

EXPLORING THE CRAFT OF COFFEE

Nº73

Extracted

Life of the
Coffee Farmer



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Review the Magazine

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25 Magazine - SCA

EXTRACTED MAGAZINE seeks to educate, delight, and empower coffee drinkers everywhere bringing you into the world of **craft specialty coffee**. We build connection and understanding that raises the value and the lives of people in coffee around the world, as well as each individual cup that you enjoy.

Even though coffee is consumed by billions worldwide, many are unaware of the significance of the beverage in their cups. Conscious consumption of coffee leads to not only the best tasting coffee of your life, but more powerfully supports the various cultures and peoples that are responsible for that coffee.

Extracted reflects this growing awareness and empowers all coffee drinkers to discover the richness, not only of flavor, but also of the history and relationships of the coffee in your cup.

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FEATURE ARTICLE

Building a Better Coffee Future in Kenya

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JESSE NELSON

CONDUIT COFFEE ROASTERS

I love my Chemex. I make a Chemex every day. I prefer manual brew coffee because it lets you accent the nuances and be more in control. This fits for me with my favorite aspect about coffee - making it (which I get to do in the roasting as well as the brewing).

I like the Chemex because it's big - I get the whole pot of coffee and even get to share some. I also prefer the Chemex because of its thicker filter and the type of crisp brew that I get with it. I also feel like I get more flexibility over other brew methods like V60 or Kalita Wave, simply due to the size and how much coffee I can brew with.

I don't need to think about how good the day is because I get to start it with a Chemex so it's always a good start. I just really love chilling with the big pot of coffee.

Hipsters say we should be enjoying coffee for 30 minutes. 10 minutes of brewing and then 20 minutes of enjoying. That's how I feel. I like to honor that if I have time in the mornings. Drink it slowly, appreciate it, play the guitar.

Then get my day going.

Coffee Tastes



Balance

This is the description used for coffee that has no single taste characteristic which overwhelms the others, while still showing an interesting level of taste complexity.

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Building a Better Coffee Future in Kenya

25 MAGAZINE : ISSUE 7



During the harvest season, it's common for coffee farmers to skimp on sleep. When KIM ELENA IONESCU first called PETER MBATURE, it was to see if he would be willing to contribute to a story on young coffee-producing professionals in Issue 6. It quickly became an ongoing conversation about the future of coffee farming, some of which they share here in Issue 7 of [25 Magazine](#).

Many who rise in the dark to begin picking at dawn will not finish processing the day's haul and cleaning all of their tools until after nine o'clock at night, and by the time they arrive home, a night's rest might be better described as a nap. Night after night for three months, this cycle repeats itself, and farmers get used to catching up with each other, or their families, at all hours, as the coffee allows.

I called Peter Mbature in Embu, Kenya at 10:30 p.m. East Africa Time, which, he insisted, was a perfectly reasonable time to follow up on an email conversation he and I had been having about his family's farm, Kamavindi. "For me, it is always a good time to talk about coffee," he laughed. "I never get tired of the subject, so it never feels late."

Under other circumstances, I would have assumed that he was just being polite and accommodating to my schedule, but I've been following Peter on social media for the past year and the timing of his Instagram posts reveals that he either gets up really early, stays up really late, or does both, regardless of the day of the week or time of the year.

I had first reached out to Peter some months earlier for a story about young farmers after hearing accolades about him from former colleagues of mine at Counter Culture Coffee, who buy coffee from Peter's family's farm. Initially, my only intent at the time was to gauge his willingness to be interviewed by someone else, but Peter's enthusiastic and lengthy responses to my questions led to more questions, and an hour and a quarter into our conversation I realized I was interviewing him myself.

What follows is a mashup of the interview we conducted over WhatsApp and our ongoing email conversation.

—





Kim Elena Ionescu: How did you get your start in coffee?

Peter Mbature: Growing up, I always had a passion for farming. As a little boy, I had a plot where I used to plant corn and beans, and I also raised chickens (I still remember when my favorite hen chased me for getting too close to her chicks). Like many young people, I left the farm for Nairobi for opportunity, and I was an accountant there for five years before I lost my younger brother, who had been helping my parents manage the farm where I grew up. I returned to the farm full time in October of 2012, when coffee picking was just beginning for the season, and I took over the processing. The coffee from that season sold for prices well above the auction, which made it profitable, unlike our horticultural crops, which were never profitable enough to be sustainable.

KEI: It's almost October now, so you must be getting ready for this year's harvest. How many of your family members will be involved?

PM: I manage the farm with my siblings, my mom, and my wife. I have four sisters working with me, but the youngest is the most interested. Coffee is part of my family – we all grew up seeing my father process coffee, but he passed away a few months ago.

KEI: I'm so sorry to hear about your father. I'm glad to hear that you have so many people working closely with you at Kamavindi, though, because you're not only working on your farm. Can you tell me more about the work you do with other farmers in the region where you live?

PM: Since 2014, when I first started getting feedback on Kamavindi's coffee [from Counter Culture Coffee] and learning about the changes I could make to improve the quality of the coffee, I have been experimenting and trying new things, including separating varieties and learning to cup coffee. I have been working on different processing for our farm's Ruirui for the past three years and last year, at last it performed really well in the cup, even coming close to the scores of our SL-28 variety. As I have learned, I have been sharing everything I know with my neighbors, and that's how KUSHIKAMANA was born. Our group grows every year because people hear that we have relationships with buyers and want that opportunity, too. Some farmers are only interested in the price, but I believe that relationships are even more important to the sustainability of a farm, because there's a low awareness in Kenya of actual



prices paid by buyers for coffees sold through the auction. This lack of trust is an enormous challenge.

KEI: Speaking of challenges and sustainability, one issue that is often raised as an obstacle is the average age of coffee farmers. At 34, you're relatively young, and I imagine some of your neighbors are old enough to be your grandparents. Are your ideas about relationships and quality improvement met with interest or resistance by older people?

PM: The eldest farmer in our group is 89 years old, but still receptive to new information. Ninety-nine point nine percent of farmers receive me very well, but they are hesitant to invest in new techniques that are risky. I am always pushing them to take risks, experiment, and try new things! Even when they are willing, their age is a challenge for us, because there may be no one to take over the farm when they're gone.

One of the farmers in Kushikamana who received an award from the President for coffee quality last year just died and now his farm is gone because his children didn't want to take over. Young people don't want to work in coffee when they see their parents stay poor. Who would choose that? They would rather go to Nairobi and work as a valet.

KEI: I have been hearing that same worry from coffee producers around the world for the past decade, but only recently from buyers. Do you see an opportunity in Embu?

PM: Yes, I think that the relationships we have with buyers help farmers to see new possibilities, like for example that their children might learn to cup coffee and become Q Graders. Currently I am in the process of setting up a coffee lab at the farm, where I will be doing continuous analysis of coffees from Kushikamana and the local cooperative society and giving timely feedback for quality. My vision is for it to be a place where any interested farmer or cooperative could bring their coffee, meet buyers, and freely engage in discussions on coffee quality and partnerships. I would love to have locals experience coffee in a different way, and for youths and students to discover the potential that the coffee sector holds. I would love to be certified in the Q Processing course and set up a training center at the farm to bring the Q closer to the farmers. I want to do all of these things and keep sharing and experimenting because coffee has made me a better person, both financially and in character.

KEI: A better person! That's inspiring. Can you explain how it has made you better?

PM: Through coffee, I have gotten to meet and work with people from different cultures, including people in Kenya I never would have met. Coffee has taught me the value of hard work and given me more confidence. ♦

PETER MBATURE is the General Manager of Kamavindi in Embu, Kenya. He was interviewed for 25 by KIM ELENA IONESCU, SCA's Chief Sustainability Officer.

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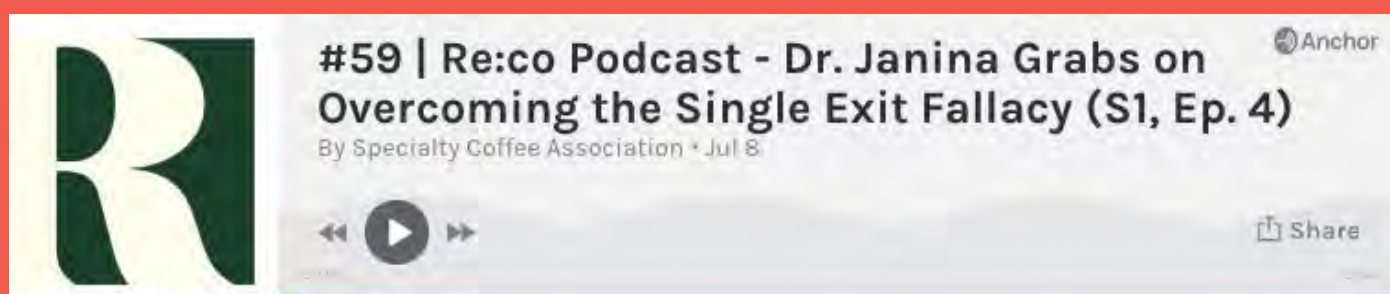
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Coffee Facts



Latte Art

Art that is made on the top layer of a latte, usually by pouring steamed milk into espresso, and often enhanced through etching methods.



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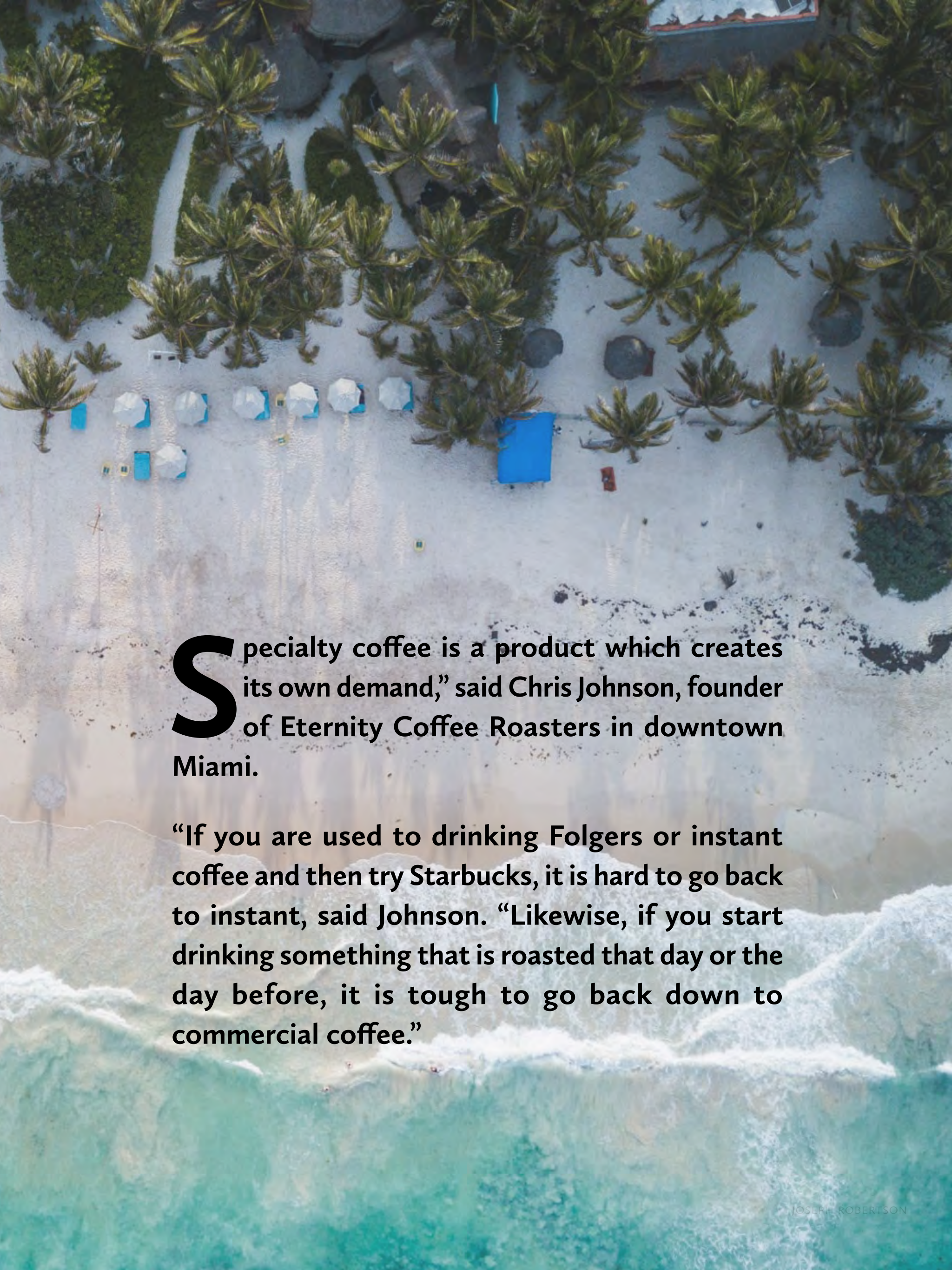
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MIAMI ROASTING

Hot Spot for a Coffee Adventure

By K. Barrett Bilali

PART 2

An aerial photograph of a tropical beach. The top half of the image shows a sandy beach densely populated with palm trees. A row of white lounge chairs with blue umbrellas is arranged along the shoreline. The bottom half of the image shows the turquoise ocean with white waves crashing onto the beach.

Specialty coffee is a product which creates its own demand,” said Chris Johnson, founder of Eternity Coffee Roasters in downtown Miami.

“If you are used to drinking Folgers or instant coffee and then try Starbucks, it is hard to go back to instant, said Johnson. “Likewise, if you start drinking something that is roasted that day or the day before, it is tough to go back down to commercial coffee.”

Eternity Coffee Roasters

Johnson said that his coffee brand can be found in over 40 local Whole Foods and five Milams stores in Florida. They also ship nationwide on their website

“I think we do take credit for founding the third wave movement in Florida,” said Johnson

Eternity’s flagship shop is in downtown Miami within walking distance from the Government Center and near many corporate buildings. Customers and sidewalk spectators are greeted by a red San Franciscan coffee roaster which can roast up to 25 lbs. A small matching 1 lb sample roaster sits on a small table nearby.

Eternity said it uses 18-20 grams of espresso grounds tamped with 30 lbs of pressure and extracts 28-30 milliliters within 24-28 seconds.





Not an uncommon extraction formula.

Their grinder is La Marzocco Swift because it provides perfect results every time, said Johnson.

They have a Mazzer Super Jolly as a backup grinder, just in case. Their espresso maker is a three-group La Marzocco GB5 semi-automatic.

Johnson has partnered with Ernesto and Christina Garces, a father and daughter team, who own all the farms in Columbia from which they blend their espresso roast. The Garces handle all the growing, milling, and shipping of their fine coffee. Christina, who is a certified Q-grader, maintains high-quality control standards.

Meanwhile, Johnson is responsible for the roasting, distribution, and operations in the United States. They also have a satellite cafe in Grand Cayman.

I tried their “seasonal” blend made of select Columbian coffees. Johnson said they use beans from three different trees; two washed and a sun-dried natural process. Their farms are located in the Antiochia region outside of Medellin.

“It has zest,” said Dee, the barista. I agreed and took another of this fine and unique espresso experience.

“It would go well with lemon or orange notes,” said Dee, who has worked as a barista for the past ten years.

I found chocolate and peppery spice on my palate. I came back several times to sit and enjoy the ambiance of their shop. Very peaceful and productive environment. The coffee menu included several pour-over options which seem amazing.





Finca: a small plot of land

It wasn't easy to find Finca's Coffee Roaster.

Google Maps brought me to a back entrance of an empty commercial space next to a 7-Eleven. Could they have closed shop? But I ventured around this mammoth office building and finally found Finca's sign.

Finca's Coffee is basically a small counter space in an upscale liquor store in the heart of Brickell.

"My boss has a close friendship with the store owner and was able to get this counter space here," said Columbian-born Hector Crissien, who works as the barista for Finca's.

"We are in the finance district," said Crissien. "Lots of startups and investors hold meetings here where people are trying to raise capital. It is a good energy."

It was only six months since they opened their new operation in January of this year. And they are slowly developing a following.

“My role is executing all the drinks and making sure they are consistent and are what the coffee bean is trying to express,” said Crissien.

Three years ago, Crissien was trained in the art of baristry by Blue Bottle Coffee and worked for the company in their only operation in Florida.

“I worked for Blue Bottle,” said Crissien. “That is where I got my training. “We had a few great guys teaching and mentoring us.”

One “guy” was Michael Philips, who is now Director of Coffee Culture for Blue Bottle.

“Michael Phillips would actually hold my hand to teach me pouring skills,” Crissien said of Phillips, who is now the Director of Coffee Culture for Blue Bottle.



On a small table near the front sits a micro coffee roaster that may hold a handful of beans at the most. It is a Korean-manufactured Gene Coffee roaster. It is fully automatic with a full capacity of 250 grams per roast. Load, press the button and it gets the job done.

“This is something that I roasted in house,” said Crissien as he served me. “I am capable of small batches which is very unique.”

Their exclusive coffee is a single origin from the mountainous regions of Honduras. Crissien served what he called

a “double ristretto” in a rustic handmade cup and wooden board as a tray.

They use a Simonelli Nuova grinder and a La Marzocco machine with 18 to 20 grams of powder in the portafilter to extract up 28 to 30 milliliters of espresso.

The coffee was divine. I returned here three times not for the work environment but for the coffee experience.

“We want to grow the brand to a point where I can bring other baristas in and give them a home,” said Crissien.



Finca's product is excellent and there is a dedication to educating coffee drinkers as well. They made several colorful brochures explaining the types of washing methods used after harvest.

With an already developed Latin/Cuban espresso culture and the outreach of these dedicated pioneers, the specialty coffee market can only grow larger in Miami and throughout South Florida.

K. Barrett Bilali

K. Barrett Bilali is an independent journalist based in Rabat, Morocco. His love of coffee was born when he worked as a commercial real estate broker in Manhattan working exclusively with third-wave coffee shops.



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PARIS BECAME ONE VAST CAFE



COFFEE AND MORE IN PLACES
WITH STORIES TO TELL

By Steven P. Unger

Book Preview | Chapter 4 | Part 5



Les Deux Magots

I sat in the Deux-Magots and gazed at the blank sheet of paper in front of me. I felt the need to write in my fingertips, and the taste of the words in my throat, but I didn't know where to start, or what.

—Simone de Beauvoir

Since 1875, Les Deux Magots has been the place to see and be seen by the world's greatest artists and writers. There are hundreds of stories of meetings and decisions made at Les Deux Magots that changed the course of lives and artistic history.

In 1926 the unsuccessful Impressionist Grant Wood told his journalist friend William Shirer as they were leaving the café, "I've learned something . . . all I really know is home—Iowa! I'll paint those damn cows and barns and barnyards and cornfields and little red schoolhouses and all those pinched faces." Four years later, "American Gothic"—with Wood's sister and his dentist as models—appeared in the annual exhibition of the Chicago Art Institute.



https://en.wikipedia.org/wiki/American_Gothic

Painter and photographer Dora Maar, Picasso's muse and lover for decades, first met him at Les Deux Magots in 1936. The story of their first encounter was told by the writer Jean-Paul Crespelle, who described Dora as

. . the young [woman with a] serious face, lit up by pale blue eyes which looked all the paler because of her thick eyebrows; a sensitive uneasy face, with light and shade passing alternately over it. She kept driving a small pointed pen-knife between her fingers into the wood of the table. Sometimes she missed and a drop of blood appeared between the roses embroidered on her black gloves. . . Picasso would ask Dora to give him the gloves and would lock them up in the showcase he kept for his mementos.



Dora Maar, photo of Picasso 1936 or 1937, <http://www.artnet.de/k%C3%BCnstler/dora-maar/29>

Janet Flanner, Paris Correspondent for the New Yorker from 1925 to 1975, spoke of a discussion she had with Hemingway at a back table of Les Deux Magots about the suicides of their fathers. They agreed that if either one of them killed themselves, "the other was not to grieve but to remember that liberty could be as important in the acts of dying as in the acts of living."



Janet Flanner and Hemingway from a photo on the wall of Les Deux Magots (https://en.wikipedia.org/wiki/Janet_Flanter). Both wear American military uniforms as war correspondents in the liberation of Paris near the end of World War II.



LA PALETTE: "BEER, LES BEAUX ARTS, AND
DEPENDABLE SERVICE WITH A SNARL"

Ever since the École des Beaux-Arts was founded in 1648, students have spent as much time in nearby taverns and cafés as in classes or the studio. And ever since La Palette opened in 1913, at the corner of Rue de Seine where there was once was a covered passageway, La Palette has been a gathering place for fine arts students, nearby gallery owners, and artists. La Palette was frequented by Cézanne, Picasso, and Braque, and later by Ernest Hemingway and Jim Morrison. It can be stated without exaggeration that since 1913 this café has been visited by every artist, whether successful or not, who ever sought their fame and fortune in Paris.

Since 1960, La Palette has been collecting painter's palettes that have been offered by local artists. The walls behind the counter are covered with painter's palettes, each of them unique. The ceramics and mirrors date back to the 1920s. In 1984, La Palette was listed as a Historical Monument by the city of Paris.





La Palette may have the most beautiful location for a sidewalk café in Paris, and the coffee is half the price as at the popular Café de Flore or Deux Magots. The café sprawls on the corner of a tree-lined square that is part of a narrow street with wide pedestrian walkways. Inside, the café-crème walls behind the bar are decked with spattered palettes, antique mirrors, and stenciled tilework.

Down the street from La Palette at 43 Rue de Seine is the Hôtel La Louisiane at no. 60, home to writers Cyril Connolly, Henry Miller, Jacques Prévert, Sartre, and Simone de Beauvoir, all of whom came often to the café. At no. 57, Picasso and a friend took turns sleeping on the only bed in 1902.

www

This article has been excerpted from **Black as Hell, Strong as Death, and Sweet as Love: A Personal Guide to the World's Best Coffee Experiences** Copyright © 2019 by Steven P. Unger and Ruthie Santistevan, currently in prepublication.



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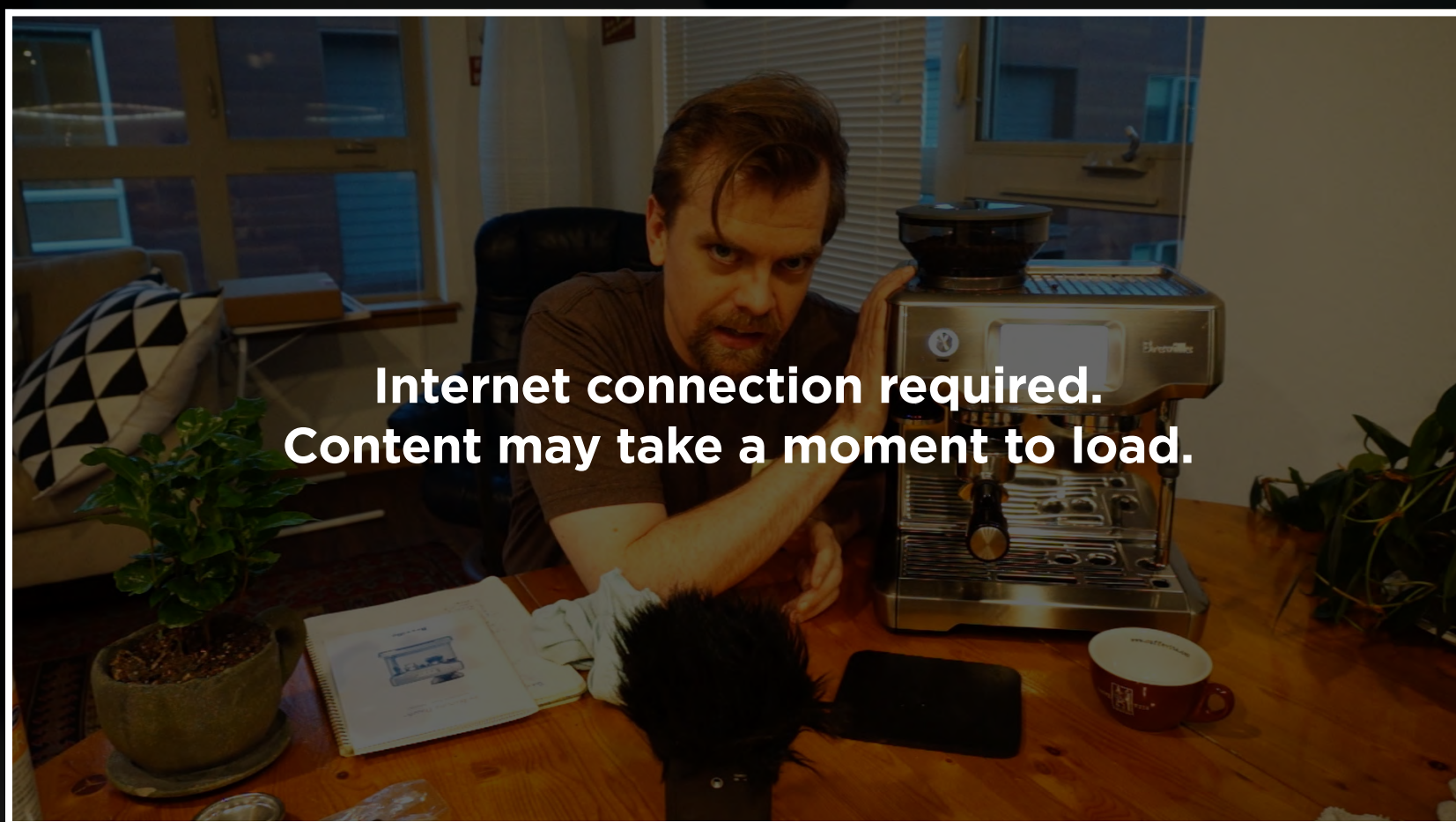
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READERS QUESTIONS

How Do I Bloom Properly?

You may have also asked, what is the bloom? How long do I bloom? How much water do I use when I bloom? Do I need to bloom? This is a combination of various individual questions all about the bloom when brewing.

What Is The Bloom?

First - what is the bloom? When water first comes in contact with coffee grounds, the coffee immediately starts to release gasses (primarily CO₂). This is most noticeable and relevant when brewing with a pour-over type brew method.



In a pour-over – such as the Kalita Wave – the bloom presents as gas and bubbles on top of the coffee grounds immediately as water comes into contact. When you pour a small amount of initial water (typically 2x the grams of coffee grounds), then let the brew sit, you can watch the gasses expand and the top of the coffee appear to ‘bloom.’

What Is The Purpose Of The Bloom?

What’s most important in knowing how to manage a bloom is to understand it’s purpose. This is where we enter the world of interpretation a bit more than fact and science. We do know what the bloom is, but different people will tell you different reasons as to why it’s important.

I break down the importance of the bloom into two explanations. The first is around the obvious – gas is released. Allowing the gas to release from the grounds ultimately prevents that gas release from interfering with the flow of water through the coffee bed during the bloom. Imagine as water starts to drip down through a dry coffee bed, each and every coffee ground is releasing new gas as soon as that water hits, and then that gas is making its way up through the water and coffee to the surface. This interaction is disruptive, preventing even flow of water through the coffee during brewing, and resulting in unevenly extracted coffee.

The second reason involves looking at the coffee being brewed as happening in two stages. The first is when water

hits the dry coffee initially. The coffee starts to become saturated while simultaneously quickly releasing held gas. The second stage is when the water is able to fully and evenly extract the soluble compounds from that coffee. If you use a minimal amount of water to get the coffee saturated to the point where optimal extraction is happening, then you'll end up with a more even and full brew in the end. Since the bloom process can take 30+ seconds, it's reasonable to see that more water poured in that initial window is not going to extract coffee as evenly as water poured in after that window.

So what's the purpose of the bloom? To ensure optimal and even coffee brewing for as much of the water and grounds used as possible. How you go about that bloom can differ...

4 Bloom Techniques

The Typical Bloom

- Pour 2x grounds, let sit 30-60 seconds

The typically bloom involves pouring 2x the amount of water as there is grounds. So if you have 25 grams of coffee in your Kalita Wave, you'd pour approx 50 grams of water, aiming to cover all the grounds. Then you'll wait 30-60 seconds before continuing your brew (30 seconds is the most popular time frame).



The Stir Bloom

- Pour 1x grounds, stir

This technique I use with the Chemex, and sometimes V60 or Melitta (but not the Kalita Wave due to the waved filter making this rather annoying to do). Instead of pouring 2x the grounds in water and waiting, we pour roughly 1x (going over is fine) the amount, and then use a spoon or stick to stir the grounds. The aim with this technique is full saturation, in the most optimal way possible. You'll find at the end of a brew that coffee tends to hold onto about as much water as there were grounds in the beginning. So we start the brew by completing this saturation before continuing.

The Settling Bloom

- Pour 2x grounds, let sit until done offgassing - look for bloom to 'settle'

This is very similar to the typical bloom, except in this case we're not using a timer but rather looking at visual cues. This becomes a useful and enjoyable process because the amount of gas a coffee needs to release is going to vary depending mostly on freshness of the coffee, but also other factors like roast level, and the type of coffee itself. Sometimes your bloom is done in 15 seconds, sometimes it takes over a minute. Observe the 'bloom' happening, as the gasses expel, the coffee appears to expand. At a certain point that bubbling will let off a pop of gas and then settle down. This tells me most of the gas is done and I can continue.



The Long Bloom

- Pour 2x grounds, let sit for 'a few minutes'

This one ignores timers and observation in favor of playing around with a very extended bloom time. I've found that blooming for even up to 5 minutes can sometimes be beneficial in older coffees, and seems to result in more sweetness and clarity. I can't provide a reason for this, only direct observation. In this bloom technique you'll typically pour 2x the weight of the grounds, and then go do something else for a few minutes.

[Check out our Coffee Lovers Radio episode here where we explored this idea.](#)

Conclusion

I think more importantly than doing this process "correctly," is taking it as an opportunity to observe and enjoy your coffee. You'll learn by simple observation how to recognize fresh coffee, and also through experimentation you'll find specific techniques which get just a bit more out of your coffee which you enjoy. Keep in mind that the following factors will influence all the parameters of your bloom: Freshness of the roast (the closer to the roast date, the more gas there will be), Grind Size (the more surface area, the faster release of gas), roast level, and brew method.

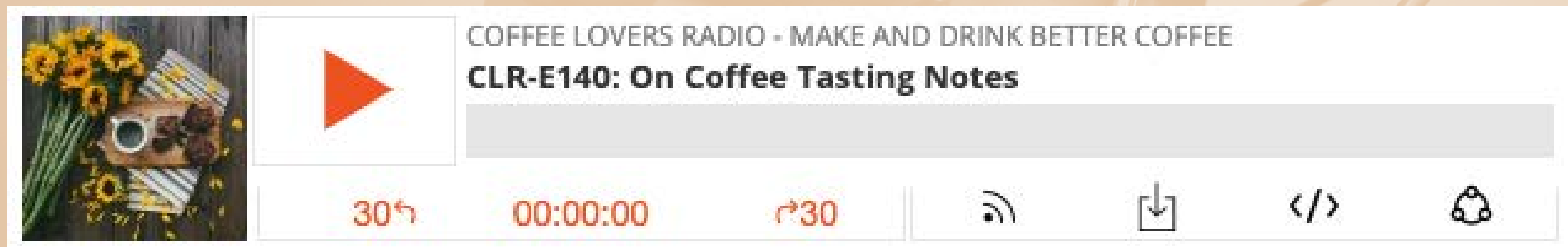
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CLR-EPIISODE 140

On Coffee Tasting Notes

Coffee Lovers Radio



In this episode we embark on a criticism of coffee tasting notes, exploring common descriptions. Learn what different tasting notes actually mean to the coffee you're enjoying, and how you can use those descriptions to figure out exactly what to buy.

Hosts

Joseph Robertson, Extracted Magazine

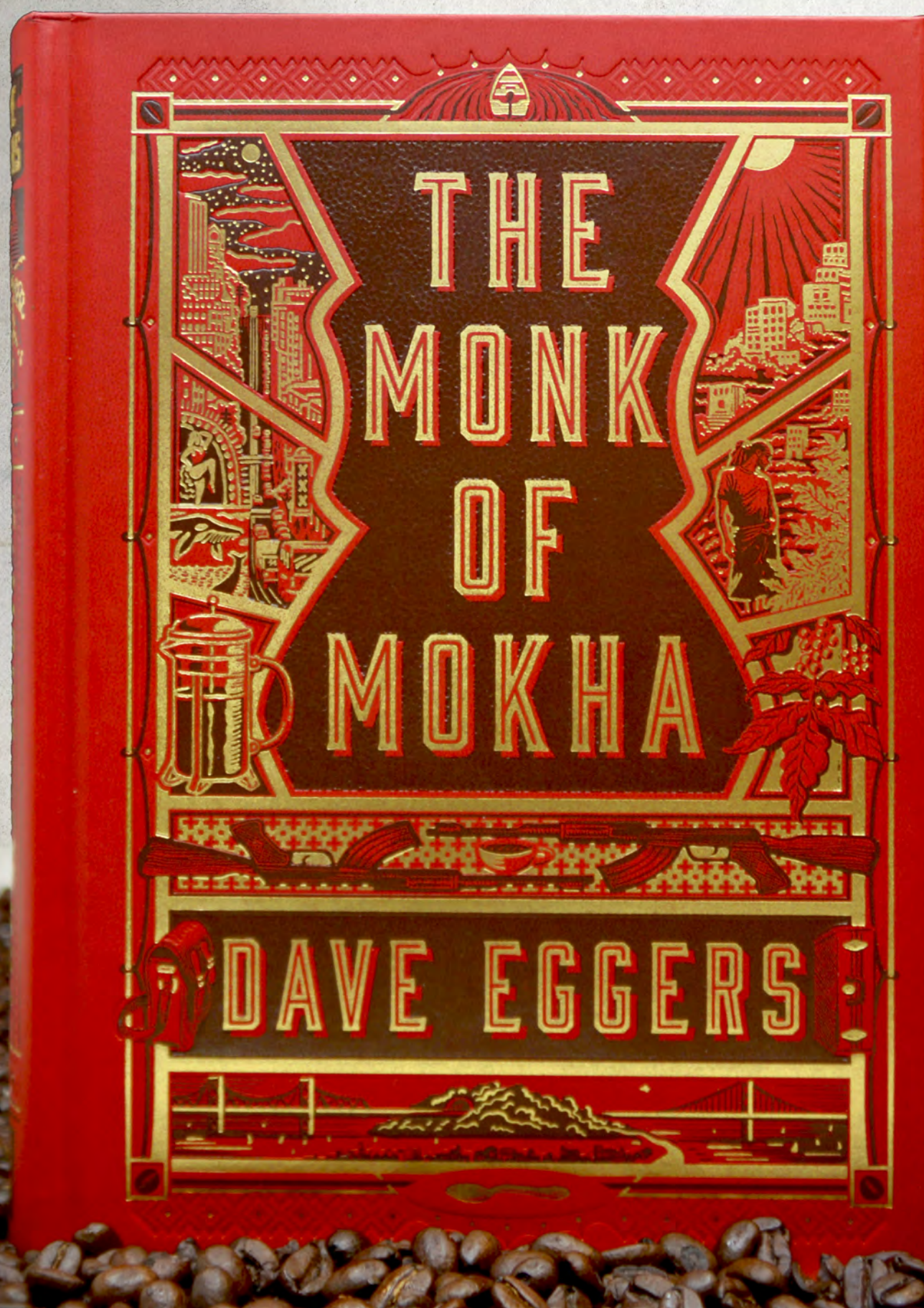
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A Place for Coffee

I recently came to the conclusion that my regular coffee brewing equipment was too much to be existing on the kitchen counter. Part of the challenge is that I love coffee, and have several things which can add up quickly – grinder, brewer, espresso machine, scale, other brewers, mugs, etc. The other part of the challenge is I love cooking, and my kitchen is not huge. Every bit of counter space matters.

In addition to all this, my summer of thinking about coffee ritual and process in the day has lead me to desiring a very specific place for my coffee. If I had the room I'd probably actually make an entire coffee corner, where I could brew, taste, appreciate, relax, and just exist in a little world of coffee delights whenever I want.

What I have ended up doing is building out a little coffee station. A place in my space here dedicated exclusively to coffee. Where all the equipment and coffee can live and be used. Here it is:



There's something deeply satisfying about things made for a very specific purpose. Or at least, in this case, set up for a very specific purpose. The stand itself is a pretty standard 'comes in pieces so you put it together yourself' type furniture. Here it's about the implementation, designation, and it's own little space.

In this space alone, it's all coffee and nothing else. My own little world of craft and appreciation.

-Joseph Robertson

Monthly Coffee Chronicles

A white ceramic mug filled with dark coffee sits on a light-colored surface. Behind it, a folded newspaper is visible, showing columns of text. The background is a warm, textured beige.

As Climate Effects Hit Coffee Crops, Guatemalan Farmers Become Migrants

Climate change is having devastating impacts in developing countries. Read how the lives of coffee farmers are being negatively affected by unusual weather patterns due to the changing climate. ▶ [Read More](#)

Opinion - The Merits of Making Coffee at Home

As you read this magazine, the idea of making coffee at home is not a new one - but for most of the coffee drinking world it still is. Perhaps you can share this article with someone stuck getting a latte every morning. ▶ [Read More](#)

The Bitter Truth About Starbucks Coffee

Read all about why dark roast is so prevalent around the world - and why the most popular coffee chain still burns it's coffee. ▶ [Read More](#)

The End of Authenticity

This is a pretty interesting article about the concept of authenticity and how it's being used to market and sell - particularly how an 'authentic' designed cafe concept has become so prevalent that it's now seen everywhere. ▶ [Read More](#)

From Procurement to Co-Branding: A Future for Coffee

This is a bit of an advanced article (and the second part of a series). Read all about how origins of coffee became part of coffee branding on the consumer side. ▶ [Read More](#)



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