

# Large Iced Honey Lavender Latte

By Luiza Rufeisen 6/1/2023

I snooze my alarm. I eat blueberries or strawberries, anything my mom puts on the table when I get downstairs (she hates when I skip breakfast so she cuts up fruit for me to make sure I eat)<sup>1</sup>, I get dressed, usually leggings and a hoodie and my sunglasses so no one sees my eye bags<sup>2</sup>. I walk to my car, and my morning car ride is when all the thoughts start wrestling each other in my head. I remember I have about \$10 left in my bank account. My morning immediately shifts, and I change my normal school route to stop by Red Rock Coffee in Mountain View<sup>3</sup> (I like that route to school better anyways) I see my favorite coworker, he has my order memorized.

“Let me guess, large iced honey lavender latte<sup>4</sup>

The moment my lips touch the plastic strawless cup the lavender fills the breeze around me, the honey sweetens it slightly, and the strength of the coffee makes my lips clench. It’s perfect. I know it sounds very peculiar how a coffee changed my mundane morning.

Coffee is just a drink. Right?<sup>5</sup>

As a Brazilian, I would have to disagree<sup>6</sup>. Ever since I was little I took sips of my mom's hot coffee (½ actual coffee ½ milk with tons of sugar). I watched as my family had heated debates at 9 pm and made their decaf coffee to go along with the passion fueled in their voice. I got used to ordering a coffee as my dessert in any dinner restaurant we went to. I learned to be pretentious enough to not enjoy Starbucks coffee<sup>7</sup> Yes coffee is a drink but every time I know I get to wake up and go to my favorite coffee shop and order my favorite coffee in the world it installs a sense of childhood into my morning routine. Coffee isn’t just a drink, it's a piece of my identity.

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<sup>1</sup> Probably an immigrant thing.

<sup>2</sup> I was “blessed” with Tim Burton eyes.

<sup>3</sup> Red Rock Coffee, 201 Castro Street, Mountain View, CA, 94041.

<sup>4</sup> A very Californian order.

<sup>5</sup> Even before 2020 went sideways, as many as 4.1 percent of Americans suffered from depression. Believe it or not, coffee can help. Studies have shown that people who drink coffee are 20 percent less likely to become depressed, and 53 percent less likely to die by suicide.

<sup>6</sup> Today, Brazil produces about third of the world's supply, according to the International Coffee Organization, about twice as much as the second place holder, Vietnam.

<sup>7</sup> It is always burnt.

## Bibliography

3 scientific reasons coffee makes you happier and more productive. Accessed June 1, 2023.  
<https://www.inc.com/jason-aten/3-scientific-reasons-coffee-makes-you-happier-more-productive.html>.

This Blog analyzes the community aspect of coffee and then goes over the health benefits that coffee provides. The writer, Jason Naten acknowledges his possible biases being an avid coffee drinker, then later justifies the bias with indisputable facts about coffee. He goes into the energy benefits of coffee, then segways into brain function and mental health.

Hawkins, Amanda, and Caroline Picard. "Surprising Facts about Coffee." Good Housekeeping, August 25, 2022.  
<https://www.goodhousekeeping.com/health/diet-nutrition/a30303/facts-about-coffee/>.

This source goes into depth about the production and history of coffee. I wanted to highlight the abundance of coffee in Brazilian culture by showing how much coffee is made in Brazil. I used this source to provide context for those who don't know much about how coffee is a very important part of Brazil and Brazilian culture

Red Rock Coffee. Accessed June 1, 2023. <https://redrockcoffee.com/>.

This source is Red Rock Coffee's main website. I wanted to include the address in the footnotes in order to give it an authentic feel. The website contains information about their menu, the events being held at their location, their open mic policies, and the art they sell on their walls.