

Source: <https://www.timeanddate.com/holidays/fun/international-coffee-day>

International Coffee Day

The holiday helps raise awareness about sustainable coffee cultivation and fair trade practices within the coffee industry. Before 2015 the day used to be celebrated on different dates in different countries.

Coffee is a drink made from the seeds or berries of the coffee plant. As a beverage, it has been enjoyed by people around the world for many centuries. Historians believe that coffee was first discovered in [Ethiopia](#) but was cultivated on a large scale and traded for the first time by the Arabs.

Religious Ceremonies

Initially used for religious ceremonies and rituals, it became the beverage of choice in most households in the Middle East, Persia and Africa by the 16th century and in Europe and the Americas by the 17th century.

An Offense

Despite its popularity today, coffee had its share of critics in history. Sultan Murad IV of the Ottoman Empire hated coffee so much that he made coffee drinking an offense punishable by death. In England, King Charles II fearing plots hatched over cups of coffee ordered all coffee houses shut.

Many countries celebrate their own version of a Coffee Day on different dates during the year. For example, [Germany](#) started Tag Des Kaffees in 2006 and celebrates it every year on the first Saturday of September.

In the United States, National Coffee Day is celebrated on September 29.

The holiday has unknown origins and is also sometimes known as Coffee Day.

How to Celebrate?

Whether your “cup of coffee” is a refreshing iced coffee or a piping hot Americano, Espresso, Café au Lait (coffee with milk), or plain black with no sugar, International Coffee Day is a day to take some time off from your busy day to enjoy your favorite version of the beverage. Here are some ways to celebrate this day:

- Many coffee shops around the world offer a free cup of coffee on International Coffee Day, so get in line and grab yourself a cup of free coffee.
- Have coffee or coffee flavored food and beverages the whole day long. What about starting your day with coffee, have a coffee flavored yogurt for lunch and end the day with coffee crusted steak and a coffee flavored cake for dessert?
- Coffee bring friends together. Set up coffee dates with your friends and spend quality time with them over a cup of coffee.
- Join a coffee tasting event and learn about the art and science of growing and brewing coffee.
- Try new flavors and types of coffee.

Did You Know...

...that studies have shown that drinking a moderate amount of coffee can help live a healthier and longer life?