

groundworkTM

organic coffee & tea

los angeles, since 1990



Better than a Hybrid?

(excerpted from consumerenergyreport.com)
University of Nevada Reno scientists are banking on a new form of biodiesel-- one that's more stable, easily producible and smells like a fresh cup-o-joe when expelled. Yep, that's right, coffee beans are being tested as the latest biodiesel derivative. And by some estimations, the new biofuel could save the world hundreds of millions of gallons in regular fuel usage if produced on a global scale.

How'd scientists figure this out? Well, like most epic discoveries, it was by accident. Professor Mano Misra happened to leave his coffee out overnight and noticed a ring of oil on the cup the next morning. Intrigued, he and his team extracted the oil and found that coffee beans contain 10-15% oil by weight. Using their trusty chemistry kits (more like state of the art labs), they then successfully converted the oil into biodiesel.

The low cost of conversion, coupled with the abundance of spent coffee grounds, biodiesel can be produced for around \$1 per gallon. The fuel is also said to be more stable than biodiesel made from soybeans or corn.

Better than Recycling

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¢.

Two New Food Items!

Twice Baked Potato: We start with an organic russet potato, bake it, scoop it out, mix-in several cheeses, garlic, chives, salt and pepper. And then re-bake it! (\$2.50)

Stuffed Tomato: A ripe tomato stuffed with our chef's blend of brown rice, mushroom, parmesan cheese, bread crumbs, basil, parsley, garlic, and a touch of salt & pepper. (\$3.75)

Community

KCRW's Winter Subscription Drive kicks off January 30th. With just a \$50 donation, you could become a KCRW member and receive a \$35 *groundwork* coffee card. How great is that!?! You have until February 9th to listen-in (89.9 FM) and donate.

New Art Installations

Next time you're in our Hollywood location, be sure to take in some art... Katy Parks Wilson (www.kpwphotography.com) is a Los Angeles-based fine art photographer whose work encompasses abstracts, landscapes, still lifes, architecture and what she calls stolen moments.

And should you find yourself Downtown, Sarafina (manager of our downtown location) has turned her café into a virtual gallery:

1. Gabrielle Geiselman (www.gabriellegeiselman.com) has sev-

eral photographic works on display. Two years ago, Gabrielle built her studio in Los Angeles and turned her lens toward portraiture. Her work can be seen in magazines such as *Rue Morgue* and *Revolver*.

2. Aron Bender, 640am radio host and artist, has his photography on display, as well. Aron's blog can be found at www.kfi640.com/pages/aronbender.html.

3. Peter Lattey, sculptor, is involved in the building of the new police offices just north of the café. His work is called "Jazz in Wood." You can preview some of his work at www.jazzinwood.com.

All installations can be viewed throughout February.

Organic 101

What is organic coffee? Organic coffee is grown using methods and materials that have a low impact on the environment. Organic production systems replenish and maintain soil fertility and reduce the use of toxic pesticides and fertilizers. Third-party certification organizations verify that organic farmers abide by the law. In order for coffee to be certified and sold as organic in the United States, it must be produced in accordance with U.S. standards for organic production and certified by an agency accredited by the U.S. Department of Agriculture.

Yet Another Reason to Love

Coffee (from healthsaver.com)

The health benefits of caffeine are plentiful and well documented in numerous studies in recent years. Coffee and tea, in particular, have emerged as good health food sources that can lower the risk of diabetes, heart disease, Parkinson's disease, colon cancer, and cirrhosis of the liver, as well as lift your mood, treat headaches and even lower risk

of cavities. Caffeine also enhances athleticism, endurance and performance, according to health care experts.

"Even though at one time coffee was considered harmful to your health, at this point there is no compelling research to indicate that, in fact, is true," said Dr. Peter R. Martin, Professor of Psychiatry and Pharmacology and the Director of the Institute of Coffee Studies, Vanderbilt School of Medicine. "Newer studies actually prove coffee in moderation is good for one's health."

Coffee Facts

- ▶ The only places in the United States where you can grow coffee are Puerto Rico and Hawaii.
- ▶ Brazil produces the most coffee of any country.

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 Ben Haaz, who enjoys lightly roasted, *groundwork* coffees.

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)

Want to receive a digital version of this newsletter? Sign-up on our website:

www.groundworkcoffee.com

Your comments are always welcome:
newsletter@lacoffee.com