The Green Bean Café

ENVIRONMENTALLY CAFFEINATED SINCE 2008

WHAT'S BREWING WITH YOU?

Beware! Coffee has been linked to vice, revolution, and the gender divide. So, what brings *you* to The Green Bean Café today?

Perhaps it's for the same reasons Maryland's early colonists strode into the country's first coffeehouse—right here in St. Mary's City—in the seventeenth century. Throughout history, this bewitching brew has oft crossed the line from culinary delight to revolutionary debate. King Charles II got so steamed about coffee that he briefly banned coffeehouses as hotbeds of free-thinking fervor in England.

Fragments of a cup recovered from Garrett Van Swearingen's Council Chambers Inn at St. Mary's City. He ran the first coffeehouse in English America. This cup was made in Kutahya, Turkey. Courtesy of Historic St. Mary's City.

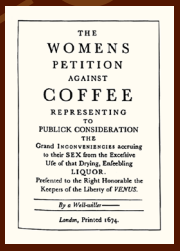
Coffea Arabica, print by Panacrace Bessa, ca. 1820, from *Herbier General de l'amateur*

Is it the caffeine or the scene that foments such discourse?

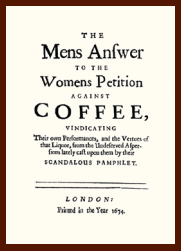
Today, the coffeehouse scene percolates with discourse of a different sort, often waged on laptop computers. The beans inspiring these conversations have become the second most heavily traded commodity in the world after petroleum products. In fact, more than 352 million pounds of coffee are grown each year in at least 60 countries. In such a global industry, with so many environmental and social ramifications, we must be responsible consumers. That's why The Green Bean Café extends the College's commitment to sustainability and global human rights with its coffee-purchase decisions and recycling efforts. So, have another sip and talk it up, because in this coffee café, "green" means more than the color of the beans.

The Battle of the Sexes

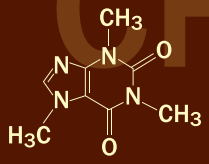
Over the years, coffee was also a centerpiece in the battle of the sexes. It was considered appropriate for males, not so for females, and not to be enjoyed in public!



THE
WOMENS
PETITION
AGAINST
COFFEE
REPRESENTING
TO
PUBLICK CONSIDERATION
THE
Grand Inconveniencies accruing
to their SEX from the Excessive
Use of that Drying, Enfeebling
LIQUOR.
Presented to the Right Honorable the
Keepers of the Liberty of *VENUS*.
By a Well-willer
London, Printed 1674.



THE
Mens Anſwer
TO THE
Womens Petition
AGAINST
COFFEE,
VINDICATING
Their own Prefumptions, and the Vertues of
that Liquor, from the Undeſerved Aſper-
ſions lately caſt upon them by their
SCANDALOUS PAMPHLET.
LONDON:
Printed in the Year 1674.



THE DRAMA OF THE DRUG
Caffeine is a bitter, white crystalline xanthine that acts as a psychoactive stimulant and mild diuretic. It stimulates the central nervous system and results in increased alertness and wakefulness, faster and clearer flow of thought, increased focus, and better coordination. The digestive tract completely absorbs caffeine within 45 minutes, and then it is distributed throughout the body tissues. The liver metabolizes it into paraxanthine, theobromine, and theophylline, and then the kidneys send these metabolites on their way via first order kinetics.