

A close-up photograph of dark brown coffee beans scattered on a rustic wooden tray. The lighting is warm, highlighting the texture of the beans and the wood.

# 2018 COFFEE GUIDES

***BLOGS, NEWS AND EVENTS THROUGH  
2018 AT GREEN FARM COFFEE***



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# 11 FANTASTIC FACTS ABOUT COFFEE!



DID YOU  
KNOW?

Eleven

Fantastic

Facts about Coffee



# **COFFEE IS A FASCINATING SUBJECT. THE WORLD LOVES COFFEE AND THERE ARE MANY STORIES OF ITS ORIGIN AND SUBSEQUENT RISE TO BECOME THE SECOND LARGEST TRADED COMMODITY ON EARTH AFTER OIL. HOWEVER, DID YOU KNOW?**

## **1. Caffeinated Goats Discover Coffee**

Legend has it that 9th-century goat herders noticed the effect caffeine had on their goats, who appeared to “dance” after eating coffee berries. A local monk then made a drink with coffee berries and found that it kept him awake at night to perform his evening prayers.

## **2. The First Energy Bars.**

Before coffee was widely enjoyed as a hot beverage, it was used as an energy food. The coffee berries were mixed with animal fat and formed into bars or balls which were used to stimulate and give energy to those working long hours.

## **3. One of your 5 a Day.**

Yes – Coffee is a fruit. Coffee beans as we know them are actually the pits of a cherry-like berry that are grown on bushes. Even though coffee is actually a seed, it’s called a bean because of its resemblance to actual beans.

## **4. Thank Coffee for Web Cams.**

What do you think the first webcam was built for? Unbelievably it was to check the status of the University coffee pot in a lab in Cambridge. To save people working in the building the disappointment of finding the coffee machine empty after making the trip to the room, a camera was set up providing a live picture of the coffee pot to all desktop computers on the office network. After the camera was connected to the web a few years later.

## **5. Grounds for Divorce.**

You will be surprised to know that it used to be a custom in Turkey that if a husband didn’t provide his wife coffee, it was a ground for divorce.



## **6. The Purr-fect Coffee Experience.**

If you love cats as much as your coffee, there is a cat cafe in Korea where you can drink your favourite coffee and hang out with cats for hours.

## **7. The Most Expensive Coffee in the World is Poo!**

Kopi Lowak coffee is considered to be one of the best and rarest brews. The beans are harvested from the faeces of the Palm Civet, An Asian cat-like creature which, feeds on only the ripest coffee berries. The beans are collected from the Civets excreta, washed and roasted. A cup of Kopi Lowak generally costs \$25 a cup.

## **8. Banning the Bean.**

Coffee was first banned in Mecca in 1511 because leaders believed it stimulated radical thinking. And, 16th-century Italian clergymen tried to ban coffee because they believed it to be Satanic. In 1623 Constantinople, a ban on coffee was decreed. Anyone caught consuming coffee was punished, a second offence resulted in the offender being sewn up in a leather bag and thrown in the Bosphorus river.

## **9. Finns First for Coffee.**

The people of Finland are the largest consumers of coffee per capita. Grinding their way through 12kg of coffee per year. That's about 5 cups of coffee per day per person compared with Italy at 3 to 4 cups per person.

## **10. Doctors Orders.**

Coffee was originally thought to be a cure-all wonder drug in Yemen and Arabia and was taken only at the advice of a doctor. Many viewed coffee as a brain tonic or as a way to stimulate religious visions.

## **11. Strong and Light.**

Contrary to popular belief, light roast coffee has more caffeine than dark roast coffee. The longer coffee is roasted, the more caffeine is lost through the cooking of the bean.



# ON THE BEAN

## MARIO!





# NORWICH CITY FOOTBALL CLUBS

## 2018 PARTNERSHIP WITH GREEN FARM

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*Mario Vrančić comes for coffee, at our head office in Norwich, Rackheath.*

We wanted to give Mario a real coffee experience at our HQ. We got him to get his hands dirty with the team! From the roastery and even onto barista work!

Our coffee journey with Mario started with an espresso. It's what we all know and love. It's the beginning of many drinks. Such as lattes, cappuccinos and more!

We ground our freshest batch of Green Farm coffee beans in our Anfim grinder. We ground our beans to 18g of espresso. The bean of choice was our **Roma** blend. A classic Italian style coffee blend that mixes together the smoothness of Latin American coffees; with the kick of Robusta that gets us out of bed each morning.

Roma is one of our full-bodied coffees. With intense aromas, and delicious dark chocolate and caramel undertones.

**Ground to perfection** straight into the porta filter. We then tamper the coffee, which Mario Does with precision. The purpose of this is to compact the coffee grounds evenly in the basket. Resulting in a higher quality shot, with more extraction and flavour than if they were loose grounds. We're ready to get a perfect shot with this bad boy! You put the porta filter back into the group head by popping it up at an angle and turning it to lock it in place.

## **Green Beans!**

Our beans are from many places such as Caldas-Manizales Colombia, Sul de Mins Brazil, Sumatra, Costa Rica, Huehuetenango Guatemala, Kodagu India, Djimma Ethiopian. As coffee is a seasonal product. We expect changes to our green beans from across the globe all year round.

Single origin coffee is a great example of how seasons can change coffee. As blends tend to be made to keep coffee consistently flavoured. The green beans are sourced from one farm, or region, almost a limited edition you could say, so when they're gone, they're gone!

Mario stuck his hands in our variety of green beans to feel, smell, and see the difference. Each different type of bean we use at Green Farm has different smells, colours, sizes and tastes. Depending on what region, the growing conditions and type of coffee plant can be different. Which leaves us with a range of coffee beans, each with their own unique style.

## **Our head roaster Craig is passionate about coffee.**

He shows Mario his part in the coffee journey which is roasting the beans. Craig has been expertly roasting Green Farm coffee for many years. His love and experience ensure that each batch is as delicious as the last. Delighted to meet Mario; Craig talked him through the roasting process. And how different roasts produce different results, whether you want a dark nutty roast or a light and fruity number.

Mario got to watch the "bean drop". Much like the bass drop in a hit song. The beans drop from the roaster into the cooling tray below. And get rotated by large blades in the tray to keep the beans moving. This is to allow every layer to cool. The tray cools the beans evenly by using small holes in the bottom of the tray which draws air through. Now Mario has experienced how we roast, cool, and pack our coffee.

**We put Mario to the test** and got him whipping up a latte. He did a fantastic job of grinding, tamping, steaming the milk and producing a great shot of espresso. With some assistance from Dan, our coffee guru. Mario did us proud and we'd pick him for our coffee team any day.

**On the bean city!**



# How To: PROPERLY STORE COFFEE





# COFFEE STORAGE 101!

Storing your coffee in the right conditions is super important!

It can help prevent your coffee going stale and losing its oh so important flavours and aromas which get locked into each bean.

We did a post on twitter to see what people did to store their coffee.... this was the result!

Firstly you should always try to store coffee in an airtight bag or container. Oxygen + Coffee = Bad News

This will help stop the oxygen staling the beans, just how iron is oxidized to form rust. Stale coffee is what you get when roasted beans or coffee grounds have been oxidized from exposure to oxygen.

Secondly, you want to make sure you keep your coffee in a dark place with cooler temperatures.

Light rapidly increases the staling of coffee, especially sun and UV light, so definitely don't leave it on your windowsill to go bad!

Tucked away in a cupboard provides darkness and cooler temperatures for your grounds to stay fresher for longer.

Although many people do it, it is not a good idea to put coffee in the refrigerator or the freezer.

Not only can you end up with cross-contamination from other items in the fridge, nobody wants a parsnip and onion smelling coffee!

But you also refrigeration and freezing can affect the moisture content within a coffee bean which can have an impact upon flavour.

Finally make sure you keep your coffee dry. You want to avoid humid or moist places as again this will increase the staling speed of the coffee.

If possible try and keep your coffee stored in the full bean form and only grind when you need it.

Once you grind coffee it goes stale a lot quicker as more surface area is exposed to moisture, light and oxygen.

Now you know how to properly store your coffee!

# THE FEED 2018 PARTNERSHIP





## Partnering For Brighter Futures.

Our new partnership in 2018 with The Feed has been a great success. Our aromatic artisan coffee is being lovingly served up at The Feed's café on Prince Of Wales Street in Norwich. Which also doubles as The Feeds training site and offices.

The success we have had with all the fantastic people who come from The Feed to receive barista training has been phenomenal and we as a company are thrilled to offer training which will offer these people more opportunities in the future.

Our training course gives them great skills to take forward into the future and will give them an opportunity to work in the coffee industry.

The Feed help train and support people who have been or are experiencing homelessness and venerable situations to work in the food and hospitality industry.

Our friend Matt Townsend, chief executive of The Feed said: *"We are delighted to be working with Green Farm Coffee who make such an excellent product. We love coffee and it is a great opportunity for our trainees to be able to see how it's made and learn basic barista skills. The coffee industry is a great opportunity for our trainees to learn a skill and get into work. We are also really enjoying selling their coffee at our market stall, it goes great with our selection of sandwiches, salads and cakes."*



Mike our Sales Manager at Green Farm has said: *"At Green Farm Coffee we are continuing to grow and support our local community and businesses as much as possible, and with that in mind we are delighted to announce our partnership with Norwich Civic charity of the year - The Feed.*

*Since beginning our relationship with The Feed we at Green Farm HQ have all witnessed the important work they provide to our community. The passion they have in helping their trainees with personal support, as well as the provision of excellent training in skills they can then take on to the outside world, is second to none, and it is something we as a business want to help grow and nurture as much as possible.*

*Working as a partner with The Feed gives us not only the opportunity to provide them with much needed new equipment but also our own locally roasted Green Farm coffee to serve to the lucky visitors. Most importantly, however, it is a positive platform for their trainees to learn basic barista skills and as much coffee knowledge as we can pass on, hopefully giving them opportunities to obtain a career in this or other catering trades.*

*We are extremely excited about our partnership with The Feed and the future plans they and we have together. Our own staff have already gained knowledge and experience through training sessions we've worked on together so far, and we cannot wait to do more!*

*We feel very lucky to be able to work with their team on such an important issue within our community, the future is that bit brighter with charities like The Feed, but for the not so bright days...  
**we'll bring the coffee!"***

# SHEPHERDS HUT HIRE!





# LOCALLY ROASTED ARTISAN COFFEE @ THE HUT!

You've seen it at shows, exhibitions, fairs and events across East Anglia. But did you know you can hire out our coffee shepherds hut for your own event? With a trained barista onboard to make you and your guests amazing range of coffee drinks.

Our amazing coffee hut has been popping up across East Anglia through 2018 serving up perfect barista drinks to all who drop by! From the Suffolk Show to the Norfolk Food & Drink Festival in Norwich we've toured around giving service with a smile.

Our coffee hut was created specially by The Shepherds Hut Co, which is just around the corner from our HQ in Norwich!

Working closely with the geniuses at Shepherds Hut Co we have a plush and stylish hut which is mobile and ready to serve refreshments for all.

Our coffee hut is always manned by our top baristas with skills in not only creating the perfect flat white, but also impressive latte art and coffee knowledge.

Big launch event? Hospitality day? Corporate event? Sporting events?

Or are you a couple of coffee lovers looking for something quirky for your wedding?

We can create a great atmosphere with our chic and classic shepherds hut making it a special day for all.

State of the art, stylish coffee hut, with an expert barista aboard ready to make your latte art dreams come true!

# NEW UNDICI TRADITIONAL COFFEE MACHINE!





# UNDICI ESPRESSO MACHINE!

In 2018 we introduced a new traditional espresso machine to our ranks of quality machines.

It's professional, affordable and a perfect entry level traditional espresso machine for bars, restaurants and small coffee stops.

It's user friendly, has fantastic LED lighting and designed with flush metal button pads made from aluminum and stainless steel in white side panel design.

The Undici has an innovative design with reliable build quality so you won't be stuck calling engineers out to repair.

With different group heads available in a compact built machine you can fit it to your space and requirements whilst keeping in with your overall aesthetic.



# COFFEE DENSITY CHECKS





# *What is a coffee density check? And why do we do it?*

Density, in a coffee bean, is the measurement of the amount of coffee that can fit into a 3-dimensional space. It's the mass, divided by the volume.

A density check on green coffee beans is done by using two different methods to figure out the density of the coffee.

These are: Freely settled density and displaced density measurements. The results gathered from these tests are used to help us better judge the roasting process.

The density (hardness) of green coffee beans is an important factor when it comes to the roasting process. The density of coffee beans affects the duration and heat needed. Each new batch of green beans that comes into us gets a density check.

The checks not only show the quality of coffee coming in. But also it tells our roasting team what heat and duration the beans should be roasted for. Creating a perfect batch that is equal in flavour, aromas, and texture every time.

Coffee beans grown at higher altitudes tend to be a much denser bean than those grown at lower altitudes; each different type of bean will have its own range of density which we look for. The method we use most and gives us the most accurate results is the water displacement.





The principle is that you measure out 50ml of water and 25g of green coffee beans:

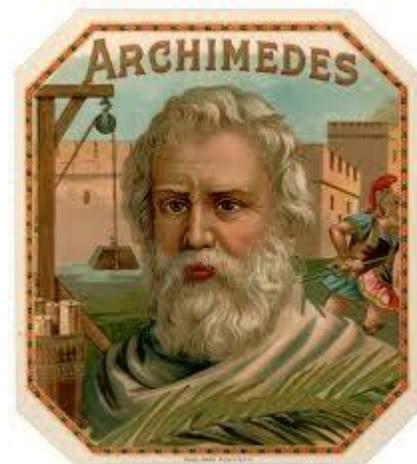
Tip the beans into the water and then measure the amount of water that has been displaced by the beans. We use measuring beakers to ensure we can accurately measure the amount of water that has been displaced. You can then ascertain the volume of coffee beans by dividing the coffee beans original weight, so 25g, by the amount of water that has been displaced, 20ml and you get its true volume. In this example, it would be 1.25 g/ml.

When evaluating the density of our green coffee beans we're looking for the coffee beans to sink in water, as they should be denser than water. This is because water has an equal mass to volume ratio of 1.0 g/ml. As a result, any beans that float are considered to be low-density beans and likely to affect the taste and quality of the roasted coffee.

By keeping records of the density of our coffee beans density we are able to observe any changes and make the required adjustments to our roasting times and temperature. Also, we are able to observe patterns throughout different seasons and producing countries giving us greater understanding about the different origins of coffee that we use.

It was Archimedes who discovered the displacement method, the physical law of buoyancy. He stated: *Any object, wholly or partially immersed in a fluid, is buoyed up by a force equal to the weight of the fluid displaced by the object.*

Thanks to Archimedes, we use displacement to help us brew the perfect cup of coffee.



# SETTING UP A BULK BREW COFFEE MACHINE!



# SETTING UP A BULK BREWER CAN SEEM LIKE A DAUNTING TASK!



So we've put together the basics so you can ensure you're on the right lines, whether you're bringing back out an old brewer for the cold winter or if you're setting up a new one.

Bulk brewers come in lots of varieties, plumbed and unplumbed, you'll need to ensure either way you have a good water supply. If your water is filtered you also give your coffee the best chance of reaching its optimum flavour.

The trick to bulk brewers is figuring out the perfect brew ratio. By that, we mean the ratio of coffee to water that we are going to use. The brew ratio that we use for our bulk brewers is 1 part coffee to 55 parts water. This means that for every litre of coffee we brew we are going to need 55g's of coffee.

This brew ratio should give us an extraction between 18-22%. This extraction and brew ratio should allow us to get the best flavours out of our coffee without under or over extracting it.

If you have one available and are super scientific, it is best practice to use a refractometer to check the extraction level. The refractometer will fire a light through the coffee sample and give you a total dissolved solids reading.

More commonly referred to as TDS. Using this TDS reading and the SCAA brewing control chart we will need a reading between 1.20 and 1.35 to achieve an 18-22% extraction.

For more information check out the Specialty coffee of America gold cup standers here: <https://www.scaa.org/PDF/resources/golden-cup-standard.pdf>

For the setup on our Marco jet 6 bulk brewer, we are using our awesome Cafe Dolce filter roast coffee. Aiming for a 21%-22% extraction level on the coffee.

This is achieved by programming the correct brew ratio, coffee pack size and the size of the brew on the machine.

On the Marco brewer, this is fairly straightforward and done through a digital touchscreen.



Other brands such as Bunn and Fetco have a similar programming menu but you will not be able to program a brew ratio meaning you will have to work out the coffee doses and water yourself. For example if you are brewing a full 6lt batch of coffee at a brew ratio of 55g's of coffee to a litre of water, then we will need a 330g of coffee. This ratio is a good place to start and if the coffee tastes too strong then you can put in less coffee per litre or if it is not strong enough then you can increase the amount of coffee per litre.

Different coffees will work best at slightly different recipes/ ratios. We have found that our café dolce blend works best at a slightly lower brew ratio of 50g's of coffee per litre with a 21%-22% extraction.

Some brewers will also have a bypass valve function that is used to brew larger amounts of coffee. This function allows some of the water to run down the side of the filter, meaning it will not come into contact with the coffee. This allows the barista to create a concentrate of coffee and then dilute it with the bypassed water. This process also allows you to brew bigger batches more quickly compared to running all the water through the coffee. I would recommend starting at a 20% bypass for brews over 5lts and then adjusting the percentage to taste.

As well as a bypass valve most brewers will also have a Preset/ Pre-infusion option usually displayed as a percentage. This preset function is used to wet and settle the bed of coffee thus helping prevent channeling and therefore increasing extraction. I would recommend a preset percentage of between 12-15% on all brews. Again experiment with what percentage you feel gives you the flavours, body, and extraction that you are looking for.

Hopefully, this will help give you a quick overview of how we approach setting up our new brewers and developing recipes for our coffees.

If you want to learn more about all things brewing or just want to geek out on coffee, I would strongly recommend checking out Scott Rao's book: The Professional Baristas Handbook.



# STOP NEGLECTING YOUR COFFEE GRINDER!



# STOP NEGLECTING YOUR GRINDER!



You buy a brand new, shiny coffee grinder. Grind your coffee just how you want it and serve up great brews!

Over a period of time, you notice that those great brews and smashing espressos are starting to run quicker, and taste thin and under extracted. You've adjusted the grind, but still, the coffee doesn't seem as good as before. There could be many reasons for degrading coffee, but here I want to take you through a few simple steps that will ensure that you are getting the best out of your grinder. And in turn, your coffee.

Cleaning your grinder regularly is very important! This is something that is often overlooked but can have a huge impact on grind and coffee quality. Most people are accustomed to cleaning their espresso machine at least daily but not so with the grinder.

The first thing I would recommend is to dust or brush down your grinder every day.

If you have an on-demand grinder; ensure that the grinding spout is clear too. I always recommend grinding a couple of coffees in the morning and throwing them away, this helps to get rid of any stale ground coffee that may have got stuck in the grinder.

If you have a chamber style grinder then make sure there is no coffee left in the chamber at the end of the day. Give the chamber a good wipe to prevent it from getting stained with coffee and oil residue too.

I would recommend wiping your hopper out if possible daily, especially with darker roasted coffees as residue coffee oil, will start to develop and stain the hopper.

If it is possible I would recommend at least once a month giving the blades inside the grinder a good clean. The easiest way to do this is to take out the hopper and unscrew the top plate, which should have one blade attached to it. However please make sure the grinder is switched off before you start unscrewing anything.



Often you will find, especially on espresso grinders that there will be a layer of very finely ground coffee stuck in the grind chamber and on the sides of the blades. This will mean that the grinder has to work harder; and will not be able to grind the coffee so evenly. Get rid of all of the old coffee using a paintbrush or a wire brush for more stubborn parts.

You should generally see a noticeable difference in your grinders performance.

The final recommendation I would make is replacing your grinder blades. As a general rule; it is normally recommended to do this every 12 months. However, this depends upon the usage, volume, the type, and quality of grinder blades, the material the blades are made from and various other aspects.

A few warning signs to replace your grinders blades:

You are getting a very uneven grind,

The grinder is taking longer than before to grind a standard dose,

Having to set the grinder at a very fine setting compared to before to achieve the same results,

The grinder or motor is getting hot,

The grinder sounds a lot louder than before.

I would recommend that if you cannot remember the last time the blades were changed they are most probably due for a change. What happens if you do not change your grinder blades is that they will become blunt, and will grind the coffee very differently. Blunt grinder blades tend to smash the coffee, rather than actually cut it as sharp blades do. This will result in a much larger spread of grind/ particle size, which will decrease the amount you are able to extract from your coffee.

In addition, the grinder will have to work harder to grind the coffee. This puts more strain on the motor and in turn generate more heat. So effectively you end up with a bit of a vicious circle. Keeping all of your equipment as clean as possible and carrying out regular maintenance to ensure that you are getting the most out of all of your equipment is imperative.

To not only keep them in good working order but ensuring that you, therefore, do not lose time and money waiting for repairs if your machine breaks down from lack of maintenance and cleaning.



# BEETHOVEN'S 60 BEAN COFFEE RECIPE!



# IT HAS BEEN SAID THAT LUDWIG VAN BEETHOVEN WAS A MASSIVE COFFEE LOVER AND CAFFEINE ADDICT!



Baptised 17th December 1770, born in Bonn, Germany; Beethoven was a composer and pianist. He is still to this day one of the most recognised and influential composers of all time.

Beethoven is said to have lost his hearing from a fit he suffered which led him to fall, upon getting up had found himself deaf. He had partial hearing loss and a severe form of tinnitus; it's been said he once cut the legs off his piano and listened to the vibrations in the floor to compose!

Madness!

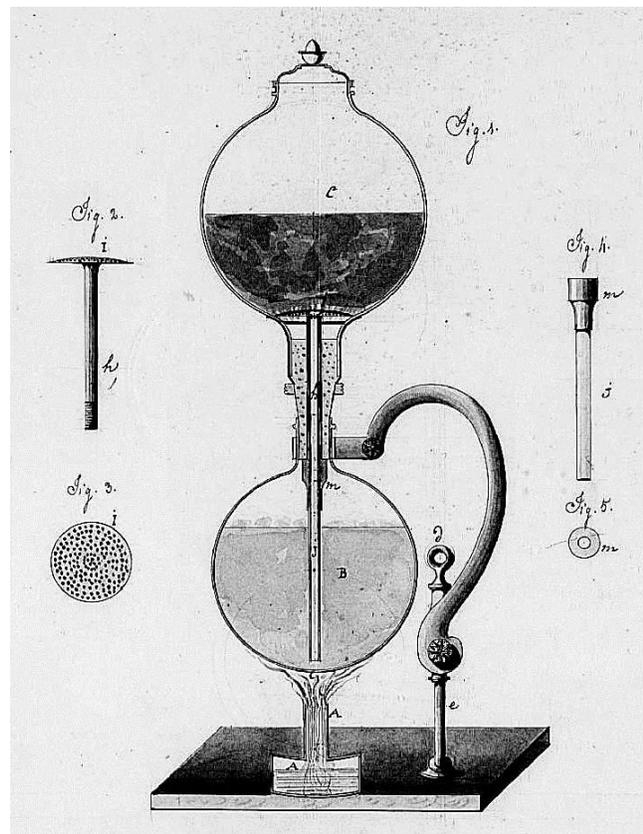
Although his composing and musical talents shined through, it's been written that he was a huge lover of coffee! And would drink a cup for breakfast every day.

There are writings that say Beethoven used to be very picky with the way he made his coffee. He was certain that the perfect coffee was made with exactly 60 coffee beans!

In the book 'Beethoven As I Knew Him' by Anton Schindler; Anton describes Beethoven's coffee love and preparation as "Oriental". Referring to the way teas were prepared, crafted and beautifully presented by Asian countries.

Anton also mentions he produces his coffee in a glass coffee maker. Which we can only presume was a French Balloon Coffee Maker, or what we would call a Siphon or Vacuum Coffee Maker.

With this in mind, we decided to try and recreate the perfect Beethoven Coffee!





We like to take things to new levels so as well as using a siphon coffee maker we will also be trying out the 60 coffee bean method through espresso, cafetiere and drip through methods too.

Our first experiment to recreate Beethoven's coffee was using a traditional espresso machine. Though it wasn't invented at the time; it's going to be interesting to see how the extraction comes through the machine. Extraction took around 10 seconds, the 60 beans in the basket came under half way of the usual measurement.

For a single shot of coffee, it wasn't as watery as you'd think! The 60 beans on average would weight 7.9 grams which aren't far off the normal espresso weight of around 8 g. The flavour was good using our Roma beans and overall it just tasted like a milder adaptation of our favourite blend. So for espressos, Beethoven wasn't far from the truth with his 60 bean policy.

Next up, the cafetiere, invented around the 1850s it was a more traditional option and approach to reliving Beethoven's coffee tastes. We ground our 60 beans for a cafetiere and ran it through using a lot less water, than for a whole cup to keep some flavour and avoid watery, weak coffee.

Although not completely avoidable using a lot fewer beans the result was an unfortunately watery coffee which really pulled the full body away from our coffee. This was not the method for us, and we hope Beethoven had better tastes than this. Although we will never know his recipe for coffee only the amount of beans we are doing our best to recreate his favourite morning drink!

Just for some idea, we've found that coffee cost around 0.12 to 0.22 \$ a lb which is 454 grams. Today 454 grams coffee costs you an average of \$15! Or to look at it in pounds sterling, \$0.12 is about equivalent to £2.41 in 2018.

Our last coffee brewing method is the siphon, we imagine it's similar to what Beethoven would of used as the French Balloon coffee makers were starting to grow in popularity.



Using the 60 beans magic number we ground our coffee pretty fine and heated our water in the bottom balloon of the siphon. When the water is hot enough it rises from the bottom balloon up to the top glass. This is due to the changes in vapor pressure of the balloon which pushes the water up.

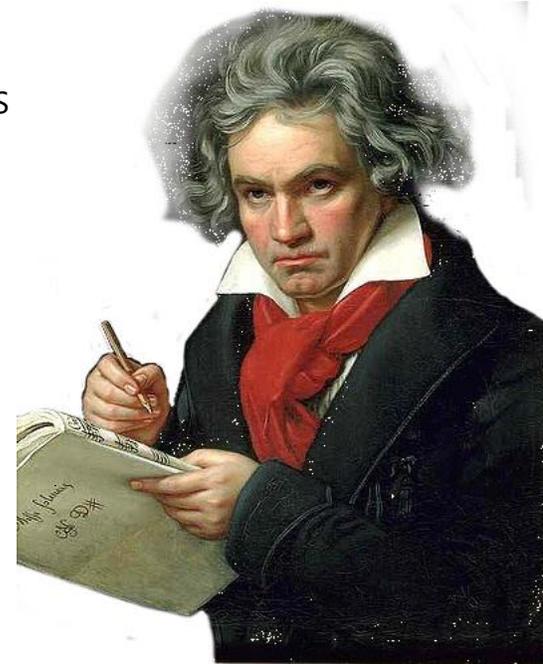
Once all the water is in the top chamber you add the coffee and stir to ensure all grounds are submerged. After brewing the heat is removed and the pressure in the bottom chamber once again changes meaning gravity and atmospheric pressure push the water back down into the siphon.

In the bottom of the siphon as pictured here is a filter which stops any coffee grounds passing through with the water on it's way back down. Once brewed you carefully take apart the siphon and decant your coffee from the bottom balloon container.

This coffee tasted pretty good and we actually had a slight issue with the filter wanting to pop up during the process. Even regardless of a slight hiccup the coffee tasted smooth and well brewed. Only using 60 beans is tough and does water down your coffee depending how much you make.

We've got to give it to Beethoven, it's not the worst recipe for coffee in the world. Maybe in the 18th Century people were more conservative with their spending and use of luxury items.

With coffee becoming a huge commodity as time goes on it's important to note how some of the biggest influences in our history played a part. Even Beethoven's obsessive counting, which could have led to a musical masterpiece. We'll never know the impact and influence it had on his life and music but we know we function better after a cup of coffee in the morning!



# MORE FANTASTIC COFFEE GUIDES, NEWS AND BLOGS COMING IN 2019!

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of blog posts, coffee guides and news.



**Green Farm Coffee**