

groundworkTM

organic coffee & tea los angeles, since 1990



What's in a Name?

We are changing the name of Vienna Melange to *Lucky Jack Blend*. Why? Because we were never quite sure which French accent to use, aigu (´) or grave (`), let alone find it on a computer keyboard. More truthfully, we like *Lucky Jack* because Jack drinks coffee; coffee by the *pot*-full.

Captain Jack Aubrey is a fictional character in the Aubrey-Maturin series of novels by Patrick O'Brian. The series portrays Jack's rise from Lieutenant to Admiral in the British Royal Navy during the Napoleonic Wars. The twenty book series encompasses Aubrey's adventures, where luck often plays a role. If you haven't read the books, yet this sounds familiar, Jack was portrayed by Russell Crowe in the movie *Master and Commander: The Far Side of the World* (2003).

One of our favorite passages is when Jack sends his men to distant shores to procure coffee beans for his mess (believe-it-or-not, there was a time when the British navy preferred coffee over tea).

For those who can't live without their daily dose of Vienna Melange, rest assured we have not changed the blend's flavor profile, just the name. In fact, now you can feel even better about your cup of Vienna—errrr... *Lucky Jack Blend*, for *Lucky Jack* is certified organic.

Get your groundwork!

In addition to Twitter, Facebook, and digital newsletters, RSS feeds are now available from our website. Just visit www.groundworkcoffee.com, and on the bottom-right, you'll see links to all our forums.

Compostable Bean Bags

Bio-bags for your beans! Now available in our stores—corn based, compostable ½, 1, and 2 pound bags for bean purchases. AND it gets better... 40% less fossil fuel is used to create the bag in the first place.

History of Ice Tea

English and American cookbooks show us tea has been served cold since the early 1800's, when cold green tea punches (heavily spiked with liquor) were popular.

The oldest ice tea recipe in print can be traced to a southern cookbook, published in 1879. Once again, green tea was the tea of choice.

The oldest ice tea recipe citing *black tea* as the tea of choice, dates back to 1884 and the publication of Mrs. Lincoln's Boston Cook Book: What to Do and What Not to Do in Cooking.

Ice tea went mainstream in 1904, at the World's Fair in Saint Louis. English tea plantation owner Richard Blechynden set up a booth to sell (or possibly "sample") hot tea. The

day turned into a scorcher and hot beverages were the last thing on attendees' minds. Blechynden was quick to improvise by cooling his tea with ice. Word of the "new," cool beverage spread quickly throughout the United States.

And for the record, "ice tea" or "iced tea", it's your choice.

Performance Nights in Hollywood

Starting June 19th, our Hollywood location will host Performance Night, featuring acoustical songs, poems, storytelling and readings (sorry, no comedy). Local and travelling acts will be featured, along with the talents of our very own employees.

The evening will run from 8:30pm to 10:30pm. Admission is free, all we ask is attendees purchase an item or two.

Those interested in performing can submit their info, and web-links to performancenights@lacoffee.com

June Colloquies

The month of June is named after Juno, the patron goddess of the Roman Empire, and the wife of Jupiter. Juno's Greek equivalent is Hera.

Mark Your Calendar

- June 7: Full moon.
- June 10: National Ice Tea Day.
- June 14: Flag Day. Also, according to the *Old Farmer's Almanac*, a very good day to quit smoking.
- June 19: Performance Night at our Hollywood location (see article above). And be sure to check-out Venus and Mars, hovering beneath a crescent moon.
- June 21: Father's Day. Coincides with the first day of summer (a.k.a. summer solstice).
- June 23: Good day to start projects. And luckily for you procrastinators, the 24th is an equally good date.

Coffee Facts

- ▶ Green bean (unroasted) coffee prices are at their highest since October 2008, and rising. Low yields in Brazil and Colombia are fueling the price surge.
- ▶ Caffeine is on the International Olympic Committee's list of prohibited substances. The prohibited amount can be reached after drinking about five cups of coffee.
- ▶ Caffeine is found in over 60 plant species, of which the most well-known are cocoa beans, tea, and coffee.
- ▶ Caffeine absorption from the gastrointestinal tract is rapid and virtually complete about 45 minutes after ingestion.
- ▶ Caffeine's half-life is reduced by 30-50% in smokers, and doubles in women taking oral contraceptives.

groundwork coffee company

- * Hollywood-Café, 1501 N Cahuenga Blvd. (@ Sunset Blvd)
- * Hollywood-CNN kiosk, 6430 Sunset Blvd. (@ Wilcox Ave)
- * 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

Your comments are always welcome:
newsletter@lacoffee.com