

How Many Types Of Coffee Beans Are There & What's The Difference?

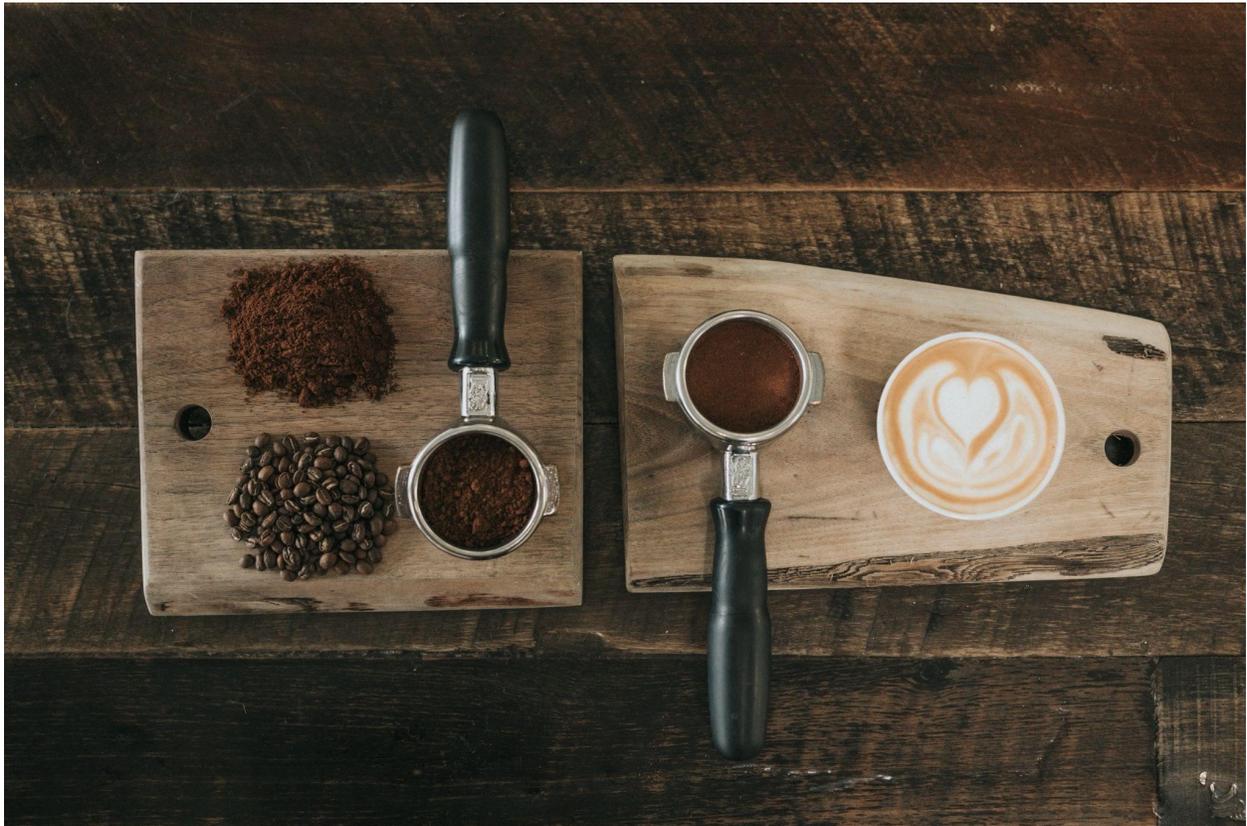


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Many people consider a cup of coffee as an essential part of their life. Their day isn't complete unless they sip a cup of coffee after waking up in the morning or a long hour of work. Coffee became so popular and in-demand despite the many changes and new products available on the market.

The Coffee Production Industries have been manufacturing different types of coffee with distinct flavors. The vast majority of coffee lovers would want to taste the various flavors to determine their favorite.

Perhaps you're one of them, and you're wondering how many types of coffee beans are out there? Or what kind of coffee bean makes up your favorite morning delight?

Coffee came from roasted coffee beans/coffee cherries of a coffee plant. While there are many types of coffee to choose from, there are only two main coffee bean types: Arabica and Robusta. Some manufacturers consider the two other types of beans, Excelsa and Liberica. Although they are rare, growing them requires specific climate conditions with extensive care.

In the following section, we will look at the two main types of coffee, their characteristics, their taste, and which one is the best.

Two Main Types of Coffee

Arabica Bean

When it comes to popularity, Arabica beans are undoubtedly the most popular, accounting for about 60% of the world's coffee. The bean originated from the highlands of Ethiopia several centuries ago. It has since spread to various parts of the world where it can be grown. The name "Arabica" may have originated during the 7th century when the beans became so popular in Arabia.

Arabica beans require special conditions for its cultivation. Planting the bean needs to be on high altitudes where there are plenty of shades and constant rainfall. Arabica's cultivation is dominant in the tropical regions with higher elevation. For high-quality Arabica, it can be grown in South and Central America.

There are two varieties of Arabica: Typica and Bourbon. Many considered Typica as the original coffee of the New World, whereas Bourbon is known for its quality and aroma. The two types have different tastes and scents and may also require specific conditions to be grown.

Arabica's taste

Arabica became well known due to its addicting and delicious taste. It is a soothing mix of sweetness and fruity or nutty flavor that is appealing, especially when blended smoothly. It is considered the best quality of coffee without any trace of bitterness and intense sensation.

Advertisers often take advantage of Arabica's taste by promoting coffee products made from pure Arabica beans. It drives people to try their coffee and see for themselves if it suits their taste.

Arabica's place of cultivation and natural environment can influence its taste and consistency. The beans may have varying flavors depending on the conditions to which they were exposed. The acidity and sweetness of the bean may differ if it is grown with extensive care or with a low amount of moisture.

Robusta Bean

The second most produced coffee, making up 30% of the world's coffee, is Robusta. The coffee bean gets its name from its robust nature, growing in lower altitudes and different climates. Robusta coffee plants can also resist harsh weather conditions, pests, insects, and even be immune to certain diseases.

Robusta beans originated in Sub-Saharan Africa. Researchers discovered that the French introduced it to the Vietnamese people during their colonization in the late 19th century. It is now grown solely in Africa and Indonesia.

In terms of bean size and plant size, Robusta is larger than Arabica. It can also be grown seamlessly without the need for special conditions, though wind, bees, and other organisms must cross-pollinate the plant for it to reproduce.

Robusta's taste

Robusta's tough nature aligns with its strong and bitter taste. Its smooth texture has a burnt nutty flavor that can sometimes taste chocolaty. The scent may smell strong or burnt, similar to its flavor.

Robusta beans contain higher amounts of caffeine than Arabica. It has a significant 2.7% caffeine content, compared to Arabica's 1.5% caffeine. Making coffee using Robusta beans will yield a cup of coffee with about 83% more caffeine. The caffeine content is very noticeable by its strong flavor that can boost anyone's day.

Arabica vs. Robusta, Which one is the best?

Choosing the best type of coffee depends on your personal preferences. We all have our choice on how our coffee should taste. Some people may like their coffee light and pleasing, while some want it strong and hard, with no cream or sugar. Drinking coffee may not always depend on the taste but also the situation.

When you want a sweeter sip of coffee to start your day, or you are having a conversation with your colleagues and friends, then Arabica might be ideal for you. Arabica's flavor and after-taste can ease your stomach lightly. Best of all, it can boost your energy levels without you even noticing it.

If you want to pull an all-nighter or get things done quickly, then drinking Robusta coffee is the way to go. The high caffeine content and strong taste can raise your energy to extreme levels. Your heartbeat may beat faster than usual due to the caffeine, although if it can help you be more productive, it is a coffee worth drinking.

The Last Drop

Drinking coffee comes with many advantages and disadvantages. Drinking too little may not be enough to get you through the day, and drinking too much may be harmful to your health, so it is best to drink in moderation. Don't forget to take note of the type of coffee you are drinking, depending on your taste.

There may only be two main types of coffee beans, but it comes with different varieties and tastes that everyone can enjoy. Whether you like the intense sensation of Robusta, the sweet taste of Arabica, or both of them, there is so much coffee bound for everyone.