



# What is the difference between Arabica & Robusta?

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## What are they?

Arabica and Robusta are terms referring to the "species" which the coffee belongs to. Coffee has well over 100 species but, Arabica and Robusta are the most commonly consumed strands of it *Coffea Arabica* *Coffea Canephora* (also known as *Coffea Robusta*).

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## What's the difference?

- Arabica and Robusta coffees differ in taste, growing conditions, price.
- Arabica was discovered in Ethiopia. Robusta was discovered in Zaire.

## Is there really that much of a difference?

- Arabica a wide range of flavor profiles. Arabica beans tend to have a sweeter, softer taste, with tones of sugar, fruit, and berries. Their acidity is higher, with that winy taste that characterizes coffee with excellent acidity.
- Robusta, however, has a stronger, earthy or rubbery taste, with a grain-like overtone and peanutty aftertaste. They contain twice as much caffeine as Arabica beans

## Why is it important?

- We all know that coffee contains many antioxidants that our body needs, but did you know that the amount of these antioxidants vary between coffee species? For example, Robusta beans contain 7 to 10% Chlorogenic acid but Arabica beans only have about 5.5 to 8% CGA.
- Arabica costs the most. This is because the plants are harder to grow (they require high altitudes and more manual labor), take longer to mature, yield less, and are more susceptible to pests and bad weather conditions.
- Cheaper coffee tends to be a blend of the two types of coffee beans, or contains robusta and chickory. Instant coffee is pretty much exclusively robusta, or a robusta blend.
- However, as well as lowering the cost, robusta can also sometimes be added in order to give espresso coffee extra body, strength, as well as improve its foam head (known as the "crema").



## Data Sources:

- <https://www.coffeechemistry.com/general/agronomy/differences-arabica-and-robusta-coffee>
- <https://theroasterspack.com/blogs/news/15409365-10-differences-between-robusta-arabica-coffee>
- <https://delishably.com/beverages/what-is-the-difference-between-arabica-and-robusta-coffee-beans>