

M.S. ENVIRONMENTAL SCIENTIST · COFFEE GUIDE

THE CLEANER CUP OF COFFEE

Most of us think about the beans and never the machine. What coffee is brewed in, grown with, and stored in can matter as much as the coffee itself.



THE SOURCE OF THE PROBLEM

WHAT'S HIDING IN A DRIP MACHINE

Plastic

Near-boiling water runs through a plastic reservoir and tubing. Heat increases what can shed into your cup.

Mold

Reservoirs and internal lines stay warm and damp and are nearly impossible to clean or fully dry.

Coatings

Many carafes and hot plates use non-stick coatings or aluminum parts that sit at high heat.

01 · BREW IT IN SOMETHING INERT

Look for glass, stainless, and no plastic in the water path.



MY PICK

Caraway Coffee Maker →

Plastic-free brew path: glass reservoir, stainless steel basket with no paper filter, and a borosilicate glass carafe.



ALSO GREAT

Stainless Steel French Press →

Fully stainless, no paper filters, and easy to take apart and clean. It doubles as a cold brew maker.



02 · START WITH A CLEANER BEAN

Why I drink Lifeboost Coffee.

Beans can pick up mold during drying and storage, and mold can produce mycotoxins. Most brands never test for them.

Certified organic

No synthetic pesticides

Third-party tested

Mycotoxins, metals, pesticides

Shade grown

Single origin, high altitude

Low acid

Easier on many stomachs

03 · RECIPE · ICED COFFEE INFUSION

Cinnamon-orange cold brew.



YOU'LL NEED

- ½ cup coarse-ground Lifeboost
- 3 cups filtered water
- 1 cinnamon stick + 1 strip orange peel
- Ice, milk of choice, maple syrup to taste

STEPS

- 01 Add coffee, cinnamon, and peel to the press. Pour in cold water and stir.
- 02 Cover and steep in the fridge 12–16 hours.
- 03 Press slowly and pour into a glass jar.
- 04 Serve over ice with milk and maple. Keeps 5 days chilled.