

Cold-Brew 8 PuckPuck

@:0489 ;8<0=>2, B>@=8:18 N=L2019-15:34:00

Cold-Brew 8 PuckPuck

4@8?:>;4-1@N C 20A 4><0

!59G0A @0730@>B?CA:>28;5B020193>40, O A86C 2:>D59=5, 345-B>  
<564C 2AB@859, 5=3@8598'5E859, ?LN:>;4-1@N8 @5H8;  
=0?8A0BL4;O=0H53>?@5:@0A=>3> @CAA:>-O7KG=>3>  
:>D59=>3>:><LN=8B8, GB>O4C<0N?>MB><C?>2>4C8:0:85  
>A=>2=K5420<5B>407020@820=8O4>ABC?=K4;O>1KG=>3>  
G5;>25:0. "5<1>;55, GB>C Sweet Beans Coffee =0A::0452 @0A=>40@5  
?>O28;AO C4828B5;L=K9PUCKPUCK, :>B>@K9B5?5@L2A5340A>  
<=>9. B0:CN?>3>4C=0?8B:8=0>A=>25:>;4-1@N, 82>>1I5  
E>;>4=K5:>D59=K5=0?8B:8, ?@>40NBAO>3@><=K<8  
:>;8G5AB20<8. "@C4=>?@84C<0BL«GQ@=CN»0;LB5@=0B82C2  
60@C, GB>1K1K;>B0:65=0AKI5==>, 0@><0B=>82:CA=>.

!:064K<3>4><?>?C;O@=>ABL:>;4-1@N @0ABQB. 3>  
7020@820NB4><0, 2:>D59=OE, @07;820NB?>1CBK;:0<, 10=:0<,  
:>@>1:0<8?@>40NB2><=>38E<5AB0E. 0=081>;55  
@0728BKE:>D59=KE@K=:0E(!, UK82A5O788):>;4-1@N  
2AB@5G05BAO2><=>38EAC?5@<0@:5B0E, A5B52KE:>D59=OE8  
70?@02:0E, 4065B0:8E, :0:McCafe, 0=:8=>=0BA, C:>8;8C- C2  
>A:25(=5C25@5=).

G5=L G0AB>, :>;4-1@N0AA>F88@CNB A:>=F5=B@0B><, :>B>@K9  
=52>7<>6=>?8BL 3>@L:89, 2O7:898>G5=L:@5?:89. "0:  
1K;>4>=5402=53>2@5<5=8, <=>385?@>872>48B5;8  
:>;4-1@N, ?>G5<C-B>?@>4020;88<5==>B0:>9=0?8B>;,  
:>B>@K9=C6=>1K;>@0725AB8;L4><, 2>4>9, <>;>:><, =>  
3;02=>5, GB>53>=52>7<>6=>?8BL. 0;>speciality:>D55=,  
:>B>@K5?@54;030;8ready-to-drink=0?8B>;, :>B>@K<<>6=>1K;>  
=0A;0640BLAOA@07C?>A;5?5@2>3>3;>B:0. >=5G=>,  
>A=>2=0O<0AA0:>;4-1@N8<5==>B0:0O, :0:>9O>?8A0;2  
?5@2><?@54;>65=88A53>0170F0. ><>8<=01;N45=8O<,  
:0G5AB2>>160@:8875@=0A>E@0=O5BAO8?@8MB><<5B>45  
?>B@51;5=8O:>D5, 5A;8>=>«B0:-A515», B>8:>;4-1@N C  
>160@I8:08<5==>B0:>9, 5A;8=5EC65. >5ABL8A;;NG5=8O.

0?@8<5@, MB8<;5B><<K A>740;8=0?8B>:=0?><8=0NI89  
:>;4-1@N(?>;CE>;>4=>3>7020@820=8O), =>>G5=L;Q3:89, A

=525@>OB=K<:>;8G5AB2><45A:@8?B>@>28:8A;>B=>ABLN  
A;04:>3>;09<>2>3>465<0. 07;8;8?>10=:0<8?@>40Q<2  
A2>8E:>D59=OE C?0@B=5@>22 >A:25( Point Coffee & Food) 8  
@0A=>40@5( Sweet Beans Coffee). >MB>=5:>;4-1@N,<=5?@>AB>  
E>B5;>ALC?><O=CBL MBC::0AA=CN:>;;01>@0F8N8  
>AB028BL4;O?>B><:>2745AL. !59G0A=0ABC?8;0«M@0  
<0F5@0F888D8;LB@0F88». >D59=>5:><LN=8B8=0CG8;>AL  
CA8;820BL2:CA A?>A>10<8, :>B>@K5C658725AB=K5A;8=5  
BKAOG8;5B, B>A>B=88;845AOB:8,2:>=F5:>=F>2.!?><>ILN  
<0F5@0F88, G8B0BL=0AB0820=88/70<0G820=88:>D5,<K<5=O5<  
8CA8;8205<2:CA75@=0.'0152A53>MB>0=0M@>1=0O  
<0F5@0F8O 1574>ABC?0:8A;>@>40./3>4K?><5I0NB2  
Q<:>AB8A2>4>9835@<5B8G=>=0:@K20NB:@KH:>9,  
2K45;ON189AO!22KB5A=O5B:8A;>@>4G5@57«2>4O=>9  
:>0?0=». A;8:>@>5;8@>20BLMB>A7020@820=85<:>D5,B><K  
?@845<:B0:><C B5@<8=C, :0:«<<5@A8O». 45AL=0ABC?05B  
M@0D8;LB@0F88.!0<K92:CA=K98G8ABK98<<5@A8>==K9  
:>;4-1@NO?8;;1K;AB@QEABC?5=G0B>9D8;LB@0F859,G5@57  
@07=K5D8;LB@K.  
<<5@A8O  
>;LH8=AB2>;N4598:><?0=897020@8205B8<5==>  
8<<5@A8>==K9:>;4-1@N.-B>4>AB0B>G=>?@>AB>9A?>A>1,  
34520<=C65=:>D5A@54=53>?><>;082>40.Ratio82@5<O2K  
@0AAG8BK205B5A0<8. >D570;8205BAOE>;>4=>92>4>98  
=0AB08205BAO>B124>24G0A>227028A8<>AB8>B B5<?5@0BC@K  
2>4K,>:@C60NI59A@54K865;05<>3>@57C;LB0B0.'5<2KH5  
B5<?5@0BC@02>4K8>:@C60NI59A@54K(:><=0B=0O,=0?@8<5@),  
B5<<5=LH5=C6=>2@5<5=8.!!>>B25BAB25==>,G5<=865,B5<  
1>;LH52@5<5=8=C6=>,GB>1K:>D5<0:A8<0;L=>@0A:@K;AO.  
  
MB><<5B>45=5?>A;54=55<5AB>70=8<05B D8;LB@0F8O.  
B>-B><>65B A:070BL,GB>?>4>945B;N1>9D8;LB@,4@C3>9  
1C45B8A?>;L7>20BL1>;55A;>6=K9?>4E>481>;55  
:0G5AB25==K5D8;LB@K8;88E:><18=0F8N.51OB0,C:>B>@KE  
<K?>:C?05<1CB8;8@>20==K9:>;4-1@N22@>?5,7020@820NB  
B>;L:>«:5=8N»,8A?>;L7CNB1>;LHCNQ<:>ABL4;O2>4K8  
B@864KD8;LB@CNB:>D5.20@070<5B0;;8G5A:8<8D8;LB@0<88  
>48=@071C<06=K<. >;CG05BAOC=8E>G5=LE>@>H>8O  
<>3CB0:>5?8BLA;Q3:>ABLN.065?@>AB>>E;064Q==K<157  
;L408A0E0@0.  
  
<5==>8<<5@A8O1>;LH5?>4E>48B4;O?@83>B>2;5=8O  
:>=F5=B@8@>20==>3>:>;4-1@N.>A;5,2K<>65B52::NG8BL  
2A5A2>8:@50B82=K5A?>A>1=>AB88@072>48BL?>;CG5==K9  
«=54>=0?8B>:»2>4>9,<>;>:><,40E>BLB>=8:><. @8  
?@028;L=><?>4E>45?>;CG8BAO4>AB0B>G=>2:CA=>.

4 > < 0 H = 8 E C A ; > 2 8 O E 7 0 2 0 @ 8 B L 8 < < 5 @ A 8 > == K 9 : > ; 4 - 1 @ N  
> G 5 = L ? @ > A B > . > 6 = > 8 A ? > ; L 7 > 2 0 B L D @ 5 = G - ? @ 5 A A .  
0 A B 0 8 2 0 B L 2 E > ; > 4 8 ; L = 8 : 5 1 2 G 0 A > 2 , > B D 8 ; L B @ > 2 0 B L  
2 A B @ > 5 == K < < 5 B 0 ; ; 8 G 5 A : 8 < D 8 ; L B @ > < 8 ? @ > ; 8 B L 2 Q < : > A B L  
4 ; O E @ 0 = 5 = 8 O G 5 @ 5 7 1 C < 0 6 = K 9 > B H a r i o 8 ; 8 M e l i t t a ( ? @ > 4 0 Q B A O 2 ; N 1 > <  
< 0 3 0 7 8 = 5 B 8 ? 0 0 3 = 8 B )

Fellow Duo Coffee Steeper Hario Cold Brew Bottle

! > 2 @ 5 < 5 == K 5 4 5 2 0 9 A K B 8 ? 0 H a r i o B r e w P o t , C o l d B r e w B o t t l e 8 ; 8 F e l l o w D u o C o f f e e S t e e p e r .  
> A ; 5 4 = 8 9 C < 5 = O 5 A B L 4 > < 0 8 = 5 A : > ; L : > H B C : < K C 6 5  
1 > ; L H 5 3 > 4 0 = 5 < > 6 5 < ? @ > 4 0 B L = 0 ? > ; : 5 2 : > D 5 9 = 5 . 5  
? > 2 5 @ 8 B 5 , = > B > ; L : > A 5 9 G 0 A O ? > = O ; ? > G 5 < C 2 = 0 7 2 0 = 8 8 5 A B L  
A ; > 2 > D u o . - B > 8 < < 5 @ A 8 > == K 9 7 0 2 0 @ = 8 ; , A > A B > O I 8 9 8 7 : > ; 1 K ,  
2 5 @ E = 5 9 < 5 B 0 ; ; 8 G 5 A : > 9 G 0 A B 8 A 3 0 0 < 8 : @ > == K < D 8 ; L B @ > < 8  
: ; 0 ? 0 = > < . : 0 7 0 ; > A L , G B > A 5 3 > ? > < > I L N , ? > < 8 < >  
> 1 K G = > 3 > 3 > @ O G 5 3 > : > D 5 B > 6 5 < > 6 = > 7 0 2 0 @ 8 B L : > ; 4 - 1 @ N . F a c e  
p a l m . = B 5 @ 5 A = K 9 4 5 2 0 9 A , = > > G 5 = L = 5 C 4 > 1 = K 9 2  
8 A ? > ; L 7 > 2 0 = 8 8 4 ; O 3 > @ O G 5 3 > : > D 5 , : 0 : 8 < = > 3 8 5 2 5 I 8 > B F e l l o w .  
< 5 = > B > B A ; C G 0 9 , : > 3 4 0 4 8 7 0 9 = 5 @ K ? K B 0 N B A O ? @ > 5 : B 8 @ > 2 0 B L  
: @ 0 A 8 2 > 8 = 5 D C = : F 8 > = 0 ; L = > .

Slow Drip Cold-Brew aka Dutch Slow Drip

aka Kyoto Style Cold-Brew

> B M B > < > Q ; N 1 8 < > 5 . - B 8 < = 0 ? 8 B > : O A 5 1 O 1 0 ; C N C 6 5 1 > ; L H 5  
? O B 8 ; 5 B . 0 : B > ; L : > < K > B : @ K ; 8 ? 5 @ 2 C N : > D 5 9 = N , B 0 < ? > O 2 8 ; A O  
d r i p c o l d - b r e w . = A @ 0 7 C 6 5 = 0 H 5 ; A 2 > 8 E ? > G 8 B 0 B 5 ; 5 9 8 4 > A 8 E O 2 ; O 5 B A O  
> A = > 2 = K < < 5 B > 4 > < , : 0 : < K 7 0 2 0 @ 8 2 0 5 < : > ; 4 - 1 @ N C A 5 1 O 2  
> : > D 5 9 = O E . K 8 A ? > ; L 7 C 5 < : > < ? 0 : B = K 9 2 0 @ 8 0 = B d r i p c o l d - b r e w t o w e r > B  
> : < ? 0 = 8 8 B r u e r , : > B > @ K 9 ? > D C = : F 8 > = 0 ; C B > G = > B 0 : > 9 6 5 , : 0 :  
4 ; O 4 > < 0 H = 5 3 > 2 0 @ 8 0 = B 0 P u c k P u c k . > > = Q < G C B L ? > 7 6 5 . I 5 G C B L  
@ 0 = = 5 5 O C 6 5 ? 8 A 0 ; ? @ > B r u e r 8 : > ; 4 - 1 @ N 2 M B > 9 A B 0 B L 5 :

> ; 4 - @ N

1 K G = > < K 7 0 2 0 @ 8 2 0 5 < ; 8 1 > O @ : 8 9 < K B K 9 : > D 5 , ; 8 1 > D @ C : B > 2 K 9  
= 0 B C @ 0 ; , : 0 : M B > B . R w a n d a H u y e M o u n t a i n N a t u r a l ' 5 @ 5 7 ? O B L G 0 A > 2 < K  
? > ; C G 0 5 < > G 5 = L 2 : C A = K 9 : > ; 4 - 1 @ N

A B 0 B 8 , 5 A ; 8 8 B 0 ; L O = F K ? @ 8 4 C < 0 ; 8 M A ? @ 5 A A > , B > 4 ; O < 5 = O  
/ ? > = 8 O M B > @ > 4 8 = 0 A > 2 @ 5 < 5 == > 3 > G Q @ = > 3 > : > D 5 . 5 B = 8 : > 3 >  
: @ C G 5 = 8 E . 5 3 5 = 4 0 = 0 G 8 = 0 5 B A O A 3 > ; ; 0 = 4 A : 8 E B > @ 3 > 2 F 5 2 ,  
> : > B > @ K 5 B > @ 3 > 2 0 ; 8 2 7 8 8 . > 2 @ 5 < O 4 > ; 3 8 E < > @ A : 8 E  
? 5 @ 5 E > 4 > 2 , > = 8 7 0 2 0 @ 8 2 0 ; 8 : > D 5 E > ; > 4 = > 9 2 > 4 > 9 , 2 > B ; 8 G 8 8  
> B : > = B 8 = 5 = B 0 ; L = > 9 2 @ > ? K , 3 4 5 2 A 5 : 8 ? O B 8 ; 8 = 0 ? 8 B > : . " 0 : 8 <  
> 1 @ 0 7 > < , : > D 5 4 > ; L H 5 A > E @ 0 = O ; A O 8 5 3 > < > 6 = > 1 K ; > ? 8 B L  
4 > ; 3 > 8 A G 0 A B ; 8 2 > . > @ 5 5 8 / ? > = 8 8 M B > B < 5 B > 4 A B 0 ; > G 5 = L

?>?C;O@=K<. !59G0A MB> CAB@>9AB2> 4;O 7020 @ 820=8O slow drip cold-brew  
AB>8B=0 :064>< C3;C, GB> 2 !5C;5, GB> 2 8>B>. #65  
A>2 @5<5==K5 B>@3>2FK 87 ! ( AB0;8 ?>?C;O@87>20BL MB>B  
<5B>4 : @0A82> =07202 Kyoto Style Cold-Brew, E>BO 2 A0<>9 /?>=88 >=  
=07K205BAO 8<5==> Dutch Slow Drip Coffee.

5B>4 70::NG05BAO 2 B><, GB> ?@8 :><=0B=>9 B5<?5@0BC @5, =0  
:>D59=CN «B01;5B:C», «:@>20B:C», «A;>9», :0: 20<1>;LH5  
=@028BAO, :0?05B 2>40 2 @0AGQB530-40 :0?5;L 2<8=CBC. C<06=K9  
D8;LB@ A25@EC, O2;O5BAO «48A?5@A8>==K<», 0A=87C(1C<06=K9,  
;81><5B0;;8G5A:89) G8ABOI8<=0?8B>: >B ?@8<5A59, <0A5; 8  
?@>A>G82H8EAO G0AB8F :>D5. 0: ?@028;>, 7020 @820=85  
A>AB02;O5B >B3 4>6 G0A>2, GB> 3>@074> <5=LH5, G5< ?@8  
8<<5@A8>==>< 7020 @820=88. !>>B25BAB25==>, =0?8B>:  
?>;CG05BAO 3>@074> G8I5, 2 AB> @07 0@><0B=59 8 A  
=525 @>OB=>9 O3>4=>9 :8A;>B=>ABLN. -B> 2 8450;5.

PUCKPUCK

I5 >4=0 48709=5 @A:0O 3@C??0 87 >=4>=0, :>B> @0O @5H8;0  
?>? @>1>20BL A2>8 A8;K 2 87>1 @5B5=88 ?>;57=>3>  
CAB@>9AB20 4;O :>D5 38:>2. C4CG8 O@K<D0=0B>< M@> @5AA, =5  
4>;3> 4C<0; O 8 :C?8; A2>9 ?5@2K9 0: 0: =0 kickstarter.com 8 ?>B><  
<K @5H8;8AL =0>D8F80;L=CN ?>AB02:C 2 >AA8N. =0O, GB>  
:>;4-1 @N =5>G5=L ?>?C;O@=K9 C=0A, <K 70E>B5;8 MB>  
87<5=8BL.

0: 0:(2A5 53>=07K20NB «?C:?C:» lol) MB> A;>2> 7=0G8B «H0910»  
(0=3;. puck) <5==>=0 H091C ?>E>6 MB>B 45209A, :>B>@K9  
@01>B05B B>;L:> 2 ?0@5 A M@> @5AA. =1K; ?@84C<0;; GB>1K  
A>? @>2>640BL 20H M@>? @5AA 2 20H8E ?CB5H5AB28OE ?><8@C,  
@538>=C 8;8 2 ?>574:5 2 "C@F8N, 4065 5A;8 2K :C?8;8 Ultra All Inclusive A>  
100% 25 @>OB=>ABLN :>D5 B0<1C45B"B0: A515".

PuckPuck MB> :@CB>5 <0;5=L:>5 :0 @<0==>5 CAB@>9AB2>, :>B>@>5  
? @52 @0I05B 20H M@>? @5AA 2 slow drip cold-brew tower. !96% 30 @0=B859, 2K  
?>;CG8B5 2:CA=K9=0?8B>:. 1% =0 :@82K5 @C:8. 1% =0 ?;>E>9  
:>D5. 1% =0 <5@7:CN 2>4C. 1% 2K =5 ;N18B5 :>;4-1 @N. 8709=5 @K  
C<5AB8;8 2 =53> 2A5 420 CA;>28O 4;O 7020 @820=8O 4 @8?  
:>;4-1 @N: » =0AB@08205<K9 :0?5;L=K9 :;0?0=  
» 48A?5@A8>==K9 D8;LB@  
>AB02;O5BAO 2 42CE 20 @80=B0E: PuckPuck A Q<:>ABLN 4;O 2>4K 8  
;L40 8PuckPuck Solo 4;O 1CBK;:8. ?5@2>< 20 @80=B5 20< 4>AB0B>G=>  
?@8:@CB8BL Q<:>ABL 8 70;8BL A2>N 2>4C A> ;L4><. >-2B>@><,  
2K 4>;6=K ?>4>1 @0BL A2>N 2>4C 8 ?>4E>4OICN ?> 480<5B@C  
3>@;KH:0 1CBK;:C, 8<5==> B>BA;CG09, :>340 <5AB0 2 @N:70:5 2

> 1 @ 5 7 8 < > 6 = > : 8 = C B L PuckPuck 2 : 0 @ < 0 =.

PuckPuck Solo ? > 4 1 C B K ; : C                      C B K ; : 0 = 0 < 5 A B 5 8 7 0 2 0 @ 8 2 0 = 8 5 = 0 G 0 ; > A L

PuckPuck A Q < : > A B L N                      > B > 2 > !

5 F 5 ? B: 35-40 3 @ 0 < < : > D 5, 400 < ;. 2 > 4 K, 100 3 @. ; L 4 0, = 0 A B @ > 9 B 5 ; : 0 ? 0 =  
= 0 4 0 : 0 ? 5 ; L 2 < 8 = C B C 8 6 4 8 B 5 > B 3 4 > 5 G 0 A > 2 2 7 0 2 8 A 8 < > A B 8 > B  
? > < > ; 0. / @ 5 : > < 5 = 4 C N B 0 : > 9 6 5 : 0 : 4 ; O 2 > @ > = : 8 8 ; 8  
0 M @ > ? @ 5 A A, B. 5. A @ 5 4 = 8 9.

8 6 C 0 ; 8 1 @ N 3 0 9 4

> < ? ; 5 : B PuckPuck A Q < : > A B L N 4 ; O 2 > 4 K 8 ; L 4 0                      > < ? ; 5 : B PuckPuck Solo  
4 ; O pet-1 C B K ; : 8

@ > 4 C < 0 = 0 = O C ? 0 : > 2 : 0                      > ; ; 0 1 > @ 0 F 8 O A 8 @ > 2 K <  
' 5 < ? 8 > = 0 B > < M @ > @ 5 A A

; 8 O = 8 5 = 0 7 4 > @ > 2 L 5. 0 ; ; N G 5 = 8 5.  
! 0 < > 5 ; C G H 5 5 > ? 8 A 0 = 8 5, G B > O = 0 H Q ; 8 ? 5 @ 5 2 Q ; 4 ; O 2 0 A  
: 0 A 0 B 5 ; L = > 2 ; 8 O = 8 O = 0 7 4 > @ > 2 L 5 G 5 ; > 2 5 : 0 > C ? > B @ 5 1 ; 5 = 8 8  
: > ; 4-1 @ N: « 5 A < > B @ O = 0 @ 0 A B C I C N ? > ? C ; O @ = > A B L : > D 5  
E > ; > 4 = > 3 > 7 0 2 0 @ 8 2 0 = 8 O, = 0 A : > ; L : > < = 5 8 7 2 5 A B = >, 1 K ; >  
> ? C 1 ; 8 : > 2 0 = > > G 5 = L < 0 ; > 8 A A ; 5 4 > 2 0 = 8 9 ? > 5 3 >  
E 8 < 8 G 5 A : 8 < A 2 > 9 A B 2 0 <, 2 ; ; N G 0 O p H 8 > 1 I C N 0 = B 8 > : A 8 4 0 = B = C N  
0 : B 8 2 = > A B L, 0 B 0 : 6 5 A 2 O 7 0 = = K 5 A = 8 < 8 ? > A ; 5 4 A B 2 8 O 4 ; O  
7 4 > @ > 2 L O G 5 ; > 2 5 : 0. @ 5 7 C ; L B 0 B 5 B I 0 B 5 ; L = > 3 > ? > 8 A : 0  
; 8 B 5 @ 0 B C @ K 1 K ; > = 0 9 4 5 = > B > ; L : > G 5 B K @ 5 @ 5 F 5 = 7 8 @ > 2 0 = = K E  
8 A A ; 5 4 > 2 0 = 8 O, A 2 O 7 0 = = K E A : > ; 4-1 @ N. 8 > 4 = > 8 7 M B 8 E  
8 A A ; 5 4 > 2 0 = 8 9 = 5 ? @ 5 4 > A B 0 2 8 ; > 4 > A B 0 B > G = > 9 8 = D > @ < 0 F 8 8,  
G B > 1 K ? > 4 4 5 @ 6 0 B L 8 ; 8 > ? @ > 2 5 @ 3 = C B L 7 0 O 2 ; 5 = 8 O >  
7 4 > @ > 2 L 5 / 2 @ 5 4 5 E > ; > 4 = > 3 > : > D 5 > B : > < < 5 @ G 5 A : 8 E  
? @ > 4 0 2 F > 2 : > D 5 8 ; 8 ; N 1 8 B 5 ; 5 9 : > ; 4-1 @ N.

# G 8 B K 2 0 O 7 = 0 G 8 B 5 ; L = K 9 @ > A B @ K = : 0 E > ; > 4 = > 3 > : > D 5 8  
? > B 5 = F 8 0 ; L = C N 2 0 6 = > A B L 1 8 > 0 : B 8 2 = K E : > < ? > = 5 = B > 2 : > D 5  
4 ; O 7 4 > @ > 2 L O G 5 ; > 2 5 : 0, C G 5 = K 5 A < > 3 ; 8 C A B 0 = > 2 8 B L  
: > ; 8 G 5 A B 2 5 = = C N > F 5 = : C p H, > 1 I 5 9 B 8 B @ C 5 < > 9 : 8 A ; > B = > A B 8 8  
> 1 I 5 9 0 = B 8 > : A 8 4 0 = B = > 9 0 : B 8 2 = > A B 8 : > ; 4-1 @ N, ? > ; C G 5 = = > 3 >  
8 7 < > ; > B > 3 > : > D 5. @ > < 5 B > 3 >, 8 A A ; 5 4 > 2 0 = 8 O > ? @ 5 4 5 ; O N B 2  
A > A B 0 2 5 5 - : > D 5 > 8 ; E 8 = > 2 C N (5-CQA), 4- : > D 5 > 8 ; E 8 = > 2 C N (4-CQA) 8

3- : > D 5 > 8 ; E 8 = > 2 C N : 8 A ; > B C ( 3 - C Q A ) , G B > 1 K ; C G H 5 ? > = O B L A 2 O 7 L  
< 5 6 4 C A > 4 5 @ 6 0 = 8 5 < C Q A 8 > 1 1 5 9 0 = B 8 > : A 8 4 0 = B = > 9  
A ? > A > 1 = > A B L N : > D 5 . 1 1 0 O 0 = B 8 > : A 8 4 0 = B = 0 O A ? > A > 1 = > A B L  
? @ 5 4 A B 0 2 ; O 5 B A > 1 > 9 < 5 @ C A ? > A > 1 = > A B 8 ? > 3 ; > 1 0 B L @ 0 4 8 : 0 ; K  
8 1 K ; 0 > ? @ 5 4 5 ; 5 = 0 A 8 A ? > ; L 7 > 2 0 = 8 5 < 0 = 0 ; 8 7 0  
> 1 5 A F 2 5 G 8 2 0 = 8 O : 0 B 8 > = > 2 @ 0 4 8 : 0 ; > 2 A B T S ( 4 8 0 < < > = 8 5 2 0 O A > ; L  
( ( 2 , 2 ' - 0 7 8 = > - 1 8 ( 3 - M B 8 ; 1 5 = 7 > B 8 0 7 > = 8 ; - 6 - A C ; L D > = > 2 > 9 : 8 A ; > B K ) ) ) .  
M B > < 8 A A ; 5 4 > 2 0 = 8 8 1 K ; 8 A ? > ; L 7 > 2 0 = A 2 5 B ; > - > 1 6 0 @ 5 = = K 9  
> : > D 5 , : C ? ; 5 = = K 9 C : > < < 5 @ G 5 A : > 3 > ? > A B 0 2 1 8 : 0 .  
" @ 0 4 8 F 8 > = = K 9 3 > @ O G 8 9 : > D 5 8 E > ; > 4 = K 9 : > D 5 A @ 0 2 = 8 2 0 ; 8 ,  
G B > 1 K > ? @ 5 4 5 ; 8 B L , : 0 : 8 5 @ 0 7 ; 8 G 8 O A C I 5 A B 2 C N B 2 : 8 A ; > B = > A B 8  
8 0 = B 8 > : A 8 4 0 = B = > 9 A ? > A > 1 = > A B 8 ? > ; C G 0 5 < K E = 0 ? 8 B : > 2 2  
7 0 2 8 A 8 < > A B 8 > B B 5 < ? 5 @ 0 B C @ K 8 2 @ 5 < 5 = 8 7 0 2 0 @ 8 2 0 = 8 O & »  
A ; 8 2 0 < 8 = B 5 @ 5 A = > ? > G 8 B 0 B L @ 5 7 C ; L B 0 B K M B > 9 @ 0 1 > B K , 2 > B  
2 0 < c A K ; : 0 : <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6207714/>  
% > G C B 0 : 6 5 A : 0 7 0 B L , G B > 2 A Q > G Q < O ? 8 H C 8 ; 8 > ? 8 A K 2 0 N , O 1 5 @ C 8 7  
A > 1 A B 2 5 = = > 3 > > ? K B 0 8 G 0 A B > 8 7 A 2 > 5 9 3 > ; > 2 K , = 5 : > B > @ K 5  
2 K 2 > 4 K 4 > ; 6 = K A ; C 6 8 B L 4 ; O 2 0 A ; 8 H L > @ 8 5 = B 8 @ > < 8  
2 > > 4 C H 5 2 ; O B L = 0 A > 1 A B 2 5 = = K 5 8 7 K A : 0 = 8 O ? > 2 K 1 @ 0 = = > 9 B 5 < 5 .  
0 : ? @ 0 2 8 ; > , 2 A 5 < M B 8 < O ? > ; L 7 C N A L ; 8 G = > 8 G 0 A B > , ? 5 @ 5 4 0 2 0 O  
A 2 > 8 > I C I 5 = 8 O 8 6 5 ; 0 = 8 5 ? > 4 5 ; 8 B L A O A 2 > 8 < 8 = 0 1 ; N 4 5 = 8 O < 8  
2 A B 8 ; 8 A B 8 G 5 A : 8 = 5 8 4 5 0 ; L = > < B 5 : A B 5 . ! ? 0 A 8 1 > !

D 8 F 8 0 ; L = K 9 4 8 A B @ 8 1 L N B > @ 2 \$ : ! " ! \$ ( @ 0 A = > 4 0 @ )  
0 ? @ > A ? @ 0 9 A 0 : [sb@sweetbeans.ru](mailto:sb@sweetbeans.ru)  
@ > 4 C : B K : Speciality Coffee, AeroPress, PuckPuck, ACME & CO, Porlex Griders, Barista Space etc.  
= - ; 0 9 = < 0 3 0 7 8 = : [sweetbeans.ru](https://sweetbeans.ru)  
@ > < > - : > 4 : ? 0 ? 5 A = > 2 0 1 5 - 1 5 % A : 8 4 : 0 = 0 PuckPuck

! B 0 B L O 8 D > B > 3 @ 0 D 8 8 O 2 ; O N B A O A > 1 A B 2 5 = = > A B L N  
[? @ > : > D 5 . @ C](#)  
' 0 A B 8 G = > 5 8 ; 8 ? > ; = > 5 8 A ? > ; L 7 > 2 0 = 8 5 < 0 B 5 @ 8 0 ; 0 B > ; L : > A  
? 8 A L < 5 = = > 3 >  
@ 0 7 @ 5 H 5 = 8 O @ 5 4 0 : F 8 8 ? @ > : > D 5 . @ C  
: B 8 2 = 0 O A A K ; : 0 = 0 8 A B > G = 8 : > 1 O 7 0 B 5 ; L = 0