

How humanity got hooked on coffee

Fonte: <https://youtu.be/xQ156y4TtJs>



English Transcript	Tradução
One day around 850 CE, a goatherd named Kaldi observed that, after nibbling on some berries, his goats started acting abnormally.	Certo dia, por volta de 850 d.C., um pastor de cabras chamado Kaldi observou que, após mastigar algumas bagas, suas cabras começaram a agir de maneira anormal.
Kaldi tried them himself, and soon enough he was just as hyper.	Kaldi experimentou-as ele mesmo, e logo estava tão hiperativo quanto elas.
This was humanity's first run-in with coffee— or so the story goes.	Essa foi a primeira interação da humanidade com o café — ou, pelo menos, assim diz a história.
When exactly people began consuming coffee is unclear— but at some point before the 1400s, in what's now Ethiopia, people began foraging for wild coffee in the forest undergrowth.	Não está claro quando exatamente as pessoas começaram a consumir café — mas, em algum momento antes dos anos 1400, no que é hoje a Etiópia, as pessoas começaram a forragear café selvagem no sub-bosque da floresta.
The reason coffee plants are equipped with lots of caffeine might be because it makes them unattractive to herbivores or more attractive to pollinators.	A razão pela qual as plantas de café são equipadas com bastante cafeína pode ser porque isso as torna pouco atraentes para herbívoros ou mais atraentes para polinizadores.
But either way, people caught on to coffee's advantages and began making tea from its leaves; combining its berries with butter and salt for a sustaining snack; and drying, roasting, and simmering its cherries into an energizing elixir.	De qualquer forma, as pessoas perceberam as vantagens do café e começaram a fazer chá de suas folhas; combinando suas bagas com manteiga e sal para um lanche sustentável; e secando, torrando e fervendo suas cerejas em um elixir energizante.



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Coffee rode trade routes into the Middle East, and its widespread popularity began brewing in earnest in the 1450s.	O café percorreu rotas comerciais até o Oriente Médio, e sua popularidade generalizada começou a aumentar seriamente nos anos 1450.
Upon returning from a visit to Ethiopia, a Sufi leader recommended that worshippers in Yemen use coffee during ritual chants and dances.	Após retornar de uma visita à Etiópia, um líder Sufi recomendou que os adoradores no Iêmen usassem café durante cantos e danças rituais.
Soon enough, people within the Ottoman Empire began roasting and grinding the beans to yield a darker, bolder beverage.	Logo, as pessoas dentro do Império Otomano começaram a torrar e moer os grãos para produzir uma bebida mais escura e encorpada.
Many gathered in guesthouses and outside mosques to partake in coffee's comforts.	Muitos se reuniam em hospedarias e fora das mesquitas para compartilhar o conforto do café.
But authorities grew concerned about whether coffee's influence was innocent or intoxicating, and if Muslims should be allowed to drink it.	Mas as autoridades ficaram preocupadas se a influência do café era inocente ou intoxicante, e se os muçulmanos deveriam ser autorizados a bebê-lo.
Indeed, in 1511, a religious court in Mecca put coffee on trial.	De fato, em 1511, um tribunal religioso em Meca colocou o café em julgamento.
Scholars finally deemed it permissible, so coffeehouses sprang up in Damascus, Istanbul, and beyond, where clientele could sip coffee, smoke, and enjoy a variety of entertainment.	Os estudiosos finalmente o consideraram permitido, então as cafeterias surgiram em Damasco, Istambul e além, onde os clientes podiam saborear café, fumar e desfrutar de uma variedade de entretenimentos.
By the late 1500s, people in Yemen were farming coffee and exporting it from the port of Al-Makha, which became known in other parts of the world as Mocha.	No final dos anos 1500, as pessoas no Iêmen estavam cultivando café e exportando-o a partir do porto de Al-Makha, que ficou conhecido em outras partes do mundo como Mocha.
But coffee was eventually transported— or smuggled— into India, and soon took root in Java and beyond.	Mas o café foi eventualmente transportado — ou contrabandeado — para a Índia, e logo se enraizou em Java e além.
Meanwhile, the Ottoman Empire introduced the stimulating substance to Europe.	Enquanto isso, o Império Otomano introduziu a substância estimulante na Europa.
Central London's first coffeehouses opened in the 1650s.	As primeiras cafeterias de Londres central abriram nos anos 1650.
By 1663 there were more than 80.	Até 1663, havia mais de 80.
And despite King Charles II's attempt to ban them in 1675, coffeehouses kept simmering as social and intellectual hotbeds.	E, apesar da tentativa do Rei Charles II de proibi-las em 1675, as cafeterias continuaram fervilhando como centros sociais e intelectuais.
In 1679, for instance, patrons of Garraway's coffeehouse had the pleasure of watching Robert Hooke, the scientist who coined the term "cell," publicly dissect a porpoise.	Em 1679, por exemplo, os frequentadores da cafeteria Garraway tiveram o prazer de assistir Robert Hooke, o cientista que cunhou o termo "célula", dissecar publicamente um golfinho.
In France, people began mixing coffee with milk and sugar.	Na França, as pessoas começaram a misturar café com leite e açúcar.
And throughout the 1700s, Paris' coffeehouses hosted Enlightenment figures like Diderot and Voltaire, who allegedly drank 50 cups of coffee a day.	E, ao longo dos anos 1700, as cafeterias de Paris hospedaram figuras do Iluminismo como Diderot e Voltaire, que supostamente bebiam 50 xícaras de café por dia.
Granted, these were likely small servings of comparatively weak coffee— but still, impressive.	Claro, essas eram provavelmente pequenas porções de café comparativamente fraco — mas ainda assim,



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	impressionante.
Meanwhile, European empires began profiting off coffee-growing, establishing enslaved or exploited workforces in Asia, Latin America, and the Caribbean.	Enquanto isso, os impérios europeus começaram a lucrar com o cultivo de café, estabelecendo forças de trabalho escravizadas ou exploradas na Ásia, América Latina e Caribe.
As cultivation boomed in Latin America, fueled by slavery, growers displaced Indigenous populations and burned forests to establish ever-expanding plantations.	À medida que o cultivo aumentava na América Latina, impulsionado pela escravidão, os produtores deslocavam populações indígenas e queimavam florestas para estabelecer plantações cada vez maiores.
By 1906, Brazil was exporting over 80% of the world's coffee.	Até 1906, o Brasil estava exportando mais de 80% do café do mundo.
That same year, the Milan World's Fair showcased the first commercial espresso machine.	Nesse mesmo ano, a Feira Mundial de Milão apresentou a primeira máquina de café expresso comercial.
And alongside the development of industrial roasting equipment came various coffee brands.	E, junto com o desenvolvimento de equipamentos industriais de torrefação, surgiram várias marcas de café.
By the mid-1950s, about 60% of US factories incorporated coffee breaks.	Até meados dos anos 1950, cerca de 60% das fábricas dos EUA incorporavam pausas para o café.
As African countries cut colonial ties, many ramped up coffee production.	À medida que os países africanos cortavam laços coloniais, muitos aumentavam a produção de café.
And coffee drinking also later made inroads in East Asia, especially as canned, pre-prepared beverages.	E o consumo de café também fez incursões no Leste Asiático, especialmente como bebidas enlatadas, pré-preparadas.
In more recent decades, specialty coffees with an emphasis on quality beans and brewing methods grew popular and propelled farms in Central America and East Africa.	Nas décadas mais recentes, os cafés especiais, com ênfase em grãos de qualidade e métodos de preparo, ganharam popularidade e impulsionaram fazendas na América Central e no Leste da África.
Yet coffee workers worldwide continued to endure inhumane conditions and insufficient compensation.	No entanto, trabalhadores do café em todo o mundo continuaram a suportar condições desumanas e compensação insuficiente.
This motivated certification efforts for coffee production that met ethical standards, including minimum wage and sustainable farming.	Isso motivou esforços de certificação para a produção de café que atendesse a padrões éticos, incluindo salário mínimo e agricultura sustentável.
But issues still loom over the industry.	Mas questões ainda pairam sobre a indústria.
And because of climate change, the equatorial "Bean Belt" where coffee thrives is projected to shrink in upcoming decades.	E, por causa das mudanças climáticas, o "Cinturão do Café" equatorial, onde o café prospera, está projetado para encolher nas próximas décadas.
It's unclear exactly what this might look like.	Não está claro exatamente como isso pode parecer.
But scientists are investigating possibilities like resilient coffee hybrids that might help weather the unpredictable future— all to protect the beverage that's become a cherished part of daily rituals worldwide.	Mas cientistas estão investigando possibilidades como híbridos de café resilientes que possam ajudar a enfrentar o futuro imprevisível — tudo para proteger a bebida que se tornou uma parte querida dos rituais diários em todo o mundo.



Contagem de palavras

A tabela abaixo exhibe as palavras encontradas neste vídeo, bem como o número de vezes em que aparecem.

Veja também: [Para que serve esta tabela?](#)

Freq.	Palavra	Freq.	Palavra	Freq.	Palavra
30	and	28	the	26	coffee
24	in	18	s	13	to
13	of	10	a	7	but
7	began	6	that	6	people
6	as	5	with	5	was
5	or	5	it	5	by
4	on	4	its	4	for
4	coffeehouses	3	world	3	were
3	this	3	them	3	soon
3	roasting	3	more	3	might
3	like	3	into	3	from
3	first	3	east	3	america
2	yemen	2	worldwide	2	who
2	where	2	what	2	up
2	unclear	2	still	2	some
2	so	2	simmering	2	production
2	over	2	ottoman	2	meanwhile
2	many	2	latin	2	kaldi
2	is	2	grew	2	farming
2	exporting	2	exactly	2	ethiopia
2	enough	2	empire	2	decades
2	day	2	central	2	brewing
2	beyond	2	beverage	2	berries
2	because	2	beans	2	be
2	asia	2	are	2	an
2	about	1	yield	1	yet
1	year	1	worshippers	1	workforces
1	workers	1	within	1	wild
1	widespread	1	which	1	whether
1	when	1	weather	1	weak
1	way	1	watching	1	wage
1	voltaire	1	visit	1	various
1	variety	1	use	1	us
1	upon	1	upcoming	1	unpredictable
1	undergrowth	1	unattractive	1	tried
1	trial	1	transported	1	trade



Freq.	Palavra	Freq.	Palavra	Freq.	Palavra
1	took	1	ties	1	throughout
1	thrives	1	these	1	there
1	than	1	term	1	tea
1	sustaining	1	sustainable	1	sugar
1	sufi	1	substance	1	story
1	stimulating	1	started	1	standards
1	sprang	1	specialty	1	social
1	snack	1	smuggled	1	smoke
1	small	1	slavery	1	sip
1	shrink	1	showcased	1	should
1	servings	1	scientists	1	scientist
1	scholars	1	same	1	salt
1	run	1	routes	1	root
1	rode	1	robert	1	rituals
1	ritual	1	returning	1	resilient
1	religious	1	recommended	1	recent
1	reason	1	ramped	1	quality
1	put	1	publicly	1	protect
1	propelled	1	projected	1	profiting
1	prepared	1	pre	1	possibilities
1	port	1	porpoise	1	populations
1	popularity	1	popular	1	pollinators
1	point	1	pleasure	1	plants
1	plantations	1	permissible	1	patrons
1	parts	1	partake	1	part
1	paris	1	outside	1	other
1	opened	1	one	1	off
1	observed	1	now	1	nibbling
1	named	1	muslims	1	motivated
1	mosques	1	mocha	1	mixing
1	minimum	1	milk	1	milan
1	middle	1	mid	1	methods
1	met	1	mecca	1	making
1	makha	1	makes	1	made
1	machine	1	lots	1	loom
1	look	1	london	1	likely
1	leaves	1	leader	1	later
1	late	1	known	1	king
1	kept	1	just	1	java
1	istanbul	1	issues	1	investigating
1	introduced	1	intoxicating	1	intellectual



Freq.	Palavra	Freq.	Palavra	Freq.	Palavra
1	insufficient	1	instance	1	inroads
1	innocent	1	inhumane	1	influence
1	industry	1	industrial	1	indigenous
1	india	1	indeed	1	incorporated
1	including	1	impressive	1	ii
1	if	1	hyper	1	hybrids
1	humanity	1	hotbeds	1	hosted
1	hooke	1	his	1	himself
1	herbivores	1	help	1	he
1	had	1	guesthouses	1	growing
1	growers	1	grinding	1	granted
1	goes	1	goats	1	goatherd
1	gathered	1	garraway	1	future
1	fueled	1	france	1	forests
1	forest	1	foraging	1	finally
1	figures	1	farms	1	fair
1	factories	1	exploited	1	expanding
1	ever	1	eventually	1	european
1	europe	1	ethical	1	establishing
1	establish	1	espresso	1	especially
1	equipped	1	equipment	1	equatorial
1	entertainment	1	enslaved	1	enlightenment
1	enjoy	1	energizing	1	endure
1	empires	1	emphasis	1	elixir
1	either	1	efforts	1	earnest
1	during	1	drying	1	drinking
1	drink	1	drank	1	dissect
1	displaced	1	diderot	1	development
1	despite	1	deemed	1	darker
1	dances	1	damascus	1	daily
1	cut	1	cups	1	cultivation
1	court	1	countries	1	could
1	continued	1	consuming	1	conditions
1	concerned	1	compensation	1	comparatively
1	commercial	1	comforts	1	combining
1	colonial	1	coined	1	coffees
1	coffeehouse	1	climate	1	clientele
1	cherries	1	cherished	1	charles
1	chants	1	change	1	certification
1	cell	1	ce	1	caught
1	caribbean	1	canned	1	came



Freq.	Palavra	Freq.	Palavra	Freq.	Palavra
1	caffeine	1	butter	1	burned
1	breaks	1	brazil	1	brands
1	boomed	1	bolder	1	beverages
1	belt	1	before	1	become
1	became	1	bean	1	ban
1	authorities	1	attractive	1	attempt
1	at	1	around	1	also
1	alongside	1	allowed	1	allegedly
1	all	1	al	1	after
1	african	1	africa	1	advantages
1	acting	1	abnormally		