

GLOSSARY – for all underlined words in the book “Wild Blueberries for ME”

Antioxidant – Important disease-fighting compounds that protect against unstable oxygen molecules produced by human digestion. Eating wild blueberries can provide your body with antioxidants to protect your healthy cells. **Pg. 26**

Acre – A measurement of land area commonly used in agriculture that is equal to 43,560 square feet, about the size of a football field. **Pg. 4**

Barrens – Level or slightly rolling lands that usually have sandy soil with few trees. **Pg. 9**
(Also see Wild Blueberry Barrens)

Blossom – The plant’s flower that must be pollinated to grow into fruit. Maine wild blueberries flower in May and the blossoms last up to two weeks. **Pg. 12, 15 + 19**

Canned – Method of preserving foods in sealed jars or cans, after processing to eliminate harmful microorganisms, to store for later use. Canned wild blueberries can be stored up to two years. **Pg. 9 + 23**

Civil War – A conflict between two regions of the same country, such as the Union (North) and Confederates (South) of America in 1861 to 1865. **Pg. 9**

Crop – Plants grown by farmers for human use. Wild Blueberries are one of Maine’s largest crops. Others are potatoes, apples, hay and vegetables. **Pg. 12**

Culture – Beliefs, art, and customs that are part of a particular society. Wild blueberries have been part of Maine’s culture through history. **Pg. 5**

Disease – An illness that affects plants, animals or humans, that prevents normal functioning. The pruning of wild blueberries by burning at the end of each two-year session can help prevent diseases. **Pg. 26**

Dried – To create a low level of moisture, resulting in fruit that maintains a high quality for a longer period of time. Dried wild blueberries have many of the same nutrients as fresh. **Pg. 7 + 23**

Fiber – Food compound that is helpful to digestion found in the plants we eat (Fruits, Vegetables, Grains, and Legumes). Wild Blueberries are high in fiber. **Pg. 26**

Flash Frozen – To freeze quickly to preserve the natural juices, flavors and nutrients. Most Maine wild blueberries are flash frozen for later use. **Pg. 23**

Freezing Facility – A specific building that has equipment and machines to freeze and store the blueberries. (See Flash Frozen) **Pg. 22**

Glacier – A slowly moving area of ice formed from compressed snow that has accumulated over many years. The glaciers that formed centuries ago created the beautiful Maine landscapes from the flat lands to the mountains. **Pg. 6, 16**

Hand Rake – First developed in the 1800’s; they looked like dustpans attached to a large comb. They are swiped through the bushes to collect the wild blueberries that are then tipped into a box or basket. Workers still use hand rakes today to harvest wild blueberries found in rocky or especially steep fields where machine harvesters cannot be used. **Pg. 10, 21**

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Harvest Year – The fruit bearing year of the wild blueberry; commonly referred to as crop year. Maine wild blueberries are harvested every other year. **Pg. 12**

Hive – A place for bees to make honey and raise their young. One bee hive can contain 30,000 bees or more. Bee keepers manage many hives and collect the honey for people to use. **Pg. 19**

Ice Age – A time, thousands of years ago, when glaciers covered most of the Earth’s surface. **Pg. 6**

Immune System – A system in the body that protects it from disease. Eating wild blueberries may help build your immune system to help your body stay healthy. **Pg 26**

Irrigate/ irrigation – Watering of land by a man-made system to promote plant development and plump juicy fruit when there is a lack of rain. **Pg. 16**

Machine Harvester – A mechanical attachment, most commonly fitted on a tractor, designed to harvest a particular crop. Maine wild blueberry growers use large and small machine harvesters. **Pg. 16, 20**

Pollinate – To transfer pollen from one plant to another, inside the flowers so that fruit is formed. Honeybees, bumblebees, bats, butterflies, moths and other insects can be pollinators. **Pg. 19**

Pruning – To cut off or cut back parts of a plant to encourage growth or production. Wild blueberries are pruned by mowing or burning every other year to control weeds, insects and diseases and increase yield. **Pg. 13**

Pruning Year – The non-fruiting year of the wild blueberry production cycle. Commonly referred to as the sprout year. Maine wild blueberries are pruned every other year, soon after harvest. **Pg. 12**

Rhizome – An underground stem that many plants species use to grow and spread. Wild blueberries are one of the best examples of plants that reproduce through rhizomes. One wild blueberry plant that is interconnected through the rhizomes can be referred to as a clone. There can be hundreds of clones in a field. **Pg. 17**

Settlers – People that move to an area that has few or no occupants. When the settlers from Europe came to Maine, they had never seen wild blueberries. Soon they learned to eat them fresh, dried, or even to make tea. **Pg. 8**

The New World – The land that was discovered by French, Spanish, and European settlers consisting of the western hemisphere (North and South America). Christopher Columbus and other explorers sailed the Atlantic Ocean to find The New World. **Pg. 8**

Vitamins – Substances that are found in foods that help our bodies function correctly and help you grow! Wild Blueberries contain Vitamin C and others that are good for you. **Pg. 26**

Wild Blueberry Barrens – Large areas of level and rolling land with a sandy, acidic soil that is perfect for wild blueberries to grow, but usually not as good for other crops. Some of the largest barrens are right here in Washington County, Maine! **Pg. 9**

Winnower – A machine designed to blow and sift out unwanted leaves and sticks from wild blueberries. Some wild blueberry growers still use winnowers today! **Pg. 11**