

The Sisters Coffee Press



SPECIAL EDITION: CAFFEINE FIEND

CAFFEINE CONTENT

Caffeine content is a constantly changing variable. Different beans will have different amounts of caffeine than others; different roasts of the same bean will have different amounts depending on how you weigh it; and the same bean roasted the same way, but brewed differently will have varying caffeine content. So we'll just explain the caffeine content focusing on the three areas, type of coffee, brew method, and type of roast, knowing that any combination of the three of these could create entirely different results. They are arranged from greatest variable to least. (Keep keep in mind every person will react differently to caffeine based upon their metabolism.)

TYPE OF COFFEE: The main difference of caffeine content is from species. Arabica, which is a higher quality and richer tasting coffee, will have about half the amount of caffeine of Robusta beans. But even in the two species there can be an incredible amount of difference by subspecies. According to www.theatlantic.com the Arabica beans can vary from .42 to 2.9% caffeine by volume, and a morning cup of coffee could vary from 84 to 580mg of caffeine. The specifics of this would have to be tested per farm and per crop they produce, and we aren't able to do that yet. This has the greatest effect on the level of caffeine in the coffee.



TYPE OF BREW METHOD: Here's a general guideline from the FDA:

Coffee (16 oz)	330
Melitta/Hario type (8 oz)	115-175
Latte (16 oz)	150
Espresso (2 ounces)	100

And according to Toddy's website their cold brew method has about 25% less caffeine than regular brewing methods. I haven't found any information on the french press. Remember though, these will all change if you decide to brew your coffee stronger or weaker, with stronger having more caffeine.

TYPE OF ROAST: This is more of a tall tale than anything noticeable, but here's the low down. Caffeine isn't effected until about 450°F and that would be a very very very dark roast to reach that temperature in the drum. So the only reason this even comes up is because the roast does make a difference (minutely) depending on how you measure the coffee. A darker roast has less weight per bean, so if you measure by weight a darker roast will have less caffeine in the cup. Contrarily, if you measure that same darker

roast by volume there will be less caffeine in the cup because the darker roast takes up more space than a light roast. But if you went bean for bean it would be the same, and even with these different methods it will be next to impossible to actually notice an effect, this idea is more of a placebo.