

# Glossary

Produced by:



— THE LAND —  
CONNECTION

**Specialty Crops:** fruits and vegetables, tree nuts, herbs, dried fruits, and horticulture and nursery crops, including floriculture (flowers). Specialty crops are plants that are cultivated. Wild or foraged plants are not considered specialty crops (i.e. wild mushrooms are not considered specialty crops, but cultivated mushrooms are). Commodity crops like soybeans, cotton, tobacco, field corn, wheat, and other grains are not specialty crops, but sweet corn is.

**Matchstick/Julienne:** the technique of cutting vegetables into rectangular strips or sticks. Cut vegetable into slices then cut the slices into strips/sticks (matchsticks).

**Florets:** one of the flowering stems making up a head of cauliflower, romanesco, or broccoli. Often called “little trees.”

**Colander:** a perforated bowl used to strain off liquid from food.

**Steamer Rack:** a basket used to hold vegetables and other foods over boiling water in a pot so that they can be steam cooked. Also called a “steamer insert” or “steamer basket.”

---

**Blanch:** to prepare vegetables for freezing or further cooking by immersing them briefly in boiling water and then rapidly cooling them in ice/cold water to stop the cooking process.

**Puree:** to make a smooth, creamy substance with blended or crushed fruit or vegetables and liquid (i.e. stock or cream), typically using a blender or food processor.

**Sauté:** to fry quickly over high heat in a small amount of fat/oil, typically in a shallow pan (sauté pan), skillet, or wok.

**Canning:** a method of preserving food by processing and sealing fresh foods in an airtight container, typically cans/mason jars.

**Pickling:** a method of preserving food using vinegar, brine, or a similar solution. Not necessarily shelf-stable.

**Water Bath:** boiling jars for a set amount of time after they have been filled to kill off any bacteria.

**Hot Packing:** filling canning jars with pre-cooked food.

**Cold Packing:** filling canning jars with raw, uncooked food.

**Brine:** water saturated with salt (salt water).

**Pickling Solution:** typically a solution of vinegar, salt, and water, with various other spices depending on the recipe used.