

FARMING TERMS

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FOOD PROCESSING TERMS

BIODYNAMIC Farming based on Austrian philosopher Rudolf Steiner's work. In addition to organic practices like crop rotation and composting, biodynamic farming relies on special plant, animal, and mineral preparations and the rhythmic influences of the sun, moon, planets, and stars.

CERTIFIED NATURALLY GROWN (CNG) Products certified by an independent nonprofit organization (not USDA) as having been produced in approximate accordance with national organic standards. The program requires less paperwork and lower certification fees for farmers than the USDA's National Organic Program. **REGULATED**

CONVENTIONAL Standard agricultural practices widespread in the industry. May include use of pesticides, synthetic fertilizers, "mono-cropping," antibiotics, hormones and other chemical approaches. In the US, may also include use of Genetically Modified Organisms (GMOs).

DRY-FARMED Produce grown using a tilling technique that seeks to retain soil moisture and to minimize or eliminate the use of irrigation.

GENETICALLY MODIFIED ORGANISMS (GMOs) Plants and animals with genetic make-up altered to exhibit traits not normally present, such as longer shelf-life, different color, or resistance to certain chemicals. Conventionally, genes are taken (copied) from an organism with a desired trait and transferred into the genetic code of another organism.

HEIRLOOM (also called farmers' or traditional varieties) Developed by farmers through years of cultivation, selection, and seed saving, then passed down through generations (generally regarded as having been in existence for a minimum of 50 years).

INTEGRATED PEST MANAGEMENT (IPM) Strategies aiming to reduce the use of chemical pesticides through careful monitoring for actual pest threats. Pesticides are applied in ways to pose the least possible hazard, and are used as a last resort when other controls are found inadequate.

LOCALLY GROWN Food and other agricultural products produced, processed, and sold within a certain region, whether defined by distance, state border, or regional boundaries. Because the term is not nationally regulated, individual farmers markets can define and regulate the term based on their own mission and circumstances.

NATURALLY GROWN/ALL NATURAL USDA guidelines state that "natural" meat and poultry products can only undergo minimal processing and cannot contain artificial colors, artificial flavors, preservatives, or other artificial ingredients. The claim "natural" is otherwise unregulated.

NO SPRAY/PESTICIDE-FREE No pesticides, herbicides, or fungicides have been applied to the crop at any point in production, even though the produce is not organically grown.

NO-TILL A method of reducing soil erosion by planting crops without tilling the soil. Herbicides may be relied upon to control weeds.

ORGANICALLY GROWN/CERTIFIED ORGANIC All products sold as organic must meet the USDA National Organic Program standards. Certification is mandatory for farmers selling more than \$5,000 of organic products per year, and includes annual submission of an organic system plan and inspection of farm fields and processing facilities. No synthetic fertilizers, chemicals, or sewage sludge can be used in the production of organic foods, and they cannot be genetically modified or irradiated. Organic livestock must be fed only organic feed (without animal byproducts) and cannot be treated with hormones or antibiotics. Animals must also have access to the outdoors, and ruminants must have access to pasture. **REGULATED**

SUSTAINABLE AGRICULTURE Farming that is socially just, humane, economically viable, and environmentally sound. The term is unregulated and interpreted differently by different people.

TRANSITIONAL Farmers must practice organic methods for three years on a given piece of land before the products harvested from that land can be sold or labeled as organic. "Transitional" is an unregulated term referring to farmland using organic practices while transitioning towards organic certification.

VINE-RIPENED/TREE-RIPENED Fruit that has been allowed to ripen on the vine or tree. Many fruits that are shipped long distances are picked while still unripe and firm, and later treated with ethylene gas at the point of distribution to "ripen" and soften them.

ARTISAN/ARTISANAL Implying that products are made by hand in small batches. Ingredients can come from any source, and are not necessarily connected with the farm or producer.

CUSTOM SLAUGHTER Meat processing activities exempt from USDA Food Safety Inspection Service (FSIS) inspection in cases where the meat product is intended only for the personal use of the owner(s) of the animals, which may include customers who prepay for portions of an animal. Custom slaughtering facilities are periodically inspected by the FSIS to ensure sanitary processing procedures.

DRY-AGED Meat that is hung in a temperature and humidity controlled room for a period of weeks to develop flavor and tenderness. Most commercially available meat is wet-aged by vacuum packaging.

FARMSTEAD CHEESE Cheese made by the same people who raise the animals producing the milk, i.e., "from the farm."

GAPs (Good Agricultural Practices) Voluntary recommended practices intended to reduce the risk of harm to farmers, workers, environment, and customers. In the US, GAPs are directed primarily at reducing the risk of microbial food-borne illness.

RAW FOODS (including milk, cheeses, cider, vinegar, sauerkraut, and almonds) not pasteurized (heated) to a minimum of 145° F. In the US, raw milk cheeses are required to be aged for 60 days. In some states, sales of raw milk and other foods are prohibited.

SECONDS Produce that is bruised, blemished, overripe, misshapen, or otherwise deemed unfit for regular sale. Seconds, for cooking or canning, are often available in large quantities and at lower prices.

SULFURED/UNSULFURED Many dried fruits are treated with sulfur dioxide (SO₂) or meta bisulfate to keep them from oxidizing during and after the drying process. This preserves their original color and acts as a preservative. Unsulfured fruits are often dark brown in color.

USDA INSPECTED FACILITY A meat, poultry, or egg processing facility under inspection by the USDA Food Safety Inspection Service (FSIS). Such inspections are mandatory for meat and poultry products intended for interstate and foreign commerce; FSIS also monitors state inspection programs for meat products sold only within the state in which they were produced. Meat sold retail at markets as individual cuts requires the USDA stamp of inspection.

VEGAN Foods containing no animal product, meaning that they exclude meat, dairy, eggs, gelatin, or honey.

Farmers markets operate on a regular basis to facilitate mutually beneficial relationships among local farmers, shoppers, and communities. To fulfill that objective, a farmers market defines the term local, regularly communicates that definition to the public, and implements rules/guidelines of operation to ensure that the farmers market consists principally of farms selling directly to the public products that the farms have produced.

{ ANIMAL HUSBANDRY TERMS }

CLOSED-HERD Implies that all animals are bred from an original herd, without the purchase of other animals. In closed-herd systems, farmers/ranchers can preserve and enhance certain genetic qualities and minimize the introduction of possible pathogens from other animals.

FREE-RANGE (also free-roaming or pastured) Implies that a product comes from an animal raised unconfined and able to feed on grass, seeds, and/or insects in the outdoors. “Free-range” claims on beef and eggs are unregulated, but USDA requires that poultry have access to the outdoors for an undetermined period each day.

GRASS-FED A diet for animals (including cattle, sheep, goats, and bison) whose diet consists of freshly grazed pasture during the growing season and stored grasses (hay or grass silage) during winter months or drought conditions.

HERITAGE A term applied to breeds of livestock that were bred over time to be well-adapted to local environmental conditions, withstand disease, and survive in harsh environmental conditions. Heritage breeds generally have slow growth rates and long productive lives outdoors, making them well-suited for grazing and pasturing.

HUMANE Implies that slaughtered animals were treated with compassion. “Certified Humane” describes animals that were allowed to engage in their natural behaviors; raised with sufficient space (room to lie down), proper shelter and gentle handling to limit stress; and provided ample fresh water and a healthy diet without added antibiotics or hormones. Though Certified Humane is third-party verified, not all ‘Humane’ claims are regulated.

NO ANTIBIOTICS Implies that antibiotics are not administered to animals. Some farms administer antibiotics to cows, hogs, sheep, or chickens to boost growth rates and prevent widespread disease caused by crowded conditions.

NO HORMONES Hormones are commonly used in commercial farming of animals (primarily cattle) to speed growth or increase milk production. Some hormones are natural, others synthetic, while others are genetically engineered. “No hormones” means a farm/ranch does not administer hormones. Hormones are not allowed by USDA in the raising of hogs or poultry.

This glossary is for educational purposes only. It does not endorse or discredit any of the practices included herein. Created in partnership with Agricultural Institute of Marin and the Center for Urban Education about Sustainable Agriculture, with support from the USDA Agricultural Marketing Service and GRACE Communications Foundation.

{ FARMERS MARKET TERMS }

CERTIFIED FARMERS MARKET A designation offered by some states (CA, NV, and TX, for example) to ensure that products sold are produced by the farmers themselves. Most US producer-only farmers markets establish their own rules and methods of ensuring product integrity at the local level.

SFMNP (Senior Farmers Market Nutrition Program) Provides eligible low-income seniors with coupons that can be exchanged for fresh fruits, vegetables, honey, and herbs at farmers markets. SFMNP funding is provided by USDA Food and Nutrition Service to states, US territories, and federally-recognized Indian tribal governments.

WIC FMNP (Women, Infants, and Children Farmers Market Nutrition Program) Provides coupons to eligible low-income women who are pregnant, breastfeeding, and/or caring for children up to five years of age who are found to be at nutritional risk. Coupons are used to buy fresh fruits, vegetables, and herbs at farmers markets. Funding for WIC FMNP is provided by the USDA Food and Nutrition Service to states, US territories, and federally-recognized Indian tribal governments.

EBT (Electronic Benefits Transfer) is an electronic system allowing participants in the Supplemental Nutrition Assistance Program (SNAP) to use their benefits (known by their state-sponsored name) to buy fresh foods. A growing number of farmers markets are equipped to accept SNAP benefits through EBT.

WIC CASH VALUE VOUCHERS (CVV) or equivalent state-sponsored name, can be redeemed by WIC participants for fresh fruits and vegetables in states that allow farmers to accept WIC fruit and vegetable checks at farmers markets by enrolling them as limited WIC vendors.



*Farmers markets
are good for everyone.
Join us to make them even better.*

Learn more about farmers markets and support our work at FarmersMarketCoalition.org – and visit our collaborators at EatWellGuide.org to find farmers markets across America.

Take steps to help create a sustainable food system.
Go to gracelinks.org/takeaction.

Farmers Market Coalition (FMC) is a 501(c)(3) organization dedicated to strengthening farmers markets for the benefit of farmers, consumers, and communities.

FARMERS MARKET GLOSSARY



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