

New Year, New Insight: Get To Know About Coffee Origins

Coffee is believed to have originated from ancient cultures-particularly in Africa, where it was first valued for its energizing effects. Over time, it evolved from a simple discovery into the beloved beverage enjoyed worldwide today. Let's dive deeper into the origins of Coffee!



THE LEGEND OF COFFEE ORIGIN

BEGINS IN ETHIOPIA

Ethiopia is considered to be the centre of where coffee came from. The Ethiopian legend tells of

Kaldi, a goat herder, who discovered coffee after noticing his goats became energized after eating berries from a tree. Curious, Kaldi tried the berries and felt the same effects. He brought the berries to monks, who initially dismissed them as the work of the devil and threw them into a fire. The pleasant aroma from the burning beans led the monks to experiment further, eventually brewing the berries into a drink that helped them stay awake during prayers. While this story is popular, the true origins of coffee are more likely linked to the nomadic Oromo/Galla people of Ethiopia and northern Kenya.

OR DOES COFFEE HISTORY BEGIN IN YEMEN?

There are several stories about Yemen's role in the discovery of coffee. One popular legend from Yemen follows a Sufi mystic traveling through Ethiopia, who noticed energetic birds eating fruit from a coffee plant. Feeling exhausted, he tried the berries and experienced the same energizing effects. However, it is generally believed that coffee beans were first exported from Ethiopia to Yemen. Yemeni traders later brought these plants back and began cultivating them there.



THE WORD QUICKLY SPREAD

As it's thought that coffee originated in Ethiopia, it's also believed it made its way north across the red sea into Yemen in the 15th Century. It then started to be grown in the Yemeni district of Arabia, and by the 16th century it was known in Persia, Egypt, Syria, and Turkey. It was immensely popular for its qualities to help improve alertness and wakefulness, allowing people to devote more time to spiritual matters and praying.

In our next newsletter, we'll explore how coffee spread from its origins in Ethiopia and Yemen to different parts of the world. Learn how these early stories helped shape the coffee cultures we enjoy today. Stay tuned for more interesting insights!

