In the real world when you go to a restaurant and order a soup AND salad, you get two items: soup and salad.

In the Boolean world, though, you would get a soupy salad – more precisely, you would only get those items that are about BOTH soup and salad.

soup AND salad = 10 articles that are about both soup and salad

In the real world when you go to a restaurant and order a soup OR salad, you get only one item.

In the Boolean world, though, you would get ALL the soup articles PLUS all the salad articles.

soup OR salad = 200 articles
NOT is a tricky term to use because you won’t see an article if the term appears even once, even if the article might be useful. You might miss important articles because NOT won’t show you an article that says, “This article doesn’t cover salad, but tells you how to make great soup.”

soup NOT salad = 95 soup articles but NOT 5 soup articles that also mention salad

Keep in Mind…

Most databases default to AND: if you don’t use a Boolean term, all the words in your search will automatically be combined w/ AND so you will retrieve fewer results.

OR = mORe results
OR is handy for synonyms and alternate spellings:
  kalO OR tarO
  ‘ulu OR breadfruit

NOT can be useful if your initial search shows many irrelevant results:
  Hawai‘i surfing NOT internet

You can use more than two terms:
  Hawai‘i AND food AND organic
  aku OR ahi OR ono OR opakapaka