



GLOSSARY

Vegetables: Vegetables are herbs grown in intensive cultivation for human consumption with high nutrition value, containing high amount of water, essential minerals, vitamins and specific food components, flavour and aromatic substances.

Bulb: A bulb is made up of layers of fleshy leaves surrounding a portion of stem. They have intense flavour. Onion and garlic are examples.

Root: Root vegetables store a plant's food supplies and send nutrients and moisture to the rest of the plant. Carrots, beets, turnips, and parsnips are examples.

Drying: The removal of water from vegetables is accomplished primarily by applying heat, whether it be through the radiant energy of the sun or through air heated by electrical energy.

Irradiation: Irradiation is a physical process like drying, freezing, thermal processing (canning and pasteurization) that can be used to disinfest, sterilize and preserve food.

Canning: It is a method of preserving food in which the food contents are processed and sealed in an airtight container. Canning provides a shelf life typically ranging from one to five years, although under specific circumstances it can be much longer.

Pickling: Pickling is the process of preserving or expanding the lifespan of food by either anaerobic fermentation in brine or immersion in vinegar.

Fermentation: Fermentation is a metabolic process that converts sugar to acids, gases, or alcohol. It occurs in yeast and bacteria, and also in oxygen-starved muscle cells, as in the case of lactic acid fermentation.

Beverage: A drink or beverage is a liquid intended for human consumption. In addition to their basic function of satisfying thirst, drinks play important roles in human culture.

Kimchi: Kimchi is a traditional Korean dish made of seasoned vegetables and salt. It is a group of fermented vegetable foods of Korea with cabbage or radish as the main ingredient. Cucumbers can also be added.

Chutney: Chutney is basically a mixture containing fruit or vegetable, spices, salt or sugar, vinegar.



Preserves: Preserves are prepared by addition of sugar and salt, and concentrating them by evaporation to a point where microbial spoilage cannot occur.

Sauerkraut: It is the clean, sound product of characteristic flavour, obtained by full fermentation, chiefly lactic of properly prepared and shredded cabbage in the presence of not less than 2% nor more than 3% of salt.

Freezing: Freezing, or solidification, is a phase transition in which a liquid turns into a solid when its temperature is lowered below its freezing point. **Blanching:** Blanching is the scalding of vegetables in boiling water or steam. Blanching slows or stops the action of enzymes

