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## What makes chocolate delicious?



**Let's talk chocolate.** When you bite into a chocolate bar, you get all three food sensations: flavors, tastes, and textures. All three add up to perception of quality. For most chocolate aficionados, the best chocolate is smooth and creamy. As it melts across the palate, one detects multiple flavors that food scientists refer to as notes—roasty notes, fruity notes, and nutty notes.



Servando in Pezoan pouring new bars

Grinding cocoa beans results in a fluid known as chocolate liquor. It is fluid because cocoa butter, which comprises more than 50% of the cocoa bean, melts. Suspended in the cocoa butter are particles of the seed's endosperm containing starch granules and clumps of protein. The smaller these particles, the smoother and shinier the chocolate.

To mold chocolate, you have to chill it lightly. As cocoa butter cools, the fat molecules produce crystals, of which there are five types, called Type 1 through Type 5. Types 1 and 2 are liquid at a low temperature—below 98.6 degrees Fahrenheit (F), as you continue to cool chocolate, types 3 and 4 begin to form, causing the chocolate to solidify.

A freshly made bar consists mostly of crystal types 3 and 4, which melt just above 98.6 degrees F — cool enough to form a bar that melts in the mouth but not in the hands. As a chocolate bar ages, more and more of the 3's and 4's become crystal type 5's and the temperature at which the chocolate melts rises. Thus, young chocolate, recently made and full of crystal types 3 and 4 melts rapidly in the mouth, releasing its gamut of flavors and tastes. Old chocolate melts slowly, giving the bar a waxy texture and interfering with the release of flavors and tastes. Now you know why some chocolate doesn't melt in the mouth or tastes bland.

[Click here to listen to podcast Sensations of Sound and Taste](#)

The cocoa farmers and their villages desperately need your financial support to earn their way out of poverty. You may have read that this year's cocoa production is lower due to adverse weather. Earning more from the beans they grow is a valuable lifeline, especially now. ***Please [donate generously](#) so that Village Chocolate production can give cocoa villages opportunities to boost their skills and incomes.***

In hope and fairness,

**Tom Neuhaus**



## December House of Bread fundraiser

PHF was so pleased to see 40-50 of our wonderful supporters at our mini fundraiser at the House of Bread on December 15.

We received 50% of all food and drink sales from 4-6pm and had a lot of fun! The \$727 in House of Bread sales provided PHF with \$364 in addition to \$1,421 we received for chocolate and cash donations.

***Thank you to all who came and or donated!***



## Donate and Enjoy (fresh!) African Village Chocolate Bars

While supplies last!





We still have freshly made Village Chocolate bars available if you would like to try some. While supplies last, for a new donation of [\\$50 or more](#) on the PHF website, we will send you 5 bars to enjoy!

[Click “Donate” here if you’d like some Village Chocolate.](#)

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**PHF has achieved the *Platinum Seal of Transparency* on Candid (formerly Guidestar), putting PHF in the top 0.1% of charities in terms of transparency.**

[More information here.](#)



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## Recent Highlights

The PHF Board is prioritizing efforts for 2024 to maximize the benefits that go back to the villages and cooperative members. We are currently working on grants and donations to fund these goals:

- Expanding equipment and training in N’Douci to increase production of high-quality beans
- Exploring marketability of Village Chocolates and cacao products in Cote d’Ivoire and internationally, including focusing on local women’s networks
- Increasing new product lines, such as cocoa butter and candied cocoa beans, that are profitable and popular
- Exploring organic and other certifications for cocoa and chocolate products



**Your [donations](#) are vital to support the work of PHF**



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## How You Can Help:

### Donate Today

Support the PH&F Mission

### Volunteer

Assist with online marketing and social media presence!

### Share This Email

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## Our Vision

Our vision at Project Hope and Fairness is to serve as a center of excellence for cocoa cooperative members to learn quality production techniques and business and marketing skills to boost their incomes and improve their lives.

## Our Mission

Helping African cocoa farmers boost incomes and improve their quality of life.

## Our Values

**Respect** - *for village cultures and capabilities*

**Integrity** - *true to our word*

**Accountability** - *accountable for the use of resources and the results achieved*

**Inclusivity** - *encouraging opportunities for all*



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