

Extracted



**Rebuild
Women's Hope**

ISSUE 66
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Review the Magazine

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Caf Caf

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.

Extracted
MAGAZINE





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Joseph Robertson

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FROM THE EDITOR

New Year, New Possibilities

Joseph Robertson



Be the Next
Connoisseur of the Month

CONNOISSEUR OF THE MONTH

Sidney Reid

@hystericalmom

Supporting:

Blind Faith Chicago

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I started drinking a little coffee with my cream and sugar when I was 11 years old. It was a special treat shared between my grandmother and I. I treasured those moments; they made me feel so grown up. As I got older my taste changed and I needed less and less cream until I stopped using it altogether when I was around 23 years old. Now am I am black with sugar type of girl.

As my taste buds got more refined with age, I noticed subtle differences in coffees and was able to determine what I liked and didn't like. While I do enjoy one of the pricier commercial brands of coffee, I am very partial to the smaller farms/brands. Those coffees offer a more complex taste, in my opinion, because they are not mass produced.

My most favorite relaxing coffee is Kona from Hawaii. I swear its so smooth, its like drinking silk. My most favorite morning coffee is my own blend of a light roast Ethiopian Yergacheffe, medium roast Guatemalan Huehuetenango and dark roast Ethiopian Sidamo. It gives me the caffeine punch I need along with the stronger coffee taste I love.



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Rebuild Women's Hope

“ When I was a child, I remember that women were treated as worthless. They did not have the right to speak in public, nor eat with men. Her opinion on any subject was not important, and some did not have the right to study. All decisions were made by men. ”

— Marceline Budza



AN INTERVIEW WITH **Marceline Budza**

By Joseph Robertson

This is the world, in the Democratic Republic of Congo, in which Marceline Budza grew up.

In January 2017, at 29 years of age, Marceline was awarded the international Robert Burns Humanitarian Award for her work developing Rebuild Women's Hope - empowering thousands of women and coffee farmers in the DRC.

While we know that coffee is grown in different cultures around the world, we rarely realize the depth of challenge and strife that people in these cultures must endure in order to simply live decently, let alone grow and export coffee.

Most of the world that produces the drink that we love so much has to deal with challenges we can hardly comprehend. We have the amazing opportunity every time we buy a coffee to directly support the livelihoods of coffee producing cultures. Whether you realize

it or not, every time you buy coffee, you are supporting one way of life or another – one philosophy of production and consumption or another. Knowing these people gives you the opportunity to consciously make that choice.

Living decently in coffee producing countries is all the more challenging for women, especially in the Democratic Republic of Congo (DRC). This is a country that has been called “the most dangerous place in the world to be a woman.”







Traditionally, in the DRC, women have been considered less valuable than men, and have frequently been the first victims of the recurrent wars in eastern DRC in both urban and rural areas (rape, diseases including STDs, and discrimination). They are looked at as instruments of sexual satisfaction and “baby-making machines” while being expected to raise children, do housework, and cultivate coffee fields. Women are considered incapable of contributing to the family and the communities needs through dignified work.

While there are now groups working to change things, most communities are still mired in this traditional view. This means that for much of the DRC little importance is given to the fulfillment of women’s lives, their abilities, and their value as people.

It is within this reality that Marceline founded Rebuild Women’s Hope (RWH) in 2013 - born out of the desire to combat the traditional views of women by uniting a group of coffee producing women who are fighting against inequality in women’s rights and re-establishing the value of their lives and their work.

“When I was a child, I remember that women were treated as worthless. After my father left my family when I was three life was not really easy for me and my family. I was truly inspired by my mother’s example and how she faced up to the challenges and difficulties of raising a young family on her own in the DRC, a country where a woman is generally considered less valuable than a man and is seen as either a source of sexual gratification or a child bearer.”

Through high school, Marceline dreamt of being a journalist when she grew up. However her experiences with the difficulties and victimization that she and her family faced in life – as well as the inspiration of her mother – made her realize she had to do something different, something more impactful that would bring change.

“Knowing it was up to me to map out my own future, I went to university where I studied agronomy – a branch of agricultural science that deals with the study of crops and soils – because I had the idea of creating a structure around farming coffee which may combat the rights of women.”

Marceline grew up with a strong appreciation for coffee farming. Her grandfather's cultivation of coffee had allowed her father to take on that business and support the family. Marcelin's own work in coffee also supported her and the development of her career. After completing her studies, she decided she needed to do something to help women in the DRC – beginning with a trip to Idjwi, where many people work in coffee.

On Idjwi Island, she learned that women had tried in the past to create platforms for advocacy and rights, but the culture of discrimination and violence by men prevented this from happening. It was in this most challenging place where Marceline decided to do her work.

“It is in my behavior that I do like to try when people say it is difficult and not possible. It is because of this that Rebuild Women's Hope – a platform to combat discrimination and violence against women – was born out of Idjwi Island.

Today I am proud to say that Idjwi's women have started to understand that they have value in society just like any other person. They can also work as a man does, and provide for the needs of their family.”

It is through Marceline's determination that RWH has helped over 1000 community members (Idwji women) to develop their literacy skills and provided educational lessons in income-generating activities, saponification, cutting and sewing, and regaining economic empowerment while establishing a women's coffee producing association.









During the coffee season, women work in coffee washing stations and sell the coffee. When the season is over, they are encouraged to get involved in revenue-generating activities that can help them provide for their needs and that of their families.

“Without the work, we are doing with RWH, Congolese women would think that coffee is a culture of men, and there would always be gender inequality in the Congolese coffee world.



For me, the equality of sex is so important because it is this way that the Congolese woman and coffee producers will recover their rights. Without gender equality, Congolese women will continue to suffer from all the injustices.”

In the past five years, thanks to RWH many men are beginning to include their wives in the management of family property and coffee fields. Some give the coffee fields to their

wives to manage and profit from, and others even admit that women manage the income of the household better than they do. Before the arrival of RWH, the local community treated coffee in a way which resulted in lost income due to low quality and low value.

Thanks to the educational lessons and training on different processing practices at RWH, more than 2000 women have become registered as farmers, and are encouraged to treat coffee with respect in order to produce a quality product and increase their revenue.

The result is mutually beneficial for the women and their communities who receive a higher price and can subsequently prepare for future projects, such as new washing stations and improved living conditions. Prior to the establishment of RWH, local communities built their homes from hute (simple shelters made of found materials). Now, thanks to the higher income generated from coffee sales, the majority of the community has built their homes out of proper building materials.

“For the future, I would like to see the hope of Congolese women to be restored, Personally I want to be an inspiration for so many women in the Congo and around the world who have



stopped believing in the future even if there are many challenges to which they are facing.

I will ask everyone who takes the coffee in the world to be able to join our work by buying our coffee it will be to support this project by the advancement of our mission, They must understand that by buying a kilo from our coffee they are saving women once desperate and who are building themselves.”

As a coffee drinker, this is the part of coffee that you rarely, if ever, see. You don't know the strife and suffering that the people who made your coffee went through. You also don't know their triumphs. If you knew that buying from one source would support the independence and growth of women in a place where they are traditionally victimized, how would that change your view of coffee?

In the case of the women who are a part of RWH, the more they are able to sell their coffee, the more resources they will have the further their mission. Your purchasing of coffee produced by Rebuild Women's Hope is a direct influence on the livelihoods and culture of women in The Republic of Congo.





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Coffee Facts



Light Roast

Coffees which are roasted to or just past the point of being brewable (first crack). Light roasted coffees exhibit tastes which are the result of how the coffee is grown and processed

VIDEO

Berlin Meets Colombia

Caf Caf





COFFEEHOUSE OF THE ANGELS

FORETELLING
THE FUTURE IN
ISTANBUL

BY STEVEN P. UNGER

BOOK PREVIEW CHAPTER 3 PART 1

**We have a sort of Mother Witch . . . which are the
Coffee and Tea Throwers to tell People's fortunes.**

—Anonymous, Round About Our Coal-Fire, 1731

FROM INFANCY WE TAUGHT OURSELVES TO MAKE SENSE OF THE WORLD that came in through our eyes. We looked for other eyes, faces, then shapes: this is a person; this is a dog. And we still find eyes, faces, and shapes in abstract patterns: a whorl in a tree bark; clouds; the shadows of craters formed billions of years ago on the pockmarked surface of the moon.

Coupled with this innate ability to bring order to the chaos of our senses is the desire to know the future by finding meaningful signs and shapes in abstract patterns, a process called divination. We believe, or maybe wish we could believe, that knowledge of the future will bring us power over it.

As animatronic sculpture and installation artist Ken Feingold wrote: "Divination seems to have emerged from our knowing the inevitability of death. The idea is clear—we know that our time is limited and that we want things in our lives to happen in accord with our wishes. Realizing that our wishes have little power, we have sought technologies for gaining knowledge of the future."

First mentioned 5,000 years ago by the Assyrians, fortune tellers by various names have found traces of the invisible world in patterns created by splaying the entrails of sacrificed animals or by throwing yarrow stalks or small bones to the ground. They have observed how a rooster pecks at grain and the movements of a freshwater crab in a basket. Diviners have tried gazing into mirrored surfaces and countless other methods to prophesize the future, including the centuries-old practice of tasseography—reading images in the coffee grounds or tea leaves that have settled to the bottom of a cup or on the top of the saucer when the cup has been overturned.

Because Turkish coffee is not filtered or strained, as the liquid coffee is consumed, a dark, muddy sediment forms in the bottom of the cup. This sediment is the perfect medium for tasseography.

Exactly when coffee tasseography, known in Turkey as kahve falı (literally "coffee fortune"), came to Turkey isn't clear. By 1414 coffee was well established in the Arabian Peninsula, having migrated by ship and camel caravan from the port of Mocha as far as Mecca, Medina, Cairo, and Damascus. Once Sultan Mehmet II conquered Constantinople in 1453, renamed it Istanbul, and established it as the third and final capital of the Ottoman Empire, it didn't take long for coffee to conquer Istanbul just as completely, though nonviolently, as had Mehmet II. In fact, Kiva Han, the world's first documented coffeehouse, opened in Istanbul in 1475, establishing the coffeehouse as a place for the unrestrained exchange of ideas and political discussions—without the discordant influence of alcohol, which is banned by Islam.

The morning cup of coffee that was available to tradesman and laborers in Istanbul would be unobtainable for the great monarchs of Europe for another one hundred years. The earliest reference to coffee in Western Europe is in 1575, in the police records of Venice, which reveal that among the belongings of the murdered Turkish merchant Huseyin Celebi was his finian, the term used at the time for a coffeepot.

Sufi Sheikh Sazeli introduced coffee to Ottoman religious life after his trip to Mecca, and the drink became an important element of the zikir, a chanted ritual in remembrance of God's names. Until the nineteenth century, all Istanbul coffeehouses featured a plaque reading, "Our shop is opened every morning with a bismillah. His holiness Sheikh Sazeli is our master." (Bismillah is an Islamic prayer, the words meaning "In the Name of Allah," and yes, bismillah is sung three times in Queen's "Bohemian Rhapsody.")

Islam's prohibition of alcohol consumption gave a big boost to coffee throughout Turkey and the rest of the Ottoman Empire. Sultan Suleiman the Magnificent, who ruled the Ottoman Empire from 1520 to 1566, appointed his own kahvecibaşı to prepare the imperial brew, flavored

with mastic, cardamom, or ambergris; served from great wheeled coffeepots in golden cups; and accompanied by burning incense, rose-flavored lokum (Turkish delight), and rosewater cologne.

There are only a few portraits of Suleiman, mustachioed and stately looking in court or in battle, topped by an enormous white turban. The portraits tell us nothing, but Suleiman's poetry tells us everything about his heart, which belonged to the love of his life, Hürrem Sultan, to whom he is writing using the name Muhibbi (The Lover):

Throne of my lonely niche, my wealth, my love, my moonlight.

My most sincere friend, my confidant, my very existence, my Sultan, my one and only love.

The most beautiful among the beautiful...

My springtime, my merry faced love, my daytime, my sweetheart, laughing leaf...

My plants, my sweet, my rose, the one only who does not distress me in this world...

My Constantinople, my Caraman, the earth of my Anatolia

My Badakhshan, my Baghdad and Khorasan

My woman of the beautiful hair, my love of the slanted brow, my love of eyes full of mischief...

I'll sing your praises always

I, lover of the tormented heart, Muhibbi of the eyes full of tears, I am happy.

Coffee became a substitute for wine, and was given the name kahve, from qahwa, the old Arabic word for wine. Kahve still means coffee in Turkish, and a kahvesi is a coffeehouse. When the first European coffeehouse opened in Venice in 1645, 170 years after Kiva Han was established, coffee was still known to Venetians as "the wine of Islam."

By 1523, coffee had become so essential in the Islamic world that a covenant was added to marriage contracts in Cairo, stipulating that a husband must provide his wife with an adequate supply of coffee. Failure to do so constituted grounds (pun intended) for divorce.

Coffee became known as the "milk of chess players and thinkers," . . . so vastly popular," wrote Alexandre Dumas, author of *The Three Musketeers*, "imams complained their mosques were empty while the coffeehouses were always full." A typical coffeehouse scene was described by the French travel writer Jean Chardin:

People engage in conversation, for it is there that news is communicated and where those interested in politics criticize the government in all freedom and without being fearful, since the government does not heed what the people say. Innocent games... resembling checkers, hopscotch, and chess, are played. In addition, mollas, dervishes, and poets take turns telling stories in verse or in prose. The narrations by the mollas and the dervishes are moral lessons, like our sermons, but it is not considered scandalous not to pay attention to them. No one is forced to give up his game or his conversation because of it. A molla will stand up in the middle, or at one end of the qahveh-khaneh, and begin to preach in a loud voice, or a dervish enters all of a sudden, and chastises the assembled on the vanity of the world and its material goods. It often happens that two or three people talk at the same time, one on one side, the other on the opposite, and sometimes one will be a preacher and the other a storyteller.



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Coffee was now a somewhat more appetizing infusion, made from grinding and boiling roasted beans instead of grinding and boiling raw beans as Sufi monks had done for centuries in Yemen. (As noted by an English visitor to Istanbul in 1610, the resulting superheated concoction was nonetheless "black as soote and tasting not much unlike it.")

By the roaring 1620s, the excesses of Istanbul's coffeehouses, including coffee mixed with opium and saffron, and tobacco mixed with hashish, led Sultan Murad IV to ban coffee drinking under penalty of death in 1633. Coffee was burned in the streets, shiploads of coffee were dumped into the sea, and coffeehouses were forced to close. Many of the coffee merchants and retailers who escaped refused to return when the ban was lifted by way of the despot's death in 1640. Tea, not coffee, has been the preferred drink in the Islamic world ever since. (Regarding alcohol use, modern Turkey's ninety-nine percent Moslem population live in a constitutionally secular country. Alcohol use is accepted, especially among younger Istanbulus.)

Despite the popularity of tea and the acceptance of alcohol, coffee has become resurgent in Istanbul, as the Istanbulus realize that they've been drinking and purveying some of the best "specialty" coffee in the world for over 500 years! Unique to Istanbul, kahve fali houses have become popular, with registered kahve fali readers fluent in many languages.

Coffee Tastes



Bitterness

Coffee has natural bitterness, largely from the caffeine itself. However additional levels and types of bitterness can be caused by poor roasting, or poor brewing technique. Burnt coffee and coffee oils each have their own bitterness. Using too much coffee or having coffee that is ground too fine for your brewing method also creates bitterness.

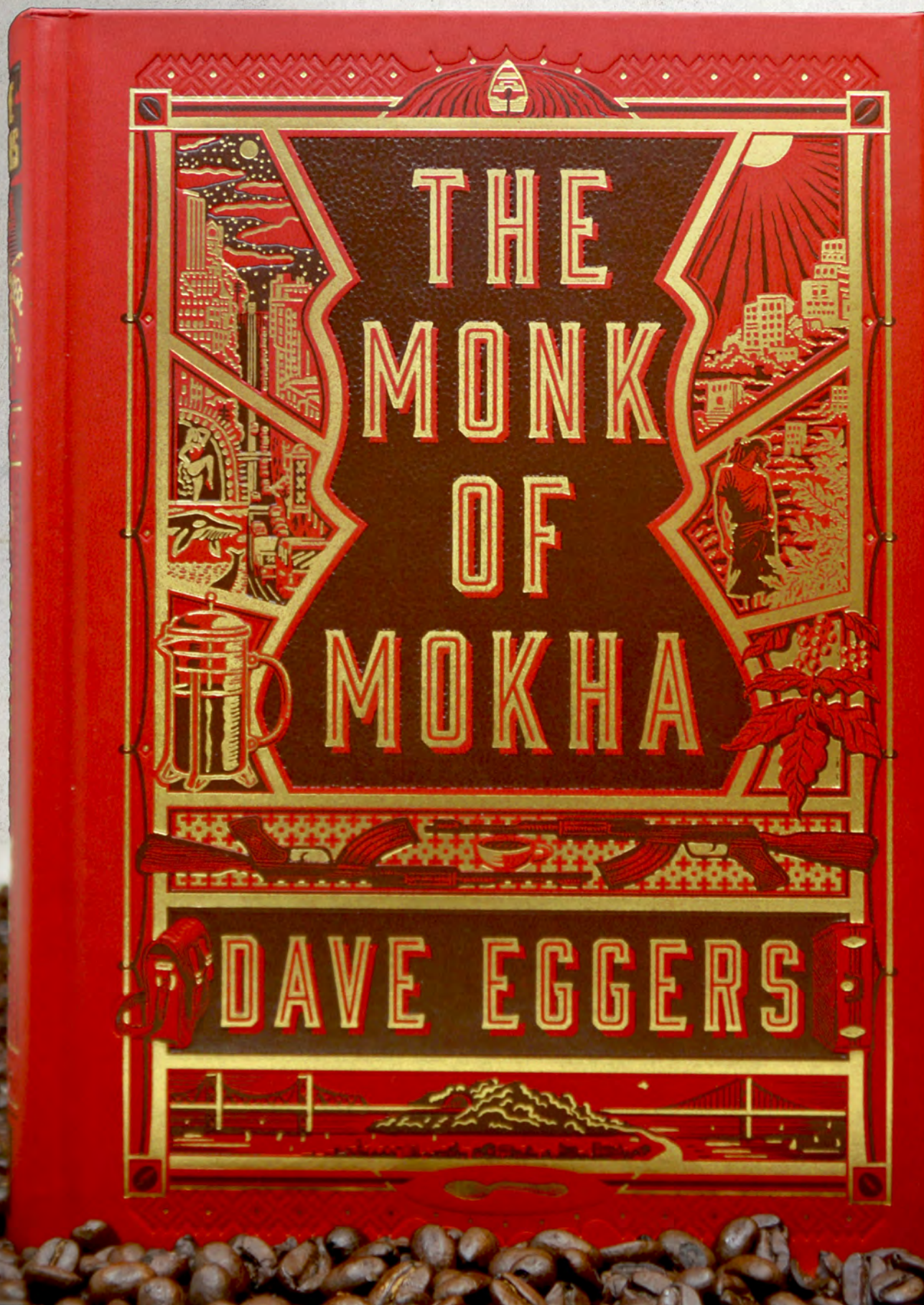
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HOW TO BREW

Immersion Dripper

WHAT YOU NEED:

- ▶ Immersion Brewer (Bonavita or Clever)
- ▶ #4 Coffee Filters
- ▶ Coffee Ground Medium - 30 grams
- ▶ A Carafe or Large Mug

1. Set up the Immersion Dripper on your carafe/mug (make sure the dripper mechanism is fully depressed by the rim of the mug/carafe)
2. Add Filter and Rinse with Hot Water, then Empty the Carafe
3. Remove the Brewer and set on a flat surface
4. Add 30g Medium Ground Coffee
5. Slowly Add Water up to 500 ML/Grams, then Stir
6. Cover and Wait 3 minutes
7. Set brewer on top of carafe or mug, wait for coffee to drain. Enjoy!

VIDEO

A Renewing Brew

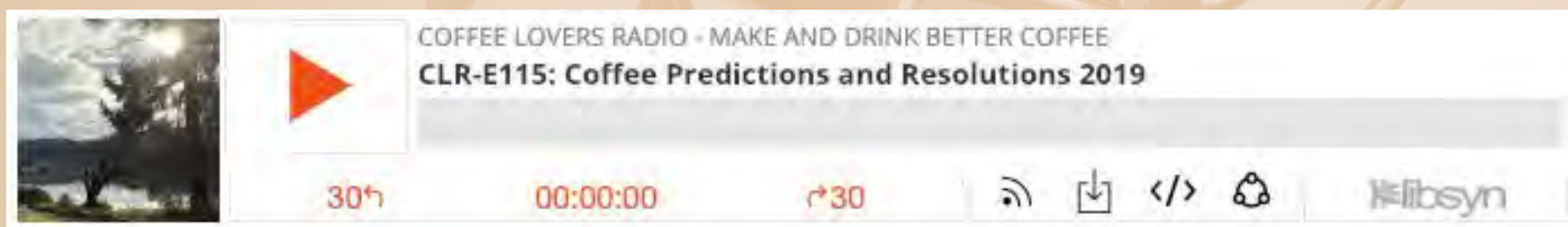
Cup of Joe



CLR-EPIISODE 115

Coffee Predictions And Resolutions 2019

Coffee Lovers Radio



Happy New Year 2019! In this episode, we reflect on what has happened in 2018, while looking forward through the next year. This we talk predictions for the year, and also share some of our resolutions (coffee related and otherwise). Pour yourself a drink, and ring in the new year with us :)

Hosts

Joseph Robertson, Extracted Magazine

www.extractedmagazine.com

Jesse Nelson, Conduit Coffee

www.conduitcoffee.com

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New Year, New Possibilities

The new year brings opportunities for change, growth, opening doors, new possibilities, new choices . . .

With this new year, I encourage you to take the opportunity to ask yourself one question. ‘Where does my coffee come from, who makes it, and why?’

This is a question you can continue to ask yourself for the rest of your life, but if I can convince you to do any one thing this year, it would be to adopt this perspective. It’s a perspective that can pertain to many things in life (particularly the things we consume), and in coffee, these questions are more important than ever.

It isn’t a coincidence that I’ve shared the story of Marceline Budza and the women of Rebuild Women’s Hope in DRC to start this year. There are many devastating challenges being presented to the world of coffee farmers, and like many other things in life at the moment, unless we make significant changes and decisions, we will lose that which we hold most dear. The world of coffee production is in unparalleled turmoil, with the price for most coffee farmers being so low, generations are being forced to give it up for good in order to simply live. This is a result of the cumulative actions that ‘we’ (the collective global we) have taken over the years (especially recently).



Marceline's story and her group of women are a great example of how your choice on one side of the world can have a massive impact on the other. But whether you decide to buy coffee from Rebuild Women's Hope or not, wherever you buy coffee from is going to be a piece of a larger puzzle of consumption which will color long-term possibilities and consequences.

Yet that picture is so huge - the effect that we as a whole have on the world and on different societies - it isn't something that an individual can really address. But one thing you can make a decision on, that does have an effect, is your coffee.

So as you go through this year, ask yourself, where does your coffee come from? Do you believe in all those people involved? Do you know who they are?

If you can't answer those questions, I believe you have more searching to do. Whether you decide to be completely conscious of those decisions or not, when you buy a bag or a cup of coffee, it supports one point of view or the other - you can't stop that, and you can't deny that.

There are a lot of wonderful things happening in the world right now, especially around coffee, and being able to choose how we want our world to unfurl is one of those things. I look forward with hope. Focusing on and supporting great coffee, and the people behind it is going to lead our world into a better place.

Happy New Year,

Joseph Robertson



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This Month in Coffee

January 2019

Want To Keep Coffee Farmers Employed? Drink Coffee Leaf Tea

I think it's great to observe that the entire coffee plant can be enjoyed (you can also make tea from the flowers and the fruit, and eat the leaves). Perhaps expanding our interest in the whole plant will improve profits for farmers.

► [Read More](#)

Alpha Dominche Shuts Down: Is Commercial Coffee Tech Dead?

The last few years have seen the dramatic rise of a lot of innovative approaches to coffee and coffee technology. One of the greatest of these companies to come about has officially closed its doors, unable to continue business.

► [Read More](#)

The Humble Brilliance of Italy's Moka Coffee Pot

I've always been a fan of the Moka Pot - which many eschew for more 'specialty' focused brewing methods. This is a fantastic article giving you some insight into Italian coffee culture and its influence on the development of coffee culture around the world.

► [Read More](#)

Plunging Coffee Bean Prices Could Drive Grower Cutbacks in 2019

This is going to be the major developing news through 2019 and beyond, as the global economy is very quickly crushing coffee farmers everywhere...what will happen with our coffee?

► [Read More](#)

Calling all wizards! Harry Potter Themed Coffee Shop Opens In Texas

Something fun to start your year - check out this Harry Potter themed cafe.

► [Read More](#)

