

Product Review: Blue Spruce Decaf Coffee Co.

*** This is a paid promotion. All opinions are my own and based on my honest feedback of the product.*



Well, it's finally happened. At 33 weeks pregnant, I've had to start moving over to decaffeinated coffee. This pregnancy (my third) has been my most difficult pregnancy to date. Things that normally don't make me feel 'yucky' have started to make me feel yucky. During my first trimester, one of my biggest aversions was coffee. Just the smell of it would send me running for the trash can, which was a shame because I am 100% addicted to caffeine. Due to this aversion, which lasted roughly 3 months, I think I slowly started weening myself off of caffeine. Hear me when I say, this wasn't on purpose. I have been a 1-cup-of-coffee-a-day gal since I started working post-college (waaaaay back in 2002). I was not a coffee drinker in high school and didn't touch the stuff in college

but boy, oh boy, once I started in the working world, I leaned into coffee . . . and I mean hard. At first, my coffee need was purely for the caffeine and morning warmth (I love that hot cup of coffee first thing in the morning). However, the need as developed into an actual love of the taste of coffee.

My taste for coffee has evolved over the years as well. It used to be that I needed my coffee to be so strong it could punch you in the fact. Now, however, I live in a space where my heartburn and stomach can't handle the acidity of really strong coffee. Instead, I need a more mellow flavor that will go easy on the stomach and the heart burn. What's more, the caffeine, even a little bit of it, is starting to make me feel sick at this stage in my pregnancy so when Chad Polski, the owner and developer of Blue Spruce Decaf Coffee Co. reached out to me to see if I would review his new decaf coffee, I was game.



Here's the thing I want you to know about Chad: He's lovely. Due to circumstances beyond his control, Chad found himself out of a job a little over 6 months ago. So what did he decide

to do? He decided to start a small business focusing on developing really good decaffeinated coffee that is truly organic, ethically-sourced and truly sustainable and I celebrate him for that. First things first . . . did you know that decaffeinate coffee is typically produced from leftover beans that are deemed “not worthy” enough for the traditional caffeinated brewing process? No? Me either! Chad taught me that! He also taught me that one of the things that makes his coffee truly unique is the process with which the caffeine is removed from the beans. All of their coffee is decaffeinated using the all natural 100% chemical free Swiss Water Process. The Swiss water process uses pure water to gently remove caffeine; it is 100% chemical free and one of only two methods that is certified organic.

It is required in North America for decaf coffee to be a minimum of 97% caffeine free, the Swiss water process is 99.9% caffeine free. If you are sensitive to caffeine or just choose to avoid it in your coffee, the Swiss water process is as close as you can get to being 100% decaffeinated and this is just what I need to get my coffee flavor fix, my warmth-in-a-mug fix without that feeling of sickness that caffeine's been giving me as of late. Make no mistake about it, just because the beans have had their caffeine removed via a 100% chemical free process does NOT mean the flavor has been removed. My husband and I both loved all three options Chad sent us. I especially loved the espresso, which was still bold with a flavor that still held up when mixed with my favorite frothed almond milk.



And, of course, since this is a kosher food blog, Blue Spruce Decaf Coffee Co. is certified kosher (hooray!) and participates in some incredibly ethical business practices, like sourcing their beans directly from the growers at Paradise Mountain Organic Coffee Farms (which, by the way, is now my dream location for retirement).

Now, since Chad and the rest of his team at Blue Spruce Decaf Coffee Co. are such lovely humans, they've decided to offer Jewhungry readers two options for some kick-a** discounts on their amazing coffee. The codes and what they will net ya are detailed below. I mean, seriously, you can continue to have your gut rotted out by big chain coffee companies, or you can support an incredibly ethical small business that just happens to also produce some incredibly delicious, smooth coffee. It's really up to you but just in case you want to support small business while drinking amazingly delicious coffee, go to <https://bluesprucedecaf.com> and check out the merchandise. Your coupon codes are as follow:

Code 1: JEWHungry

1. Valid for two weeks(If post goes out on Feb 26 then the code is valid until March 12).
2. This entitles the user to free shipping on any order placed within the two weeks.(It can be used multiple times).
3. Valid on all purchases including subscription.

Code 2: JEWHungry10

1. Valid for two weeks(If post goes out on Feb 26 then the code is valid until March 12).
2. This entitles the user to 10% off of any order over \$50 which is already the minimum threshold for Free shipping(Can be used multiple times).
3. Valid on all purchases excluding subscription. Subscription purchases already receive 15% off all orders.



