

10 things You SHOULD KNOW

Team with FONA for complete taste solutions!

FONA's consumer and market insights experts translate trends into product ideas and connect the dots from research to concepts to market opportunities. Our flavor and product development experts are at your service to help meet the labeling and flavor profile needs to capitalize on market and consumer trends. From concept to manufacturing, we're here every step of the way!

1. Pomegranate is still making the rounds in food and drinks. This month, Martha Stewart introduced readers to Champagne Gelee Cocktails garnished with pomegranate seeds.

3.  Pomegranate molasses, a popular ingredient in Middle Eastern dishes, can be used in both sweet and savory recipes like Pomegranate, Mint & Citrus Fizz soda, Roasted Beet Salad with Pomegranate Molasses or Pomegranate Molasses-Glazed Carrots with Pistachios. It can also be stirred into soups, drizzled on yogurt and added to a PB & J. | *Martha Stewart Living, Eating Well*

5. Recovery shakes with a seasonal twist: Get-Ahead Gingerbread with almond butter, molasses, ginger, nutmeg and cardamom. Powerhouse Pumpkin with avocado, maple syrup and pumpkin pie spice. Potassium Peppermint with cashews, mint leaves, banana and vanilla. | *Prevention*

7. Contrasting flavor combinations featured in Martha Stewart Living: Brussels sprouts & dates, olives & dried cherries, okra & lemon peel.

9.  Which variety of pear has the best flavor for your application? Bartlett pears are quite sweet with fragrant flesh and lots of juice. D'Anjou aren't as sweet and have a smooth texture. Comice pears are very juicy with balanced acidity. | *Bon Appetite*

2.  Eating apples can cut the intensity of cold symptoms in half and trim 3 days off the length of your illness according to University of Illinois research. Nutrients in apples (like the in-season Fujis) make white blood cells more aggressive when they encounter viruses. | *First for Women*

4. A handful of red grapes can boost energy levels according to Australian research. Polyphenols in the fruit improve the ability of muscle and brain cells to soak up energizing glucose. | *First for Women*

6. Medjool dates gain in popularity as natural sweeteners in everything from date & bacon jam to barbecue sauces and dessert treats such as Medjool Date Stuffed with Coconut Butter, topped with Cinnamon & Sea Salt.

8.  Winter squash deliver health benefits. With just 115 calories, 1 cup of acorn squash packs 9g fiber, 31% your daily value of vitamin B6 and 19% your daily value of potassium. Hubbard squash clock in with 10g fiber, 27% of B6 and 16% of potassium.

10. Go beyond regular grocery store garlic: Elephant garlic is juicy and mellow. Hardneck garlic ranges from mild to sharp. Also, did you know garlic is a member of the lily family? | *Rachael Ray Magazine*