

Harvest & Hearth Foods Announces New Culinary Innovation Series Inspired by 2026 Food Trends



New York City, New York Aug 18, 2026 ([Issuewire.com](https://www.issuewire.com)) - **Harvest & Hearth Foods**, a food and lifestyle company focused on culinary innovation and accessible food experiences, today announced the release of its 2026 Food Trends Report, identifying five major trends expected to influence how consumers discover, prepare and enjoy food throughout the year.

The report highlights the growing demand for **fiber-rich foods, creative fermentation, bold sweet-and-spicy flavors, diverse ingredients and technology-driven meal planning**.

The 2026 Food Trends Report Highlights:

- **Fiber-forward foods** - Consumers are showing greater interest in naturally fiber-rich ingredients such as whole grains, beans, vegetables, nuts and seeds.
- **Creative fermentation** - Fermented ingredients are moving into new recipes, sauces, condiments and everyday meals.
- **Sweet-and-spicy flavors** - Combinations such as hot honey and chili continue to bring bold, contrasting flavors to familiar dishes.
- **Greater ingredient diversity** - Consumers are exploring broader varieties of foods rather than focusing on a single nutritional trend.
- **Technology-powered food discovery** - AI and digital tools are increasingly being used to support meal planning, recipe discovery and personalized food experiences.

“Food is constantly evolving, and 2026 is bringing together nutrition, convenience and bold culinary experiences,” said Delaney Roarke, Founder of Harvest & Hearth Foods. Our goal with this report is to help consumers and food businesses understand where the industry is heading and discover new ways to enjoy food.”

The **2026 Food Trends Report** is now available as part of Harvest & Hearth Foods ongoing culinary research and educational content.

About Harvest & Hearth Foods

Harvest & Hearth Foods is a food and lifestyle company dedicated to creating accessible culinary experiences through original recipes, food innovation and trend-inspired content. The company helps consumers discover new flavors and cooking ideas while keeping food practical and enjoyable.

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