

More about Just Coffee

The world coffee scene is populated with two varieties-- arabica and robusta. JustCoffee produces both. To help you decide which to purchase, here is a description of the characteristics from reliable internet sites like Wikipedia.

Robusta has more caffeine and antioxidants and less acid than Arabica. Roasted robusta beans produce a strong, full-bodied coffee with a distinctive, earthy flavor, but usually with more bitterness than arabica.

It is the preferred source for Italian espresso, instant coffee, and is blended with Arabica for "Breakfast blends". As a plant, robusta is hardy, likes sunlight, and accounts for 40% of market share.

Arabica is the darling of the American coffee market. "EnjoyJava" website describes the flavor as slightly sweet, with hints of **chocolate, nuts, and caramel**. You may also notice hints for **fruit and berries**. There will be a slight/pleasant acidity, and a little bitterness.

It is mountain grown under shade trees. It is used in gourmet coffees, including JustCoffee.

Marago (Maragipo) is a subspecies of Arabica which is lower in acid. It tastes like Arabica but does not bother sensitive stomachs. Because the plant is harder to grow and has a much smaller yield, it costs more and JustCoffee supplies run out during the year.

Decaffeinated coffee has all the flavor of Arabica coffee but with 97% less caffeine. Café'Justo produces and processes decaf coffee at a separate facility in Veracruz. The raw beans are soaked in a solution of organic banana peels and water which gently extracts the caffeine.

St Luke's sells JustCoffee after all Masses on the weekend of the Second Sunday

One pound (16 ounce) bags are available in the following varieties (based on your preference slips):

Arabica beans and ground in both regular roast and dark roast

Robusta beans and ground in dark roast

Decaffeinated Arabica beans and ground in regular and dark roast

Marago regular roast bean until supplies run out

5 lb bag of any variety can be special ordered for you.

Spoiler alert: coffee is like wine, the preference is often personal and can be developed and changed. So don't be afraid to switch or blend. For example, you can make your own "half-caf" by mixing arabica with decaf. Mix robusta and arabica to achieve a "breakfast blend" of higher caffeine but more mellow finish. Buy dark roast for lower caffeine and more nutty flavor or regular roast for smoother coffee flavor.