

# A Morning Cup of... Matcha?

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As an average person, you probably wake up feeling tired every morning. A common solution to solve this problem, besides getting enough sleep, is to probably start the day with a nice cup of coffee. At least that's the proper solution for sixty-four percent of Americans (Nikolovska). But what if this highly caffeinated so-called *loveable* drink was not the best solution? What if there was a much better solution to fulfill your tired, worn out needs? A solution not only more beneficial than coffee, but tastier, too. Could a wonderful, magnificent beverage like this even exist? Well folks, the answer is yes! Thankfully, there is such a drink that exists. This refreshment is called matcha, and it is far superior than any coffee.

For starters, matcha is not coffee but rather tea. It is made from green tea leaves which are ground into a fine powder. Unlike regular green tea, which is made from infusing the leaves into hot water, you drink the tea leaves of matcha (Sass). It is primarily grown in Japan, and is important in Zen tea ceremonies ("Matcha").

Additionally, matcha is not only easier to make than coffee, but faster, too. The process to make matcha only requires adding hot water to a cup, then a spoonful of matcha, and lastly, stirring it to a froth. The steps are quick and take less than a minute. Making a cup of coffee, on the other hand, is a whole different story. Not only are there many steps involved, but many items are required. For example, the first step requires measuring the amount of coffee being used, then grinding the coffee beans into a powder. When those first steps are finally complete, the coffee has to be steeped or steamed. Finally, to finish this lengthy, complicated process, a coffee machine will transform the coffee powder into the final product (Gower). All of this is likely to take much more than a quick minute. Comparing the procedure of making coffee to that of making matcha, it is clear that matcha not only takes a lot less time to make, but also is a much tastier beverage than the time-consuming coffee.

Furthermore, matcha has less caffeine than coffee, and it is a more beneficial beverage. A cup of coffee can boost your energy for one to three hours, whereas a cup of matcha can boost your energy for four to six hours (Thismatchaismine). Research shows that this is due to the amino acid L-Theanine found in matcha. The L-Theanine slows the caffeine release, leading to a feeling of calmness and relaxation (March). This wonderful drink also does not cause consumers to have a sudden energy drop when the caffeine wears off like coffee does; instead, the energy level is sustained (“Coffee”). With matcha having less caffeine than coffee yet providing longer, more sustainable energy boosts, this is all the more reason why matcha is the better brew.

Moreover, matcha does not lead to increased anxiety or agitation like coffee does. Coffee is well known for waking people up and keeping them alert throughout the day, but many consumers of this drink experience negative effects as well. Some of these effects include feeling jittery and anxious. Coffee can lead to feelings of agitation, whereas matcha leads to a calm alertness. Matcha typically contains much less caffeine than coffee. Because of this, coffee is more likely to cause caffeine dependence. Also, skipping the daily cup of coffee can lead to headaches and other withdrawal symptoms. Both caffeine dependence and withdrawal are much less likely to occur among matcha drinkers. Luckily, matcha is an option for people who experience these negative effects from coffee, as matcha does not leave people with those undesirable feelings. As mentioned before, the secret ingredient that thwarts those unwanted effects away is L-theanine, which coffee of course lacks (Love). So to the people who want to feel awake but not over-caffeinated, matcha provides the benefits without the negative side effects.

In the end, coffee can be made in many different ways and can be found in many different places, but no matter who makes it or where it's from, a cup of matcha will always be preferable. Matcha is clearly the healthier beverage. Truly, compared to coffee, it is the drink that is easier to make, is more beneficial, and does not lead to feelings of anxiety. No matter which drink is more popular, it is always important for people to educate themselves about other options they may

have; to see what works and what doesn't. In summary, everyone may have their own special and unique drink, and that is what makes the world a better place.

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