

Selecting Coffee Beans

Coffee beans are among the world's most valued commodities, with more than 2 billion cups of coffee consumed each day. A good cup of joe, though, is more than just a productivity hack. It's something to be savored.

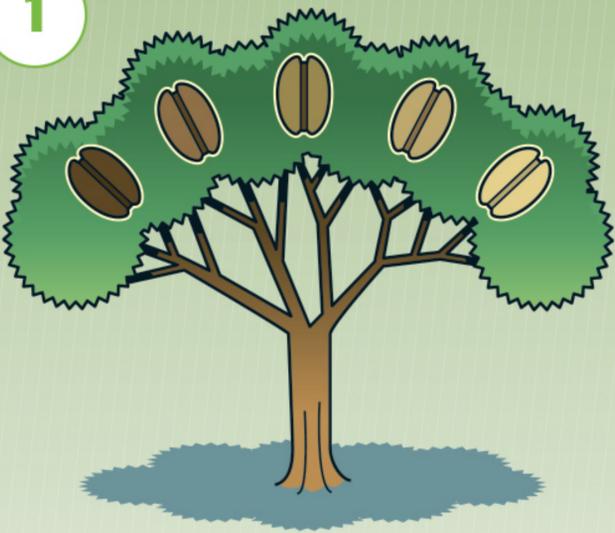
1 Learn about varieties. Arabica is delicate, while robusta, the typical supermarket variety, is more bitter.

2 Identify a region. Different geographies and elevations produce different flavors, from fruity to earthy to rich and caramelly.

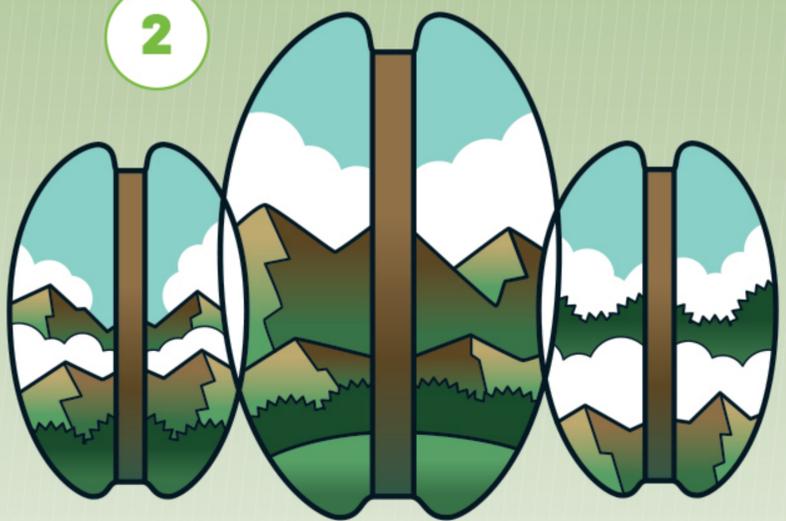
3 How will you take that? Blends are often smoother and cheaper for those who like to add cream and sugar. A single-origin coffee allows the connoisseur to appreciate nuance.

4 Select the roast. The lighter the roast, the more the caffeine and complexity. The longer and more intensely a bean is heated, the more the roast flavor takes over.

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