

# 10 Things You SHOULD KNOW

## DECEMBER 2014

### 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!

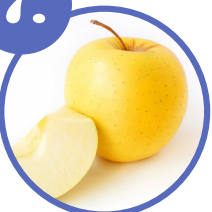
**1.** Mast Brothers Chocolate features the Origin Collection which honors its farmers around the globe. Chocolate bar flavors include Belize, Brooklyn Blend, Dominican Republic, Peru and Papua New Guinea. | [Mastbrothers.com](http://Mastbrothers.com)

**3.** One simple dough recipe used 7 different ways featuring interesting flavor stir-ins: Strawberry Black Pepper Pistachio, Bourbon Cranberry Walnut, Orange Sesame Honey, Lemon Lavender Poppy Seed, Coconut Lime Macadamia, Caramel Popcorn and Chocolate Peppermint. | [Cooking Light](#)



**5.** Heat things up! Spicy products spotted this month: Bees Knees Spicy Honey, Ortaggi Red Pepper & Peach Frozen Organic Goodness, Mary's Gone Crackers Hot 'n Spicy Jalapeno Crackers, The Ginger People Hot Ginger Jalapeno Spicy Dip and Benito's Habanero-Infused Maple Syrup. | [Prevention](#)

**7.** The Opal apple is a cross between the Golden Delicious and Topaz varieties and does not brown when sliced. The late-season fruit is the first apple in the U.S. to receive the Non-GMO Project Verified Label. It was produced from Washington State's Broetje Orchards which donates 50-75% of its annual profits to charities. | [Eating Well](#)



**9.** Vermouth is on the rise. Mixologists are searching for new flavors, complex concoctions and innovative ways to mix up classic cocktails like the Manhattan. They are offering layers of flavors using vermouth varieties like Imbue Petal & Thorn (with pine and orange tea notes), Random Dry (with candied orange, lemon verbena and vanilla notes), Vya Sweet (with notes of mulled wine and gingerbread) and Atsby Armadillo Cake (with notes of cinnamon and caramel). | [Saveur](#)

**2.** Global ingredient alert! Dukkah is an aromatic, Egyptian spice blend popular in Middle Eastern cuisine. Traditionally, it combines sesame seeds, coriander, cumin, nuts and salt. Gary and Kit's Toasted Sesame & Pistachio Dukkah adds pistachios and hazelnuts to the mix. Dukkah can be used for topping salads, crusting meats, seasoning sautéed veggies or sprinkling on a crostini with olive oil. | [TheKitchn.com](#)



**4.** Culinary chefs are using powders to top their savory dishes, according to *Bon Appetit*. Made from dried and dehydrated ingredients like herbs, citrus fruits and even charred bread, these powders have the same flavor as their fresh state, only ultra-concentrated.

**6.** Cranberries are popular this season and were spotted in many recipes from desserts and breads to savory dishes and condiments: Cranberry Coconut Bread Pudding, Cranberry Grilled Cheese, Orange Cranberry Relish, Cranberry Butter, Cranberry Rum Punch, Cranberry Farro Quick Bread, Cranberry Oil and Cranberry Pomegranate Smoothie.



**8.** 5 foods to soothe stress= Nuts: packed with vitamin B which aids the fight-or-flight stress response. Red peppers: full of vitamin C (twice the amount of oranges) to boost the immune system. Spinach: rich in stress-relieving magnesium that can help to lower blood pressure. Oatmeal: helps the brain produce the de-stressing hormone serotonin. Tea: (specifically chamomile, peppermint and ginger) can soothe the digestive track and calm stomach pains. | [Eating Well](#)

**10.** Gluten-free anyone? The market for wheatless products has grown at a rate of 44% since 2011, reaching sales of \$10.5 billion in 2013. It is predicted to continue to grow due to innovations in the gluten-free world. | [Mintel](#)