

# 10 Things You Should Know

MAY 2015

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1.

## Cook with Charmoula

Charmoula is a course, pesto-like sauce made with herbs, spices and fresh chilies - often containing a combination of cilantro, parsley, cumin, garlic and lemon. The Moroccan condiment is used to enliven seafood, meat and vegetables, while its Middle Eastern origin offers global flare on the menu. *Sparrow Bar and Cookshop* (Houston, TX) features Bacon wrapped Medjool Dates with Chorizo & Chermoula. | *Saveur, Mintel*

3.



## Switch Up Your Superfood

Kañiwa is a smaller, nuttier, sweeter and more protein-packed version of its close relative, Quinoa. It boasts four times the amount of iron, along with having no saponins (the compounds in Quinoa that give it a bitter taste). | *Women's Health*

5.

## Baobab

Tart and tangy, the African superfruit, baobab is said to have six times the amount of vitamin C of an orange. *Bon Appetit's* Green Juice recipe includes a celery, apple, fennel, cabbage base with lemongrass and baobab powder stir-ins. (Now that's an exotic mix of flavors!)

7.



## Drinkable Honey

Twists on the classic beverage Mead (a wine created using fermented honey) are appearing on menus across the Midwest. *Meniru Meadery* (Ohio) offers the Tej, an Ethiopian-style honey wine with orange-blossom honey and hops. The ReThinker is a dry, blueberry mead on the menu at *New Day Craft* (Indiana). Dry Mead at *White Winter Winery* (Wisconsin) is made with fresh-pressed apple cider and honey. | *Midwest Living*

9.

## Blueberries Beyond Breakfast

Blueberry menu mentions have increased 97% between 2007 and 2014. The use of blueberries is moving beyond breakfast and dessert into savory applications. *Bata's* (Cedar Rapids, IA) offers a hamburger topped with blueberry & jalapeño compote. | *Flavor & The Menu*

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## Sophisticated Kid's Menu

Offering more sophisticated, healthier choices on the kids' menu is becoming top of mind for many restaurants, according to the *Produce Marketing Association*. Trends on kids' menus are leaning towards more bold, global flavors while also offering versions of items on the adult menu in kid-friendly portions.

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## Bone Broth

Made from boiling animal bones (also known as stock), this traditional kitchen staple has recently turned into a wanted beverage. The nutrient-rich sip is said to boost immunity, aid digestion and is packed with protein, calcium and collagen. Chef Marco Canora offers a variety of bone broths at *Brodo* (NYC) including add-ins such as ginger juice, turmeric, beet juice, garlic puree and Calabrian chili oil. | *NourishedKitchen, Cooking Light, Brodo*

6.



## Interesting Flavors

Imported from destinations around the globe, Old Salt Merchants sugars and salts can add flare to any part of the kitchen - enjoy as a protein seasoning, tea sweetener or to flavor the rim of your cocktail. Flavors include: Lime Slice, Black Powder, Coconut Breeze, Rum Smoked and Jamaican Ginger. | *Old Salt Merchants*

8.

## Veggie Snacks

In celebration of National Vegetarian Month, channel your inner veggie with these spiced-up, anytime recipes: Chipotle Zucchini Chips, Rosemary-Garlic Carrot & Green Bean Fries, Chili-Lime Jicama Slices and Spicy Grilled Edamame. | *Health, CoolMomPicks, Tablespoon*

10.

## It's All About The Label

Consumers have their radar on when it comes to the foods and beverages they purchase - specifically what's on the label: 67% prefer foods that are minimally processed, 51% look for foods and beverages with a short list of recognizable ingredients and 59% are looking for non-GMO products. | *Food Product Design*