

## Trivia quiz: Celebrating Coffee and Tea



January is Gourmet Coffee Month and Hot Tea Month. According to legend, tea was discovered nearly 5000 years ago when some tea leaves accidentally blew into a pot of boiling water belonging to a Chinese emperor. That makes it much older than coffee, which according to *its* legend was discovered by an Ethiopian goat herder about 800 – 850 A.D. who noticed how frisky

his goats were after eating the berries on the coffee shrub and decided to try them for himself.

### Can you guess the answers?

- Coffee beans are really berries with each berry containing two beans.
  - True \_\_\_
  - False \_\_\_
- Coffee's caffeine intensifies the longer it roasts, so coffee made from dark coffee beans is more stimulating than coffee made from lighter ones.
  - True \_\_\_
  - False \_\_\_
- Roasted coffee beans can keep their flavor indefinitely.
  - True \_\_\_
  - False \_\_\_
- “Supremo” refers to the quality of the coffee.
  - True \_\_\_
  - False \_\_\_
- It is easy to get caffeine poisoning from drinking too much coffee.
  - True \_\_\_
  - False \_\_\_
- Coffee, along with beer and peanut butter, is on the national list of the "ten most recognizable odors."
  - True \_\_\_
  - False \_\_\_
- Coffee is grown commercially in over forty-five countries throughout the world. The largest coffee producing nation is:
  - Brazil \_\_\_
  - Kenya \_\_\_
  - Sri Lanka \_\_\_
  - U.S. \_\_\_
- The largest per capita consumers of coffee are:
  - Americans \_\_\_
  - Italians \_\_\_
  - Japanese \_\_\_
  - Scandinavians \_\_\_



9. Coffee was such a staple in the ancient Arab world that grooms in Turkey once promised their brides they would always provide it. Failure to do so was grounds for divorce.

a. True \_\_\_\_

b. False \_\_\_\_

10. People in Japan are so enamored of coffee that they have even been known to bathe in coffee grounds fermented with pineapple pulp to improve their skin and reduce wrinkles.

a. True \_\_\_\_

b. False \_\_\_\_

11. Until the late 1800's, people roasted their coffee at home. Popcorn poppers and stove-top frying pans were favored.

a. True \_\_\_\_

b. False \_\_\_\_

12. The word "cappuccino" derives from the Capuchin monks who invented the drink.

a. True \_\_\_\_

b. False \_\_\_\_

13. "Cowboy coffee" was made from coffee grounds placed in a (clean, we hope) sock and immersed in hot water.

a. True \_\_\_\_

b. False \_\_\_\_



14. China is the largest tea exporter.

a. True \_\_\_\_

b. False \_\_\_\_

15. The largest tea consuming countries per capita of tea are:

a. England \_\_\_\_

c. Ireland \_\_\_\_

b. Iraq \_\_\_\_

d. Kuwait \_\_\_\_

16. Lloyd's of London began as Edward Lloyd's coffeehouse (which also sold tea). Coffee houses – which first became popular in the mid-1600s were controversial.

a. True \_\_\_\_

b. False \_\_\_\_

17. In 1849 tea wholesaler Henry Charles Harrod took over a London grocery store and grew it into one of the world's largest department stores.

a. True \_\_\_\_

b. False \_\_\_\_

18. In 1876 Thomas Johnstone Lipton opened his first shop in New York City starting a company that would bear his name on tea for more than a century.

a. True \_\_\_\_

b. False \_\_\_\_

Sources:

<http://www.koffeekorner.com/>

<http://www.2basnob.com/tea-history-timeline.html>

<http://100percenttea.blogspot.com/2007/08/tea-trivia.html>

<http://whatscookingamerica.net/History/IcedTeaHistory.htm>

<http://www.thenibble.com/reviews/main/beverages/teas/index.asp>

Answers:

1. a. True
2. b. False; the opposite is true. Roasting dissipates the caffeine.
3. b. False; roasted coffee beans start to lose small amounts of flavor within two weeks. Ground coffee begins to lose its flavor in one hour. Brewed coffee and espresso begin to lose flavor within minutes.
4. b. False; supremo refers to the size of the beans. The largest coffee bean is the Nicaragua Margopipe.
5. b. False; the human body can only absorb about 300 milligrams of caffeine at a given time. Additional amounts are simply cast off and provide no further stimulation. A typical cup of coffee contains about 60 -120 milligrams, and it is dissipated at about 20% per hour.



6. a. True
7. a. Brazil
8. d. Scandinavians
9. a. True
10. a. True
11. a. True
12. b. False; it derives from their clothing. "Cappuccio" means "hood" and the color of the drink matches the color of their robes. They didn't invent the drink.
13. a. True
14. b. False; it's the world's largest tea-producing nation, but it keeps most of what it grows for its own consumption. The second largest consuming nation, India, is also the largest exporter.
15. c. Ireland
16. a. True; as early as 1674 in London a group of women petitioned against coffee because their men spent too much time in the coffee houses instead of tending to domestic crises. The men complained equally about home tea parties that had become trendy, claiming family ruin. Religious reformers even wanted to ban them.
17. a. True
18. b. False; He opened his shop in Glasgow, using American merchandising methods he learned working in the grocery section of a New York department store

## Discussion: Coffee, Tea and Thee



While tea is the older beverage by several millennia, both tea and coffee became popular beverages worldwide thanks in large measure to the Dutch East India Company which began to spread leaves and beans around the world beginning in the early 1600s. Today tea is the more popular beverage, mainly because the countries which produce the most – China and India – have the world's largest populations.

In the U.S. tea ranks fifth after water, coffee, soft drinks, and juice. Even then, Americans prefer their tea iced, (the only nation that does and on a scale of 4 to 1.) Most Americans, according to some statistics, prefer *bottled* iced tea, a practice that would be considered sacrilege to most Brits. But then, the British prefer their coffee instant, which is a sacrilege to most Americans.

The color of tea does not refer to different types of plants, because all tea comes from the *Camellia sinensis* plant, a warm-weather evergreen. Instead, the four main types, black, oolong, green and white, refer to how the fresh leaves of the tea plant are processed after they are plucked, and their level of contact with oxygen. Oxidation causes the tea leaves to undergo natural chemical reactions that result in distinctive color and taste characteristics.

- Black tea is allowed to oxidize for two to four hours.
- Green tea is not oxidized at all—the leaves are steamed, rolled and dried.
- White tea is also not oxidized, but rather plucked in spring before the leaf buds even unfurl.
- Oolong tea falls somewhere between green and black teas, in that the leaves are only partially oxidized.

Herbal teas do not come from the tea plant, but are infused from various leaves, roots, bark, seeds or flowers of other plants.

The flavor of tea – as with both wine and coffee – is highly dependent on altitude, local soil and climate conditions and the degree of ripeness when picked. Darjeeling tea from India is considered the champagne of teas.

Coffee trees are evergreen and grow to heights above 15 feet, but are normally pruned to around 8 feet in order to facilitate harvesting. They trees produce aromatic, short-lived flowers that produce a scent between jasmine and orange. These blossoms produce cranberry-sized coffee cherries. It takes four to five years to yield a commercial harvest.

Until the tenth century, coffee was considered a food: Ethiopian tribesmen would mix the coffee berries with animal fat, roll them into balls, and eat them on their nomadic journeys. Raw coffee beans, soaked in water and spices, are still chewed like candy in many parts of Africa.



Turkey began to roast and grind the coffee bean in the 13th Century, and some 300 years later, in the 1500's, the country had become the chief distributor of coffee, with markets established in Egypt, Syria, Persia, and Venice, Italy. The Arabica is the original coffee plant. It still grows wild in Ethiopia.

Coffee was once known in Europe as Arabian wine because the Arabs substituted coffee for their word for wine after Islam was widely adopted, and it was used as a substitute for prohibited alcohol. It was often used in religious ceremonies to keep people awake and alert during their nightly prayers.

People have been adding various flavorings to their coffee for hundreds of years. Milk as an additive to coffee became popular in the 1680's, when a French physician recommended that cafe au lait be used for medicinal purposes.

- Italians drink their espresso with sugar
- Germans and Swiss with equal parts of hot chocolate
- Mexicans with cinnamon
- Moroccans drink their coffee with peppercorns
- Ethiopians with a pinch of salt
- Coffee drinkers in the Middle East usually add cardamom and spices
- Whipped cream is the favored by Austrians
- Egyptians like pure, strong coffee without extras. It tends to be sweetened only at weddings.

Others add spirits – whiskey or Kahlua, for example.



But flavorings have also long been added to tea. English and American cookbooks from the early 1800s indicate that tea even then was served cold as a “punch” spiked with liquor (claret or champagne), lots of sugar and frequently cream. Electric-powered refrigerators didn't come into common use until the 1900s, but ice boxes were popular a century earlier.

While many claim health benefits for both coffee and tea, it is perhaps telling that after the decaffeinating process, the processing companies no longer throw the caffeine away; they sell it to pharmaceutical companies. Caffeine is on the International Olympic Committee's list of prohibited substances. But both tea leaves and coffee grounds are good fertilizers!

### Think about it

- Do you drink coffee or tea? Which do you prefer? What flavorings do you like to add? Do you love a particular brand or shop, or do you prefer to brew your own coffee or tea?
- Do you like your beverage iced or hot or does it depend on the time of year?
- Some people find it impossible to start their days without a jolt of caffeine; others prize herbal teas such as chamomile for their calming effects. Do you favor one purpose over the other, or do you use both?
- Did you realize that caffeine is a common ingredient in many medicines?



## Word game: Tea and Coffee Words



Continuing our coffee and tea theme, here is a three-part word quiz.

### Part 1: Can you think of a word *beginning* with “tea” to fit these definitions?

1. To rip \_\_\_\_\_
2. A medium dark greenish blue \_\_\_\_\_
3. A sad movie, play or TV story \_\_\_\_\_
4. The person you learn from \_\_\_\_\_
5. To pester or make fun of someone \_\_\_\_\_
6. A property with a house not worth preserving \_\_\_\_\_
7. A small measurement frequently used in baking \_\_\_\_\_
8. A fine type of wood prized for furniture and ships \_\_\_\_\_
9. A group of people who work together in sports or business \_\_\_\_\_
10. A diamond cut with one rounded and one pointed end \_\_\_\_\_



### Part 2: Can you think of a word that has “tea” *within* it to fit these definitions?

1. In a stable position, not rocky \_\_\_\_\_
2. To take without permission \_\_\_\_\_
3. Water in the form of invisible gas \_\_\_\_\_
4. A cut of beef that is relatively expensive \_\_\_\_\_
5. To move or gather information secretly or furtively \_\_\_\_\_
6. A toothless animal that vacuums up termites and other insects \_\_\_\_\_
7. A land mass that is flat, but considerably higher than the area around it \_\_\_\_\_

Coffee is an unusual word because it has two double letters. If we asked you to think of other words with two sets of double letters, you might be stymied at first, but we're making it easier by giving you definitions.

Part 3: Think of a word with two sets of double letters to fit these definitions

1. Artwork on skin \_\_\_\_\_
2. What you might be in Seattle \_\_\_\_\_
3. A bug known for its jumping ability \_\_\_\_\_
4. A forest animal known for its masked face \_\_\_\_\_
5. Another word for something that is unnecessary \_\_\_\_\_
6. What you have done when you meet your goal \_\_\_\_\_
7. A colorful, rubbery sphere you fill with air or helium \_\_\_\_\_
8. A type of hard candy that rhymes with the chief topic \_\_\_\_\_
9. A musical instrument in the reed section of the orchestra \_\_\_\_\_
10. Someone who takes care of caged animals in a public setting \_\_\_\_\_
11. A team sport played with a net and a soccer-like ball that is punched \_\_\_\_\_
12. A group of people that try to get things done, but often take twice as long to do half as much \_\_\_\_\_



Answers: Part 1:

- |         |               |             |             |              |
|---------|---------------|-------------|-------------|--------------|
| 1. tear | 3. tearjerker | 5. tease    | 7. teaspoon | 9. team      |
| 2. teal | 4. teacher    | 6. teardown | 8. teak     | 10. teardrop |

Answers: Part 2:

- |           |              |            |
|-----------|--------------|------------|
| 1. steady | 4. steak     | 7. plateau |
| 2. steal  | 5. stealth   |            |
| 3. steam  | 6. ant eater |            |

Answers: Part 3:

- |                |                         |                           |
|----------------|-------------------------|---------------------------|
| 1. tattoo      | 5. needless             | 9. bassoon                |
| 2. sleepless   | 6. succeed (or success) | 10. zookeeper             |
| 3. grasshopper | 7. balloon              | 11. volleyball            |
| 4. raccoon     | 8. toffee               | 12. committee (3 doubles) |

