

This document contains the Glossary of the 2002 *Kids Cook Farm-Fresh Food* prepared under the direction of the Nutrition Services Division for the California Department of Education. The entire publication is available at <http://www.cde.ca.gov/ls/nu/he/kidscook.asp>.

Glossary

Agriculture Terms

Agriculture. The art or science of cultivating the ground to produce food. Agriculture includes both crop farming (plants) and animal husbandry.

Bt. A toxin produced by a bacterium called *Bacillus thuringiensis*. This bacterium is a disease of caterpillars, but it is harmless to other insects and to humans.

Biodynamic agriculture. A worldwide agricultural movement inaugurated in 1924 by Austrian scientist Rudolph Steiner. It is the oldest, non-chemical agricultural movement and predates “organic” agriculture by 20 years. Biodynamics seeks to actively work with the health-giving forces of nature. Farms may be certified biodynamic by the Demeter Association, an international certifier.

Certified organic. A guarantee by an accredited certification organization that the farm does not use toxic, chemical-based pesticides, herbicides, and fungicides.

Compost. A mixture that consists of decayed organic matter and is used for fertilizing the soil. The mixture may also contain manure.

Cover crop. A crop, such as beans, planted in an open field to cover the open ground, to encourage beneficial insects, and to restore soil health.

Crop rotation. Planting different crops in the same field each year.

Fertile soil. Soil that has a rich microbial life, contains plant matter and nutrients, is neither too dry nor too wet, and is therefore well suited to growing healthy plants.

Fertilizer. Manure or other substances added to soil so that plants will grow better.

Foodshed. The farming regions around metropolitan areas that produce food for the surrounding population.

Germinate. To begin to grow or cause to grow; to sprout.

Heirloom. An antique variety of a plant popular in the eighteenth, nineteenth, and twentieth centuries, the seeds of which have been passed down from generation to generation.

Humus. A form of decomposed organic matter that resists further decomposition. It is a dark-colored organic residue and, like sand, silt, and clay, is a fraction of the soil. Humus is critical to the fertility of soil.

Mulch. A covering, as of leaves or straw, placed around growing plants to keep them moist or protect them against cold.

Organic farming systems that optimize the health and productivity of interdependent communities of soil life, plants, animals, and people. Organic farmers manage pests and weeds with earth-friendly methods, such as beneficial insects and mechanical controls; they work to build soil fertility so plants can be strong and healthy without the use of artificial fertilizers. Organic foods, when processed, do not contain artificial ingredients, preservatives, or irradiation.

Pest. An insect, animal, or disease that harms plants.

Pesticide. A chemical used to kill harmful pests.

Pheromone. A scent produced by animals, especially insects, to communicate with others of their kind.

Pollination. The transfer of pollen from a stamen (male portion of a flower) to an ovule (female portion of a flower), which is necessary for most plants to bear fruit.

Seasonal. Coming with a particular time of year.



Soil. Soil that consists of unconsolidated (if it is consolidated, it is called rock) mineral fragments, water, air, organisms (such as plant roots, fungi, and earthworms) and organic matter. It is found on the surface of earth.

Sustainable agriculture. A social commitment to growing and distributing food to meet the needs of the present without compromising the needs of the future in a manner that is environmentally sound, economically viable, and socially just.

Variety. A group of plants within a species that differ from the others in the species in a particular way (such as color or size).

Cooking Terms

Blanch. to immerse briefly in boiling water, often as a preliminary step.

Blend. to combine thoroughly and completely.

Chiffonade. fine strips of a leafy green vegetable, such as basil.

Fold. to stir very gently by doubling one portion over another.

Garnish. to decorate food with something, usually herbs or flowers, that adds flavor or color.

Knead. to work a substance by folding, stretching, and pressing it.

Pith. the soft, spongy part of citrus peels.

Preheat. to heat to a specific temperature before cooking.

Purée. A thick liquid made by cooking and then rubbing through a sieve or chopping in a food processor.

Shuck. to remove the husk and silks of the corn ear.

Simmer. to cook just at or below boiling point.

Whip. to beat something into foam.

Zest. Orange or lemon peel used as flavoring.

Selected References

Cooking

Children's Quick & Easy Cookbook, by Angela Wilkes. New York: DK Publishing, 1997.

Simple, interesting recipes using fresh ingredients for the most part; lots of photographs, with a picture for every step of the directions in the recipes.

Cooking Art, by MaryAnn F. Kohl. Beltsville, Md.: Gryphon House, 1997.

"easy edible art for young children"; activities for making decorative kitchen utensils, placemats, displays, etc.; good recipes, but more useful for the activities than for the recipes.

Cooking with Children, by Marion Cunningham. New York: Alfred A. Knopf, 1995.

fifteen classic recipes using fresh ingredients; simple instructions and layout; sketches of children cooking.

Fanny at Chez Panisse, by Alice Waters. New York: HarperCollins, 1997.

A book of stories and recipes told from the viewpoint of Fanny, a little girl whose mother and friends run Chez Panisse.

The Good Housekeeping Illustrated Children's Cookbook. New York: Morrow Junior Books, 1997.

Good introduction, which includes information on all kitchen utensils, terms, etc.; simple, interesting recipes that use fresh ingredients for the most part; photographs.

A Good Soup Attracts Chairs, by Fran Osseo-Asare. Gretna, La.: Pelican Publishing Co., 1993.

"A first African cookbook for American kids"; good introduction, which explains African spices; interesting recipes.

Hasty Pudding, Johnnycakes, and Other Good Stuff, by Loreta Frances Ichord. Brookfield, Conn.: The Millbrook Press, 1998.

Simple recipes using fresh ingredients; includes modern, updated recipes along with the colonial

ones; includes a history of the foods of the different colonies, slaves, and native Americans; beautiful colorful illustrations.

Kids Cook! by Sarah Williamson and Zachary Williamson. Charlotte, Vt.: Williamson Publishing, 1992.

"fabulous food for the whole family"; simple, interesting recipes using fresh as well as canned foods (no emphasis on using fresh food); fun food, geared to kids; includes black and white drawings. Recipes written by kids.

Kids in the Kitchen, by Micah Pulleyn and Sarah Bracken. New York: Sterling Publishing Co., 1994.

One hundred delicious, fun, and healthy recipes to cook and bake; simple, wacky recipes (salad people, for example); more snacks than meals; all photographs from the seventies and not updated.

The Kids' Multicultural Cookbook, by Deanna F. Cook. Charlotte, Vt.: Williamson Publishing, 1995.

Simple, basic recipes from countries around the world, including rice, couscous, homemade pasta; explains where the food comes from and how and when it is traditionally eaten; includes ideas for parties and other activities; color photographs, including pictures of children around the world.

Leprechaun Cake and Other Tales, by Vonnie Winslow Crist. Baltimore: Vegetarian Resource Group, 1995.

A vegetarian story cookbook, including four fantasy tales and more than 40 recipes; simple recipes using fresh ingredients; black and white drawings.

The Little House Cookbook, by Barbara M. Walker. New York: Harper & Row, 1979.

Simple recipes using fresh ingredients; long, interesting explanations, including historical references and changes in food growth; beautiful illustrations.



Pretend Soup and Other Real Recipes, by Mollie Katzen and Ann Henderson. Berkeley, Calif.: Triticycle Press, 1994.

A cookbook for preschoolers and up; wholesome but fun recipes (green spaghetti, for example) using fresh ingredients; good explanations; simple layout with drawings of the recipes; gourmet.

Roald Dahl's Revolting Recipes, compiled by Josie Fison and Felicity Dahl. New York: Viking Press, 1994.

Recipes from Roald Dahl's stories, including explanations of which story and where in the story the recipes come from; crazy names and crazy food; uses fresh ingredients; great illustrations.

Baking

Knead It, Punch It, Bake It! by Judith and Evan Jones. Boston: Houghton Mifflin Co., 1998.

"The ultimate breadmaking book for parents and kids"; good recipes, detailed explanations; black and white sketches.

My First Baking Book, by Rena Coyle. New York: Workman Publishing Co., 1988.

Simple recipes; beautiful illustrations.

Gardening and Composting

The Children's Kitchen Garden, by Georgeanne and Ethel Brennan. Berkeley, Calif.: Ten Speed Press, 1997.

Includes basic gardening information; describes 18 types of vegetables and 13 herbs, with planting and cooking tips; includes seasonal recipes highlighting the foods grown at that season as well as other recipes for the entire year; photographs.

Dinner from Dirt, by Emily Scott and Catherine Duffy. Salt Lake City: Gibbs Smith Publisher, 1998.

"Ten meals kids can cook and grow"; for example, a salsa garden which includes growing tomatoes, cucumbers, and all the other ingredients to make salsa, with a recipe at the end; simple explanations; photographs.

Garden Crafts for Kids, by Diane Rhoades. New York: Sterling Publishing Co., 1995.

Good explanations of various aspects of gardening; includes creative ideas for garden design (for example, growing plants in an old shoe) as well as ideas for garden tools, storage, and so on.

Gardening Wizardry for Kids, by Patricia Kite. Hauppauge, N.Y.: Barron's Educational Series, 1995.

"Green thumb magic for the great indoors"; more than 300 indoor gardening projects and fascinating folklore; uses inexpensive materials available in any household; simple, well-explained activities.

Ready, Set, Grow, by Suzanne Frutig Bales. New York: Macmillan, 1996.

Instructions for creating gardens designed for kids; illustrated plant guide to no-hassle, quick-growing plants; craft and activity projects; information on beneficial bugs and planting tips; includes a guide to all the public gardens in the country.

Worms Eat My Garbage: A Children's Activity Book, by Mary Appelhof. Kalamazoo, Mich.: Lower Press, 1982.

Gives step-by-step directions for setting up and using a worm bin in the home or classroom.

Nature/Science

Be a Friend to Trees, by Patricia Lauber. New York: HarperCollins, 1994.

Explains why trees are important, how to help save a tree, and how to plant one.

Fall, by Maria Rius. Hauppauge, N.Y.: Barron's Educational Series, 1998.

One in a series about the seasons designed "to teach young children about the aspects of daily life"; includes activities and things to discuss about the season; explains the crops and seasonal foods.



PLANTS WE EAT Series, by Meredith S. Hughes.
Minneapolis: Lerner Publishing Group, 1998.

Buried Treasures: Roots and Tubers

Cool As a Cucumber; Hot As a Pepper: Fruit Vegetables

Flavor Foods: Spices and Herbs

Glorious Grasses: The Grains

Green Power: Leaf and Flower Vegetables

Spill the Beans and Pass the Peanuts:

Legumes

Stinky and Stringy: Stem and Bulb Vegetables

Historical and contemporary uses of human foods; includes botanical information as well as recipes. For middle school students.

Science Experiments You Can Eat, by Vicki Cobb.
New York: HarperCollins, 1994.

Fun activities geared to kids; includes experiments about the nature of different foods; for example, explores how eggs are used in the kitchen and the different uses of the yolk and the white; black and white illustrations.

Science with Plants, by Mike Unwin. Tulsa, Okla.: EDC Publishing, 1992.

Simple experiments, such as how to change the color of a leaf, how to tell the age of a tree, and why a seedling always grows the right way up.

What About Ladybugs? by Cecilia Godkin. San Francisco: Sierra Club Books for Children, 1998.

Vibrant, beautifully detailed illustrations in this simple story of one garden; introduces the important concept of the balance of nature.

Winter, by Nicola Baxter. New York: Children's Press, 1996.

One in the series of all the seasons; includes activities and things to discuss about the season.

Picture Books

Arianna and the Strawberry Tea, by Maria Falconer. Nashville: Ideals Children's Books, 1998.

The story of a young girl's request for strawberry tea and chocolate tarts that starts a new sensation at a hotel; includes a recipe.

Bread and Jam for Frances, by Russell Hoban.
New York: HarperCollins, 1993.

The tale of Frances who will not eat anything but bread and jam until that is all her mother feeds her.

Brother Eagle, Sister Sky, by Chief Seattle. New York: Dial Books, 1991.

A message from Chief Seattle to the children about preserving the earth for themselves and future generations.

The Carrot Seed, by Ruth Krauss. New York: HarperCollins, 1993.

The story of a boy who plants carrot seeds and waits for them to grow, although everyone tells him they will not.

Day of the Dead, by Tony Johnston. San Diego: Harcourt Brace & Co., 1997.

A book explaining the Mexican holiday and the special foods that are eaten.

The Earth and I, by Frank Asch. San Diego: Gulliver Books, 1994.

A story in which a young boy explains his friendship with the earth.

Eating the Alphabet, by Lois Ehlert. San Diego: Harcourt Brace & Co., 1996.

The fruits and vegetables from A to Z.

Farm Days, by William Wegman. New York: Hyperion Books for Children, 1997.

A tale of a city boy going to visit his cousins on the farm and learning to garden.

The First Strawberries, by Joseph Bruchac. New York: Dial Books for Young Readers, 1993.

A Cherokee Indian tale of the first strawberries; teaches respect and friendship.

The Gardener, by Sarah Stewart and David Small.
New York: Farrar, Straus, & Giroux, 2000.

The story of a young child moving to the city to live with her uncle and being able to re-create part of the country in her rooftop garden.

Giving Thanks, by chief Jake Swamp. New York: Lee & Low Books, 1995.

A native American good morning message encouraging us to live in peace with and give thanks to Mother Earth.

The Great Redwall Feast, by Brian Jacques. New York: Philomel Books, 1996.

A story of the Redwall animals who secretly prepare a feast for their beloved leader.

Have You Seen Trees? by Joanne Oppenheim. New York: Scholastic, 1995.

A book about varieties of trees and their changes through the seasons.

The Leaf Men and the Brave Good Bugs, by William Joyce. New York: Laura Geringer Books, 1996.

The tale of a dying garden needing to be rescued and good bugs trying to save the day.

Matzo Ball Moon, by Leslea Newman. New York: Clarion Books, 1998.

A holiday story about a family running out of matzo balls, finding one in an unexpected place, and rediscovering the meaning of Passover.

Midnight Farm, by Carly Simon. New York: Simon & Schuster Books for Young Readers, 1997.

Tells of two young boys who awaken to find the animals and vegetables on the farm having a midnight celebration.

Planting a Rainbow, by Lois Elbert. San Diego: Harcourt Brace Jovanovich, 1988.

A colorful story of a mother's and child's flower garden and the bouquets that are made from it.

The Reason for a Flower, by Ruth Heller. New York: Grosset & Dunlap, 1983.

A book describing the cycle of growing from a flower to a fruit or a vegetable.

Red Leaf, Yellow Leaf, by Lois Elbert. San Diego: Harcourt Brace Jovanovich, 1991.

The story of a friendship between a young child and a sugar maple tree; explains the parts of a tree and when and where to plant the tree.

Saturday Sancocho, by Leyla Torres. New York: Farrar, Straus, & Giroux, 1995.

The tale of a young girl making *sancocho*, a chicken stew, with her grandparents one Saturday, that requires some extra work to get the ingredients; includes a recipe.

Scarecrow, by Cynthia Rylant. San Diego: Harcourt Brace & Co., 1998.

Watching a garden grow from a scarecrow's point of view.

Stone Soup, by Marcia Brown. New York: Aladdin Books, 1986.

The classic tale of three soldiers seeking food and shelter who convince the town to make stone soup.

The Summer My Father Was Ten, by Pat Brisson. Honesdale, Pa.: Boyds Mills Press, 1998.

A young boy and an older man building a friendship through growing a garden together.

Sunflower House, by Eve Bunting. San Diego: Harcourt Brace & Co., 1996.

The story of a young boy planting a circle of sunflower seeds to grow into a playhouse and what happens when the sunflowers die.

The Tiny Seed, by Eric Carle. Saxonville, Mass.: Picture Book Studio, 1990.

The adventure of a tiny seed through the seasons.

Thunder Cake, by Patricia Polacco. New York: Philomel Books, 1990.

A story of a grandmother teaching her granddaughter not to be afraid of thunder through the distraction of making thunder cake; includes a recipe.

Tops & Bottoms, by Janet Stevens. San Diego: Harcourt Brace & Co., 1995.

A fable of Bear and Hare becoming business partners and growing vegetables to sell; Hare always ending up with the vegetables and Bear the inedible parts!



Tortillas and Lullabies, Tortillas y Cancioncitas, by Lynn Reiser. New York: HarperCollins Children's Book Group, 1998.

A book about family traditions and how they have changed yet have remained the same throughout the years.

A Tree Is Nice, by Janice May Udry. New York: Harper, 1956.

A story of the many reasons to love trees for their beauty and for their uses, such as for treehouses and places for shade.

Yoko, by Rosemary Wells. New York: Hyperion Books for Children, 1998.

A tale about Yoko being ridiculed for bringing sushi to school for lunch and finding a friend who shares her love of food.

Books for Older Children

All-of-a-Kind Family, by Sydney Taylor. New York: GRM Associates, 2000.

The story of a family of five young girls growing up in New York; includes references to Jewish foods.

Along Came a Dog, by Meindert deJong. New York: HarperCollins Children's Book Group, 1980.

A tale of a dog coming to the farm and forming a friendship with the rooster and whether the farmer will let him stay.

... *And Now Miguel*, by Joseph Krumgold. Boston: Houghton Mifflin Co., 1992.

The story of a young boy attempting to prove to his family that he can go on the sheep drive this year, praying to San Ysidro, the saint for farmers everywhere, and getting his wish but with devastating consequences.

Arthur, for the Very First Time, by Patricia MacLachlan. New York: Harper & Row, 1980. The adventures of Arthur going to stay on his uncle's farm and finding a whole new world of fun.

The Barn, by Avi. New York: Orchard Books, 1994.

The story of a boy and his siblings struggling to complete their father's dream of building a barn for their farm while their father is dying.

Breakaway, by Paul Yee. Toronto: Groundwood Books, 2000.

The story of a young boy growing up in the depression, toiling on his family's farm, and trying to win a soccer scholarship.

Charlotte's Web, by E. B. White. New York: HarperCollins Children's Book Group, 1999.

The classic story of a young girl, her pig, and a spider's magic web.

The Children of Noisy Village, by Astrid Lindgren. New York: Puffin Books, 1988.

A year in the life of six Swedish children living on farms in the countryside.

The Cook's Family, by Laurence Yep. New York: Penguin Putnam Books for Young Readers, 1999.

The struggle of a young girl finding a place with the cook's family and redefining her place in her own family.

The Cookcamp, by Gary Paulsen. New York: Orchard Books, 1991.

The longings of a young boy for home after going to live with his grandmother at a cookcamp.

Fantastic Mr. Fox, by Roald Dahl. New York: Puffin Books, 1998.

A story of three farmers and the cunning Mr. Fox, who outwits all of them.

Gib Rides Home, by Zilpha Keatley Snyder. New York: Delacorte Press, 1998.

The story of a young boy who farms out as a laborer to help his family but also has a special ability to talk to horses.

The Haymeadow, by Gary Paulsen and others. New York: Delacorte Press, 1992.

The tale of John being given the job of tending the sheep in the haymeadow in summer.

Indian Captive, by Lois Lenski. New York: HarperCollins Children's Book Group, 1995.

The adventures of a young farm girl captured by native people, desperately trying to run away until the people are kind to her and teach her about the earth, its plants, and its creatures.

Justin and the Best Biscuits in the World, by Mildred Pitts Walter. New York: Lothrop, Lee & Shepard, 1986.

The story of Justin at his grandfather's ranch, learning to mend fences, to catch fish and, most important, to make the best biscuits in the world.

Little Britches: Father and I Were Ranchers, by Ralph Moody. Lincoln: University of Nebraska Press, 1991.

The story of a young boy growing up on a Colorado ranch.

Mandy, by Julie Edwards. New York: Harperry, 2001.

The adventures of Mandy, who escapes from an orphanage, finds a small, abandoned cottage, and makes it her special place by growing flowers and plants to keep it beautiful.

Marisol and Magdalena, by Veronica Chambers. New York: Jump at the Sun, 1998.

A young girl growing up in New York torn between her American life and her family's Panamanian traditions; includes references to Panamanian food, which the daughter helps to cook for her mother.

Miracles on Maple Hill, by Virginia Sorenson. San Diego: Harcourt Brace Jovanovich, 1990.

The story of a family in the country, where the seasons and nature are a large part of their lives.

Out of the Dust, by Karen Hesse. New York: Scholastic, 2000.

Told in blank verse; the tales of fifteen-year-old Billie Jo on the hardships of living on her family's wheat farm in Oklahoma during the Dust Bowl years of the depression.

Popcorn Days and Buttermilk Nights, by Gary Paulsen. New York: Puffin Books, 1989

The story of Carey, who is going crazy and getting into trouble in the city. He is sent to live with his uncle in the country.

Rabbit Hill, by Robert Lawson. New York: Puffin Books, 1977.

The tale of local animals wondering if the new folks moving in are folks with guns or planting folks.

Rebecca of Sunnybrook Farm, by Kate Douglas Wiggin. New York: William Morrow & Company, 1994.

The story of a young, vibrant girl growing up on a farm.

Roll of Thunder, Hear My Cry, by Mildred D. Taylor. New York: Phyllis Fogelman Books, 2001.

The story of a family, their connection to the land, and their fight to keep it.

Seedfolks, by Paul Fleischman. HarperCollins Children's Book Group, 1999.

A tale of a Vietnamese girl who plants a seed in a trash-filled, inner-city lot. One by one, she draws people of varying ages and backgrounds into creating a community garden and, in the process, transforming themselves.

Shades of Gray, by Carolyn Reeder. New York: Macmillan, 1989.

The story of Will who, after the Civil War, is forced to stay with his traitor uncle, a Confederate, and learns to grow food and hunt and discovers the truth of the past.

Sing Down the Moon, by Scott O'dell. Santa Barbara, Calif.: Cornerstone Books, 1989.

The story of a young Navajo girl who is captured by the Spaniards to be their slave; includes references to both Spanish and Native American food.



- Sour Land*, by William H. Armstrong. New York: Harper & Row, 1971.
The story of a friendship that forms between a white family and the black teacher who moves next door and helps them save their farm and about the town that does not approve.
- Strawberry Girl*, by Lois Lenski. New York: HarperCollins Children's Book Group, 1995.
The struggles of a young girl and her family moving to Florida and starting their farm.
- Sugar Lump, The Orphan Calf*, by Lynn Sheffield Simmons. Argyle, Texas: Argyle Books, 1994.
The tale of a young girl raising an orphan calf. Will she have to give it up?
- Thimble Summer*, by Elizabeth Wright. New York: Henry Holt Books for Young Readers, 1990.
The story of one girl's magical summer on a Wisconsin farm.
- Zeely*, by Virginia Hamilton. New York: Aladdin Books, 1986.
A story of the adventures of Elizabeth and the summer she spent on her uncle's farm.

Poetry

- Animal Crackers*, by Jane Dyer. Boston: Little, Brown & Company, 1996.
A collection of poems, pictures, and lullabies for young children, including sections on food, nature, and animals.
- A Child's Seasonal Treasury*, by Betty Jones. Berkeley, California: Triticycle Press, 1996.
A compilation of songs, verses, activities, and recipes for children to read about and do in each season.
- The Sky Is Always in the Sky*, by Karla Kuskin. New York: Laura Geringer Books, 1998.
A fun collection of poems about "nature, food, and you."