

# groundwork<sup>TM</sup>

organic coffee & tea

los angeles, since 1990



## What's Your Water Footprint?

A water footprint tracks the total volume of freshwater that is used, both direct and indirect, to produce goods and services. Water use is measured in water volume consumed, evaporated, and polluted per unit of time.

It takes roughly 35 gallons of water to produce a cup of coffee. Sounds like a bit much, until you look at the water footprints of a cotton T-shirt (700 gallons) and a hamburger (630 gallons; the bulk being used to grow grain for cattle feed).

A large water footprint isn't necessarily bad if the product is made in an area where water is plentiful and well managed. Almost all of the water that goes into crops (coffee is a crop) and food production is returned to the water cycle.

## March Colloquies

(from Wikipedia.org)

Sure to come up in conversation this month...

1) *The Ides of March* is March 15th in the Roman calendar. The term *ides* was used for the 15th day of the months of March, May, July, and October, and the 13th day of the other eight months. In Roman times, the *Ides of March* was a festive day dedicated to the god Mars.

2) "In like a lion, out like a lamb." The phrase apparently has its origins with the constellations Leo (the Lion) and Aries (the ram or lamb). It has to do with the rela-

tive positions of these constellations in the sky at the beginning and end of the month.

## More Reasons to Love Coffee

(source: *Nutrition Action Healthletter*, Jan/Feb 2009)

"The epidemiological studies consistently show that coffee drinkers have fewer stones," says David S. Goldfarb, M.D. (Director, Kidney Stone Prevention and Treatment Programs, New York VA Medical Center, and St. Vincent's Hospital). "We did a study of twins in which we found that if one twin had a kidney stone, that twin was much less likely to be a big coffee drinker."

## The Goodness of Tea

(source: *Wine Spectator*)

A new study reveals moderate consumption of wine, tea and chocolate enhances cognitive performance in the elderly. The study, conducted by researchers at Oxford University and the University of Oslo, was published in the January issue of the *Journal of Nutrition*.

Study co-author David Smith, a founding director of the Oxford Project to Investigate Memory and Aging, said wine, tea and chocolate are rich in flavonoids found in grapes, tea leaves and cocoa beans. However, he warned too much of the trio are bad for one's health.

"We found that the effect was maximal with as little as a small glass of wine," he said.

Previous research has found all three items are also associated with

a lower risk of dementia and greater cognitive performance.

Researchers found that participants who consumed combinations of 1 to 3.5 ounces of wine, .35 ounces of chocolate, and up to 6.7 ounces of tea (preferably green) per day had a 41 to 53 percent lower risk of performing poorly on cognitive tests than other participants. The different foods had different effects. Those who only drank wine regularly did better than those who only consumed chocolate. Those who consumed all three performed best.

The results did not tend to improve for those participants who consumed greater quantities of wine, tea or chocolate. The authors warn that the test is observational and not clinical.

## Common Cents

Just a reminder to save landfill space (and save money!) through reuse. For every cup you keep out of the trash, we'll discount your drink 10¢. And when buying loose beans, reuse your *groundwork* bag or can, and save 25¢.

## Reuse

Do you have a pack of coffee filters that you're never going to use? Instead of immediately trashing them, here's a few ways to put them to use:

- 1) Give them to a friend or neighbor who can use them for coffee.
- 2) Use them as splatter guards-- cover bowls or dishes when cooking in the microwave.
- 3) Clean windows and mirrors. Coffee filters are lint-free so they'll leave windows sparkling.
- 4) Protect your China by placing a filter between each dish.
- 5) Protect a cast-iron skillet. When stored in a cupboard, place a coffee filter in the skillet to absorb moisture and prevent rust.

6) Apply shoe polish.

7) Stop soil from falling out the bottom of a potted plant, just line the drainage holes before adding soil.

8) Preempt a kid's mess by poking the sticks of a popsicle through a coffee filter, to catch all the drips.

9) When cooking, place a few on a plate to absorb the excess grease of your fried foods.

Care to share your coffee related reuse? [newsletter@groundworkcoffee.com](mailto:newsletter@groundworkcoffee.com)

## Win Free Coffee

Be sure to drop your business card for our monthly drawing of one free pound of coffee. Last month's winner was Anne Goeke, who enjoys a double mocha latte (chocolate powder, steamed milk, and a double shot of espresso) when she visits *groundwork*.

## groundwork coffee company

★ Hollywood, 1501 N Cahuenga Blvd.  
(@ Sunset Blvd)

★ Downtown, Main Street  
(just south of 2nd Street)

★ Santa Monica, 2908 Main Street  
(south of Ashland Ave)

★ Venice-Rose, 671 Rose Ave  
(west of Lincoln Blvd)

★ Venice-Boardwalk 3 Westminster Ave  
(just off the Boardwalk)

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[www.groundworkcoffee.com](http://www.groundworkcoffee.com)

Your comments are always welcome:  
[newsletter@lacoffee.com](mailto:newsletter@lacoffee.com)