee beverage. Sometimes, the berry will only have a single seed, called a peaberry, in about 5%-10% of the berries, which is smaller and rounder than the regular seeds. These peaberries are typically removed from the harvest and discarded or sold separately. The berries are edible in themselves and the leaves can even be used to make a tea, but neither are commercially available.

Once the berries are harvested, they are not at all ready to make coffee with them! Long before you can even roast them, you must process them first to extract the seeds from the berries, but then get the seeds ready before roasting them. Two main methods are used to process the berries, the unwashed process and the washed process. While you might think that the washed process would automatically be cleaner and safer and the obvious process to use, there are differences between the two and they each affect the flavor of the coffee.

## Unwashed Process

- Known as the natural process or dry process.
- Oldest method of processing coffee.
- Coffee cherries are picked and spread out to dry for up to 4 weeks.
- Cherries are turned regularly while drying.
- Husk of skin and dried fruit are separated mechanically after drying.
- The raw coffee is stored before it is exported.
- Only process available to producer if water is scarce – like in Ethiopia and some areas of Brazil.
- Separating the bean from the fruit is an unpredictable process but doesn't need as much skill as the washed process.
- Often has a heavy body and sweet fruit flavors, such as notes of blueberry, strawberry, or tropical fruit.

## Washed Process

- The outer skin and fruit flesh is stripped from the coffee seed with a machine called a depulper.
- After skin is removed, the coffee is moved to a clean tank where the rest of the flesh is taken off by fermentation.
- Coffee is washed to remove leftover debris after fermentation, and then is either dried in the sun, on raised drying tables, or using mechanical dryers (only used in places with little sunshine or humidity).
- Many producers of high quality coffee choose this process in an attempt to reduce defects [and likewise have a more consistent product].
- Often produces a bright, clean cup of coffee with high acidity and increased complexity.
- This process is a lot more expensive than others.

After the “beans” are processed and dried, they are then sold to the respective buyers to roast and process into the popular beverage.

## Read More

- [Wikipedia—“coffea”](#)
- [Bean Box—“From Fruit to Cup”](#)

# Origin of Coffee

As with any history of old, facts can be sketchy without tangible evidence as to the origin of something. This is certainly the case about the origin of coffee.

The general history told is that the origin of drinking coffee has credit to the Ethiopian culture. In the Ethiopian highlands, a goatherder named Kaldi observed that his goats would eat the berries of a certain bush. He also noticed that after eating the berries, the goats did not want to sleep at night. The general history goes on to report that Kaldi passed on the information to an abbot of the local monastery who studied the berries then made a drink with them. He found out that it kept him well alert during his evening prayer. Then, he passed on the information to the other monks and eventually the drink reached the Arabian peninsula.

While the Ethiopians have credit for discovering coffee, the Arabians have credit for production and distribution of coffee. They started cultivating the plants and eventually started trading the product of the plants. From trade, the coffee eventually arrived in Europe, and the rest, as they say, is history! And so as Paul Harvey said, now you know “the rest of the story”!



*Ethiopia in northeast Africa*



*Arabian Peninsula*

*Information from the National Coffee Association, USA, Established in 1911.*

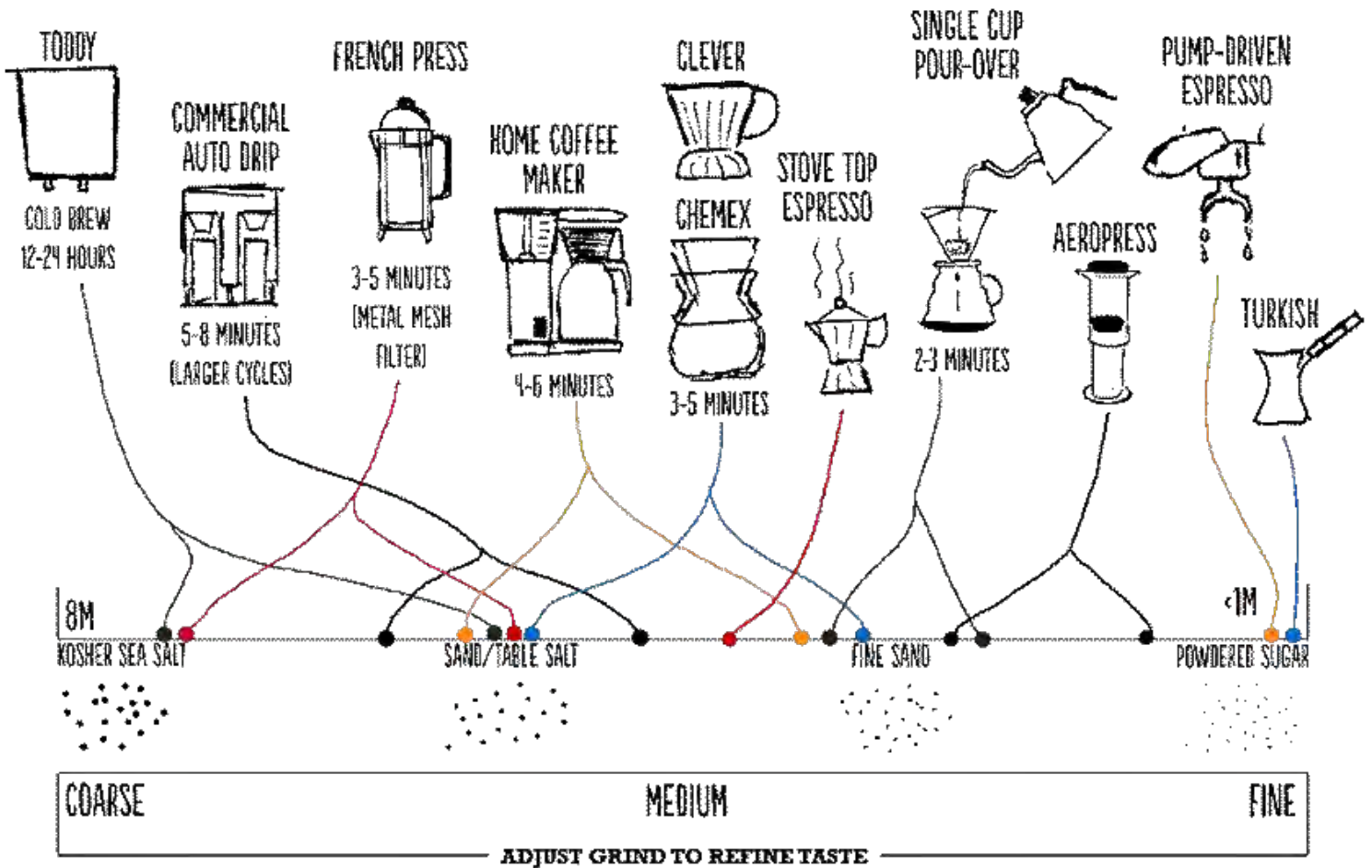
<http://www.ncausa.org/i4a/pages/index.cfm?pageid=68>



# Coffee Grinds

The chart below shows the combination of grind vs brew method. There are three main sections of the graphic. The top part shows the type of brew method. The bottom part shows the grind size from

coarsest to finest with the description of what the grind compares with. The in between part shows the general range of grind recommended for the brew type, shown as a forked line to the grind spectrum.



# Roasting Coffee Beans

## Temperature Chart for Roasting Coffee

| # | Degree of Roast     | Temp (°F) | #  | Degree of Roast         | Temp (°F) |
|---|---------------------|-----------|----|-------------------------|-----------|
| 1 | Green Unroasted     | 75        | 9  | City Roast              | 426       |
| 2 | Starting to pale    | 270       | 10 | City+                   | 435       |
| 3 | Early yellow        | 327       | 11 | Full City               | 446       |
| 4 | Yellow-Tan          | 345       | 12 | Full City+              | 454       |
| 5 | Light Brown         | 370       | 13 | Vienna (Light French)   | 465       |
| 6 | Brown               | 393       | 14 | Full French             | 474       |
| 7 | 1st Crack Begins    | 401       | 15 | Fully Carbonized        | 486       |
| 8 | 1st Crack Under Way | 415       | 16 | Immanent Fire (Danger!) | 497       |



# Coffee Production



Here are some lists showing the top producers of coffee beans of the 2010-2011 crop year. One bag weighs 60 kg (132 lbs) and the list includes total bean production of both the Arabica beans and the Robusta beans, the two major bean types.

*Data from the U.S. Department of Agriculture.  
Numbers are in thousands of bags.*

## TOTAL PRODUCTION

|    |           |        |
|----|-----------|--------|
| 1  | Brazil    | 54,500 |
| 2  | Vietnam   | 18,725 |
| 3  | Colombia  | 9,500  |
| 4  | Indonesia | 9,325  |
| 5  | India     | 5,100  |
| 6  | Ethiopia  | 4,400  |
| 7  | Honduras  | 4,000  |
| 8  | Peru      | 4,000  |
| 9  | Guatemala | 3,910  |
| 10 | Mexico    | 3,700  |

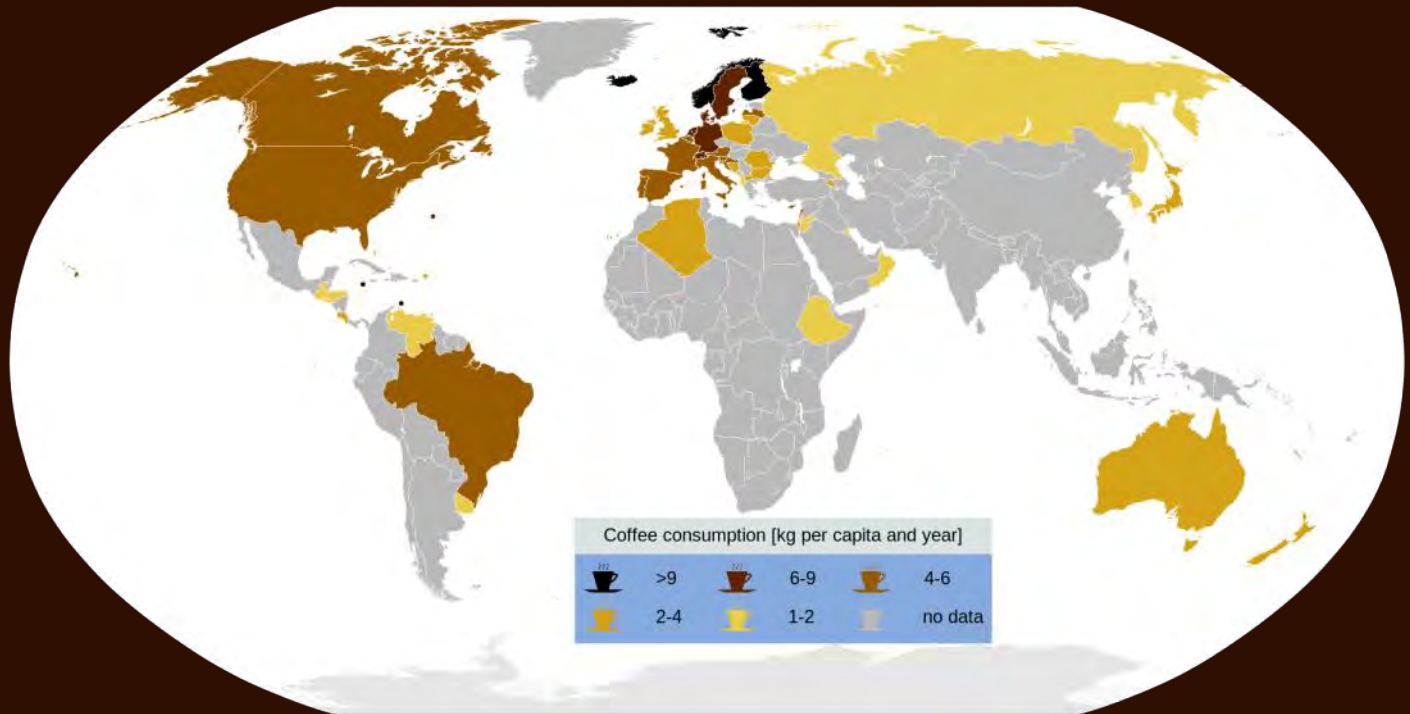
## ARABICA BEANS

|    |             |        |
|----|-------------|--------|
| 1  | Brazil      | 41,800 |
| 2  | Colombia    | 9,500  |
| 3  | Ethiopia    | 4,400  |
| 4  | Honduras    | 4,000  |
| 5  | Peru        | 4,000  |
| 6  | Guatemala   | 3,900  |
| 7  | Mexico      | 3,500  |
| 8  | Nicaragua   | 2,000  |
| 9  | El Salvador | 1,700  |
| 10 | Costa Rica  | 1,575  |

## ROBUSTA BEANS

|    |               |        |
|----|---------------|--------|
| 1  | Vietnam       | 18,150 |
| 2  | Brazil        | 12,700 |
| 3  | Indonesia     | 7,950  |
| 4  | India         | 3,600  |
| 5  | Cote d'Ivoire | 2,100  |
| 6  | Uganda        | 1,900  |
| 7  | Malaysia      | 1,000  |
| 8  | Thailand      | 900    |
| 9  | Cameroon      | 525    |
| 10 | Togo          | 525    |

# Coffee Consumption



This list shows from the above map the top coffee drinking countries in the world:

## Top 10 coffee drinking countries

1. Finland (11.8 kilograms / person / year)
2. Norway (9.6 kg)
3. Denmark (9 kg)
4. Iceland (9 kg)
5. Switzerland (8.2 kg)
6. Sweden (7.8 kg)
7. Aruba (6.8 kg)
8. Netherlands (6.7 kg)
9. Belgium & Luxembourg (6.6 kg)
10. Bosnia and Herzegovina (6.1 kg)

[Source 1—Wikipedia](#)

[Source 2—Global Post](#)

## Top Coffee Drinkers

Florida Times-Union, Aug, 1995

|         |             |       |
|---------|-------------|-------|
| 1       | Finland     | 29.36 |
| 2       | Sweden      | 24.46 |
| 3       | Austria     | 22.11 |
| 4 (tie) | Denmark     | 21.18 |
| 5       | Norway      | 21.18 |
| 6       | Netherlands | 20.59 |
| 7       | Germany     | 17.43 |
| 8       | Switzerland | 16.55 |
| 9       | Cyprus      | 13.78 |
| 10      | France      | 12.63 |
| ?       | US          | 9.43  |

*de Stofje Journal, Fall 1996*



# Fun with Coffee



June 5, 2015—Time for National Doughnut Day!



June 16, 2015, 12:17pm—Late breakfast.



September 29, 2017 Leadville, CO  
Got my free coffee today from Kum & Go for national coffee day!



Someone commented on this photo thinking at first that they were looking at a cappuccino!



# Coffee . Café . Caffè . кофе . Kaffee . καφές

English

French

Italian

Russian

German

Greek

## ESPRESSO FIELD GUIDE

A VISUAL REFERENCE FOR INGREDIENT RATIOS



# Espresso Drinks

## Simpler Espresso Drink Guide



### ESPRESSO

- Espresso



### MACCHIATO

- Milk Foam
- Espresso



### AMERICANO

- Water
- Espresso



### LATTE

- Milk
- Espresso



### CAPPUCCINO

- Milk Foam
- Steamed Milk
- Espresso



### MOCHA

- Whipped Cream
- Steamed Milk
- Chocolate
- Espresso



### FLAT WHITE

- Steamed Milk
- Espresso



### LONG BLACK

- Water
- Espresso

# Garfield's Caffeine Fix

We all know that Garfield is a coffee nut, liking coffee almost as much as he likes lasagna. (For Garfield, nothing is better than lasagna!) There are a LOT of Garfield strips over the years about coffee, especially with various ones involving Xan's Café Caffeine! I decided not to include them in this issue, but you can go back through the issues since 2012 to find them. (And it will give you an excuse to go to the archive!



# Coffee as an Ingredient

## Coffee Spice Cookies

In previous issues, I had a link for the recipe of these cookies, which was on the Folger's website. However, at some point they removed it. Here is another recipe on another site that appears to be exactly the same. The one difference I did was to use mini chocolate chips instead of the chocolate jimmies.

<https://www.foodnetwork.com/recipes/coffee-spice-cookies-recipe-1970966>



# The Event That Wasn't

## Coffeehouse Tasting & Social

With Barista

Celebrating International Coffee Day\*

Saturday, September 28, 2019 · 10 AM - Noon

Please RSVP (flip to back)

Learn about what makes an expert cup of coffee and sample different roasts and brew styles.

Also  
International  
pastries!

\*International Coffee Day is  
Sunday, September 29, 2019



During the social, view the new mini exhibit

**WAKE UP! WITH COFFEE**

exploring the different ways of grinding, brewing, and serving coffee using artifacts from the collection.

Please RSVP  
by September 20th  
call



(My next full issue  
will explain what  
this page means.)

# Final Thought

# de Stolfe Journal.....

## DRINK LION COFFEE

A TRUE COMBINATION OF  
Mocha, Java and Rio.

A BEAUTIFUL SOUVENIR  
Picture Card Given  
WITH EVERY POUND PACKAGE  
LION COFFEE

When you buy your Groceries try a package LION COFFEE. It is the best in the United States—made up from a selection of Mocha, Java and Rio, properly blended and is conceded by all to make the nicest cup of Coffee in the land. For Sale Everywhere.

Woolson Spice Co., Man'rs,  
KANSAS CITY, MO. TOLEDO, O.  
MERCHANTS WRITE YOUR JOBBER FOR PRICES

*The Pagosa Springs News. (Colorado). July 24, 1890. Page 3.*



The de Stolfe Journal is a publication made by Robert-George de Stolfe. The first issue was published in March 1986 as the de Stolfe Journal and published irregularly until 1998 (17 issues total). The *Candid* variety of the Journal started in July 2012, with a production of over 60 regular and special issues, with now the *Candid* dropped from the name. Archives of all issues—including the original ones (1980s-1990s)—are available on the website: [www.tophandgraphics.com/rg/journals](http://www.tophandgraphics.com/rg/journals)

**Publisher/Owner/Editor**  
Robert-George de Stolfe

**Graphics/Layout\***  
Robert-George de Stolfe  
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