

Glossary

1. **Squash** - Squash is often colloquially known as “juice”. Squashes are commonly called by the name of the type of the fruit out of which they are made.
2. **Cordial** - Cordials tend to be thicker and stronger than squashes, requiring less syrup and more water to be blended.
3. **High juice** – High juice is not a brand of squash but rather a type that contains a larger amount of juice, upto about 45%.
4. **Sugar syrup** – A known quantity of sugar is added and boiled with water to obtain a slightly viscous consistency. Addition of hot sugar syrup to the juice decreases the time that the juice needs to be heated and the colour and flavor of the juice are better preserved this way.
5. **Pearson square** - A very simple and easy means of calculating the amount of sugar and juice that should be mixed together, also when making jams is by using the Pearson square method.
6. **Citrus fruits** – Fruits such as orange, lime and lemon or a blend of fruits and berries which are commonly used as the base of squash.
7. **Traditional squashes** - Squashes that are usually flavoured using ginger, chokeberries (often with added spices), elderflower and sometimes orange or lemon is also made use of and are called traditional squashes as the olden method of preparation is employed.
8. **Low sugar squashes** - Low sugar squashes are very low in calories. Sometimes they may contain as low as 4 calories per 100 ml diluted. These squashes are marketed towards families who seek low calorie alternatives.
9. **No added sugar squashes** - Squashes labeled “no added sugar” are artificially sweetened usually with sweeteners such as aspartame, acesulfame K, saccharin or sucralose, which is much cheaper for the manufacturers than both HFCS and natural sugar.
10. **Isoamyl acetate** - Artificial flavorings such as isoamyl acetate for pear or banana squashes is mixed with malic acid to make an apple-like flavor
11. **Traditional cordials** - Traditional cordials are those that are often served warm in winter, just as beverages such as tea or coffee would be served.
12. **Spiced berry** - This variant in squash is almost out of trend now but it is still made by some companies specializing in traditional cordials. Nowadays, the market for spiced berry cordial has been taken over by cheaper companies manufacturing modern flavors of squash such as lemon, orange, apple and blackcurrant squash.
13. **Peppermint squash** – It is usually served warm. It is traditionally consumed while having an upset stomach.
14. **Sulphur di oxide** – It is a major preservative that is used in squashes. The content of sulphur di oxide (SO₂) content should not exceed 350 parts per million when tested.

15. Allura Red AC – It is one of the major coloring agent used in preparation of squashes and cordials. Coloring agents such as Allura Red AC and Sunset Yellow FCF are occasionally used in the squash preparation.