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Missoula Food and Drink Shore Region Food Examiner



Food Finds at NY's Fancy Food Show - All natural, organic, vegan or gluten-free is the message

July 9, 8:35 AM Shore Region Food Examiner Margaret Morgan



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all-natural herbal tea blends with no added sugar, additives or preservatives and sold in all major grocery stores.

The Summer Fancy Food Show at the Jacob K. Javits Center, sponsored by National Association for the Specialty Food Trade, which ended last week, is sending out a new message~ fancy foods have transcended to being farm fresh, organic, 100% natural, artisanal, vegan and/or gluten-free.

As our country becomes more concerned with dietary needs and food allergies, as well as the desire to eat fresh, local ingredients that are grown organically, free of antibiotics, pesticides, hormones and are non-GMO (genetically modified organisms), consumer awareness and demands have changed significantly.

So has the image of what constitutes "fancy food." Among the 2400 booths, many sent out the message that their products were either 100% natural, artisanal or organic, and harvested on or supplied by sustainable farms and free-trade merchants.

Outstanding products that can be found here in New Jersey are numerous ~ many produced or distributed by local companies. Among these products, to mention a few that really stood out are, in drinks: Raaw - Caribbean-inspired juices made with 100% natural fruit and vegetable juices; no water, sugar or preservatives. Raaw can be found at Whole Foods and King's Supermarkets; Tea Beyond - certified origin teas that are 100% handcrafted and individually trimmed "blooming" teas with no artificial flavors or additives; Teekanne (teapot in German) Herbal Wellness Teas, for whom tennis great, Steffi Graf, is the spokesperson, are



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Other outstanding products included: [Lake Champlain Chocolates](#), sold at [Sickles Market](#) and [Delicious Orchards](#), offering organic, preservative-free and Kosher-certified chocolates, introduced two new hot chocolates, Mountain Mint and Chai & Mighty, as well as new holiday products; [Beemster Handcrafted Dutch Cheese](#), sold at Sickles and [Wegmans Markets](#), is an artisan Dutch cheese coop of 500 farmers producing a premium soft, creamy textured cow's milk cheese; [Olivia's Croutons](#) makes five varieties of croutons on a farm in Vermont with certified organic wheat and are sold at Whole Foods and Kings Supermarkets.

Remember when the miracle grain, quinoa, was introduced? More than 10 years ago, in 1989, a Florida scholar wrote about it: "Lost crops of the Incas: little-know plants of the Andes with promise for worldwide cultivation." Well, today, out in Montana, there has been another great unearthing of an ancient grain for modern life called [Kamut® Khorasan wheat](#). This heirloom wheat has valuable advantages over modern grain as it has a higher percentage of lipids as opposed to carbs and is classified as a "high energy" wheat that is organically grown and contains higher amounts of protein and minerals than modern wheat. Move over quinoa ~ here comes Kamut®, which can be found at Whole Foods and [Trader Joe's](#). For a complete list of products, as well as recipes, visit [www.kamut.com](#).

Here is a link to an interesting video that former Gourmet chef, Sara Moulton, did for ABC-TV, covering some of the more unique products on [ABC's Good Morning America](#). [J & D Foods](#), the bacon popcorn, [passthebacon@baconsalt.com](#), can be found at Wegmans.

### Summer Fancy Food Show forecasts foods for a healthier lifestyle



Organic, 100% natural, vegan, vegetarian, artisanal, Kosher-certified, and gluten-free were all "hook" words used to lure consumers to food booths this year.

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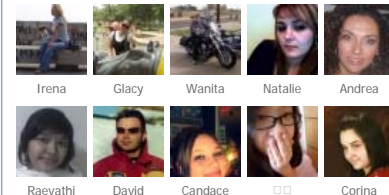
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