Spring and Spring Boot are both used in software development, specifically Java applications. Spring is an open-source framework with a number of features to help developers work more efficiently. One of it's major features is dependency injection. Spring Boot is an extension of Spring and helps developers with configuration by eliminating the need for boilerplate code.

https://www.baeldung.com/spring-vs-spring-boot

https://rollbar.com/blog/spring-vs-spring-boot-whats-the-difference/

https://www.turing.com/kb/spring-vs-spring-boots-best-web-apps

Spring Boot includes the use of annotations in code to provide metadata and limit the need for the developer to enter excess code. Some of these annotations are used for CRUD operations, Create/Read/Update/Delete. These annotations include for Create = @PostMapping, Read = @GetMapping, Update = @PutMapping, and Delete = @DeleteMapping.

https://www.javatpoint.com/spring-boot-annotations