The **Sentence Method** is effective for lectures that provide a lot of content quickly. This method encourages you to use shorthand that works for you, but also allows you to take down as much information as possible during the lecture.

---

**Origins of Coffee**

Legend has it that coffee was actually discovered by a herd of goats in Africa and their goat herder who tried the berries after noticing his goats snacking on them. Soon the goat herder was running around with just as much energy as his goats.

*Ex. Legends say African goats ate coffee beans & goat herders copied them.*

African coffee beans would find their way to Arabia where the first coffee was roasted there in 1000 A.D. Soon Muslims were drinking coffee on a daily basis.

*Ex. African cof. beans to Arabia; 1st roasted in 1000 A. D.*

Arabia attempted to control all production of coffee beans by making all exported beans infertile. This was successful until a man named Baba Budan smuggled seeds out of Mecca strapped across his stomach.

*Ex. Arabia export only sterile beans to control prod. Worked til Baba Budan smuggled seeds out.*

The Dutch were the first European country to succeed in producing their own coffee, growing their first coffee plant in 1616. They expanded to found the first European owned estate in Java, which is today part of Indonesia.

*Ex. Dutch grew 1st Euro. Coffee tree in 1616 & first estate in Java, now Indonesia.*

Sometime between 1714 and 1720 Gabriel Mathieu de Clieu stole part of Louis XIV’s coffee tree which had been a gift to the King of France from the Dutch.

*Ex. Gabriel Mathieu de Clieu stole part of France’s Louis XIV’s tree.*

De Clieu carried his stolen coffee sprout to Martinique where the plant was watched carefully by armed guards. This one plant would eventually yield about 18 million coffee trees in about 50 years.

*Ex. Gabe took his loot to Martinique & guarded it carefully. This tree produced 18 million new trees in 50 years.*

---