Growing up in a coffee farm and never been into it (I never like coffee) it is very interesting to read an article related to coffee and write what I think about this. Coffee is and always have been a drink that people can share their happiness, frustration, and the action that will be taken to solution problems. Those things happen not only in war times but also in day by day life. Coffee in the Civil War was often the last comfort troops enjoyed before entering battle. Union troops made their coffee everywhere and they ground the beans themselves this act powdered soldiers through the battle keeping them alive with some consolation. Unfortunately for the Confederates did not have their luck because the Union Troops keep the coffee to themselves.

The Union meals frequently were potatoes, some kind of meat and a biscuit. However, sometimes, only sometimes they had dried fruits and vegetables. But the big issue was that before men do not cook like today only slaves and women had the know logy on how to cook. Their nutrition and health was poor and because of this became a top priority to a man named James M. Sanderson, a member of the Sanitary, and wrote the first cookbook to be distribute to the military and taught the soldiers how to cook with sanitation not focusing on flavor nor variety. Because I never like coffee I really do not care so much about it but when it comes to food is another world for me. I must eat healthy and one time otherwise I will be very upset and not only because of this, I hate the cold weather and probably if I was in the war I will be dead in the first week.