

EUROPEAN DICTIONARY

To eat or not to eat

This dictionary was created by the participants from **Association Compass** that take part in the mobilities, to understand the important definitions related to the theme of Project. We translate in english to help also other participants that took part in the mobilities.



A **farmers' market** (also **farmers market**) is a physical retail market featuring foods sold directly by farmers to consumers. Farmers' markets typically consist of booths, tables or stands, outdoors or indoors, where farmers sell fruits, vegetables, meats, and sometimes prepared foods and beverages.

A **locavore** or **localvore** (the term is a neologism) is a person interested in eating food that is locally produced, not moved long distances to market.

Obesity is a disease-prompting condition as it leads to fatal diseases such as hypertension, diabetes, pulmonary disease, cardiovascular disease, and depression.

Independent processor Example - Label on Processed Meat Product Made by Vendor and Sold at Farmers' Markets in the United States - no "dist. by/packed for", etc. Statement.

A product label of a farmers' market vendor that makes and packages its own product will not include a "Dist. by/Packed for/etc." statement and it will not have a government inspection legend because its products are sold directly to the consumer.

The term "**local**" is defined by the farmers' market and usually represents products grown within a given radius measured in miles.

Low Food is an international movement founded by Carlo Petrini in 1986. Promoted as an alternative to fast food, it strives to preserve traditional and regional cuisine and encourages farming of plants, seeds and livestock characteristic of the local ecosystem.

A **Croft** is a fenced or enclosed area of land, usually small and arable with a crofter's dwelling thereon. A crofter is one who has tenure and use of the land, typically as a tenant farmer.

Smallholding is a small farm. In third world countries, smallholdings are usually farms supporting a single family with a mixture of cash crops and subsistence farming.



Food cooperative or **food co-op** is a food distribution outlet organized as a cooperative. Food cooperatives are usually consumers' cooperatives where the decisions regarding the production and distribution of its food is chosen by its members.

Consumer cooperatives are enterprises owned by consumers and managed democratically which aim at fulfilling the needs and aspirations of their members.

A **vegetable box scheme** is an operation that delivers fresh fruit and vegetables, often locally grown and organic, either directly to the customer or to a local collection point. Typically the produce is sold as an ongoing weekly subscription and the offering may vary week to week depending on what is in season.

Harvest is the process of gathering mature crops from the fields. Reaping is the cutting of grain or pulse for harvest, typically using a scythe, sickle, or reaper.

Food logistics is both a traditional domestic skill and is important industrially. Transport and storing of food as well as timely delivery to consumers is important in order to secure the procurement of food. Food is stored by almost every human society and by many animals. Storing of food has several main purposes.

Food rotation is important to preserve freshness. When food is rotated, the food that has been in storage the longest is used first. As food is used, new food is added to the pantry to replace it; the essential rationale is to use the oldest food as soon as possible so that nothing is in storage too long and becomes unsafe to eat.

Food fortification or **enrichment** is the process of adding micronutrients (essential trace elements and vitamins) to food. It may be a purely commercial choice to provide extra nutrients in a food, while other times it is a public health policy which aims to reduce the number of people with dietary deficiencies within a population.

Food rheology is the study of the rheological properties of food, that is, the consistency and flow of food under tightly specified conditions.



A **root cellar** is a structure built underground or partially underground and used to store vegetables, fruits, and nuts or other foods.

Food processing is the transformation of raw ingredients, by physical or chemical means into food, or of food into other forms. Food processing combines raw food ingredients to produce marketable food products that can be easily prepared and served by the consumer.

Food additives are substances added to food to preserve flavor or enhance its taste and appearance.

The **European Food Safety Authority (EFSA)** is the agency of the European Union (EU) that provides independent scientific advice and communicates on existing and emerging risks associated with the food chain.

Packaging is the technology of enclosing or protecting products for distribution, storage, sale, and use. Packaging also refers to the process of design, evaluation, and production of packages.

A **barcode** is an optical machine-readable representation of data relating to the object to which it is attached. Originally barcodes systematically represented data by varying the widths and spacings of parallel lines, and may be referred to as linear or one-dimensional.

Recycling codes are used to identify the material from which an item is made, to facilitate easier recycling or other reprocessing.

Organic farming is a form of agriculture that relies on techniques such as crop rotation, green manure, compost, and biological pest control.



Weed management Organic weed management promotes weed suppression, rather than weed elimination, by enhancing crop competition and phytotoxic effects on weeds.

Soil management Organic farming relies heavily on the natural breakdown of organic matter, using techniques like green manure and composting, to replace nutrients taken from the soil by previous crops. This biological process, driven by microorganisms such as mycorrhiza, allows the natural production of nutrients in the soil throughout the growing season, and has been referred to as *feeding the soil to feed the plant*.

Crop diversity is a distinctive characteristic of organic farming. Conventional farming focuses on mass production of one crop in one location, a practice called monoculture. The science of agroecology has revealed the benefits of polyculture (multiple crops in the same space), which is often employed in organic farming.

Livestock, For livestock like these healthy cows vaccines play an important part in animal health since antibiotic therapy is prohibited in organic farming Raising livestock and poultry, for meat, dairy and eggs, is another traditional farming activity that complements growing.

Sustainable agriculture is the act of farming based on an understanding of ecosystem services, the study of relationships between organisms and their environment. It has been defined as "an integrated system of plant and animal production practices having a site-specific application that will last over the long term.

A **community garden** is a single piece of land gardened collectively by a group of people.

Vertical farming as a component of urban agriculture is the practice of cultivating plant life within a skyscraper greenhouse or on vertically inclined surfaces.

A **greenhouse** (also called a **glasshouse**, or, if with additional heating, a **hothouse**) is a structure with walls and roof made chiefly of transparent material such as glass in which plants requiring regulated climatic conditions are grown.



Fair trade is a social movement whose stated goal is to help producers in developing countries achieve better trading conditions and to promote sustainability.

A **Free market** is a market economy system in which the prices for goods and services are set freely by consent between vendors and consumers, in which the laws and forces of supply and demand are free from any intervention by a government, price-setting monopoly, or other authority.

Producer markets: Producers buy goods and services and transform them into a sellable product, which they sell to their customers for the purpose of making a profit. Examples of producers are farmers, manufacturers and construction companies.

Reseller markets: Resellers buy finished products and resell them to their customers for the purpose of making a profit. Resellers do not modify the products they buy. Resellers can be wholesalers who sell their products to other resellers or retailers who sell their products to end users.

Governments Market: Market buy goods and services to support their internal operations; they do not transform the goods and services or resell them to make a profit. Government markets usually buy their goods through a bidding process and include federal, state, county, and local governments.

Institutional markets: Institutions are non-government organizations that buy goods and services to support their internal operations. The function of institutions is to better their communities, not to make a profit. Examples of institutional markets are churches, hospitals, and colleges.

Local Store Marketing (LSM), also known as "neighborhood marketing", is a marketing term that refers to the application of different variables in a business's marketing mix dependent on localized specifications including the consumer, competition, and store characteristics.



Ecological farming is recognised as the high-end objective among the proponents of sustainable agriculture.

Forest farming is the cultivation of high-value specialty crops under a forest canopy that is intentionally modified or maintained to provide shade levels and habitat that favor growth and enhance production levels. Forest farming encompasses a range of cultivated systems from introducing plants into the understory of a timber stand to modifying forest stands to enhance the marketability and sustainable production of existing plants.

Forest tending involves adjusting tree crown density to manipulate light levels that favor natural reproduction of desirable NTFPs. This low intensity management approach does not involve supplemental planting to increase populations of desired NTFPs.

Permaculture is a system of agricultural and social design principles centered around simulating or directly utilizing the patterns and features observed in natural ecosystems.

Traditional food refers to foods consumed over the long-term duration of civilization through generations and foods and dishes that are traditional or have a historic precedent in a national, regional or local cuisine. Traditional foods and beverages may be produced as homemade, by restaurants and small manufacturers, and by large food processing plant facilities. This article also includes information about traditional beverages.

