

Commercial coffee



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This study was conducted to determine the feasibility of the ampalaya seeds as a brewed coffee. The researchers used powdered Ampalaya seeds in this study.

Momordica Charantia or ampalaya seeds contain iron and folic acid which are essential for the production of the red blood cells and the formulation of hemoglobin and myoglobin.

Coffee is usually drunk hot, black or with cream and sugar and also drunk cold as iced coffee, specially summer. People are used of drinking coffee every morning to warmth their body and at night to avoid being sleepy. But coffee contains a stimulant called caffeine.

The result of this will determine if the coffee made from ampalaya seeds can be use as a substitute for the commercial coffee.

After researching and collecting the raw materials, the researchers were able to begin the experimentation. The coffee was obtained by drying, grinding, and roasting the seeds of ampalaya, and boiled. After boiling, the coffee was manually extracted with the use of a clean cloth.

The researchers conducted a survey among __ persons rating the quality of the commercial coffee and ampalaya seed-coffee in a scale of 1-5.

Correlation was used to determine the validity and reliability between the two variables.

Background of the Study

Coffee is a much known beverage to the majority of the people. It is known for its stimulating effect on the functions of the brain, thus making the drinker active. The Philippine archipelago was indeed very fortunate with various natural resources ranging from the beautiful landmarks, rich sources of food, and wild diversity of living things. Bittermelon (*Momordica charantia*), commonly known as ampalaya, it is a fruit known for its bitter and astringent taste. Commonly, people eat its flesh and skin as food leaving the seeds unused. With this, we are aimed to prove the feasibility of ampalaya seeds as an alternative source for coffee making which offers better health benefits at low cost and attainability. The study aimed to prove that ampalaya seeds are capable and feasible for coffee production.

Ampalaya is a vegetable grown throughout the Philippines. It is mostly cultivated, although wild forms can be found. It grows wild in the remote areas of Mt. Banahaw. As the English name suggests (bitter melon), the melon has a bitter taste due to the presence of momordicin. There has been much research done on the effectiveness of using *Momordica Charantia* in the treatment of diabetes.

It has been shown to increase production of beta cells by the pancreas, thereby improving the body's ability to produce insulin. It has been recommended by the Department of Health of the Philippines, as one of the best herbal medicines for its ability to help with liver problems, Diabetes and HIV. It is a common herb used in Chinese herbology. In the Philippines, the leaves are often used for children's coughs. It is also used in the treatment of skin diseases, sterility in women, as a parasiticide, as an antipyretic, and as a purgative.

Scope and Limitations

The study focuses mainly on producing coffee out of ampalaya seeds. In line with this, we also want to recognize characteristics of the coffee made from ampalaya seeds particularly the smell and taste and identify its level of acceptability compared to the commercial coffee that we have today. (The commercial coffee used was Nescafe Classic). The samples were processed by the basic methods of making coffee: roasting, grinding, and brewing. The products were then evaluated by a minimum of __ evaluators of coffee-drinker to determine its characteristics and level of acceptability. Each of the evaluators were provided an individual score sheet to evaluate each samples made. The experiment was done at the residence of the researcher during the school year 2013-2014.

Although commercial coffee has no nutritive value, which is one prospect advantage of the ampalaya seeds coffee, this study does not aim to determine which coffee (ampalaya seeds vs. commercial coffee) has more nutritional value or which is more nutritious.

Methodology

We created ampalaya coffee by starting with the normal proceedings as done with other coffee known to man. We toasted and grinded the seeds until the time that it is soluble with water. The number of seeds dried, peeled and toasted was __ seeds. The initial weight of the seeds before they were toasted was __g and after they were toasted to golden brown they weight __g. There appeared a difference of __g before and after the seeds were

toasted. After the pulverization of the seeds were obtained a sample good for __ cups of coffee.

After adding hot water to the ampalaya coffee sample, the sample dissolved in the hot water just likes any normal cup of coffee. The coffee gave a bitter taste which is normal for coffee without caffeine. We can then conclude that ampalaya seeds are definitely feasible for coffee production and based from the results, it serves well as the other sources of coffee.