

# Maple Syrup



## Healthy Native Foods

- ❑ Maple Syrup is a 100 % natural and organic product.
- ❑ Maple Syrup has the same calcium content as whole milk.
- ❑ Maple Syrup has only 50 calories per tablespoon, unlike corn syrup which has 60 calories per tablespoon.
- ❑ Maple Syrup is rich in minerals such as calcium, potassium, manganese, magnesium, phosphorus, and iron.
- ❑ Maple Syrup is good for you! Vitamins B2, B5, B6, niacin, biotin, and folic acid are present in Maple Syrup.
- ❑ Maple Syrup even contains trace amounts of amino acids - the building blocks of protein!

### USES:

- Use Maple Syrup on pancakes, waffles, and French toast.
- Pour over vanilla ice cream and plain yogurt.
- Use as a substitute for sugar in baking.
- Add maple syrup as a sweetener for coffee or tea.
- Make maple candy or sugar-on-snow.
- Use as a flavoring in cakes, pies, or pastries.
- Glaze maple syrup over meats such as ham, chicken, or pork.
- Use Maple Syrup on grapefruit, hot cereals, and granola.



Old timers say that we get a run of sap for every day of January thaw. Most years we get a January thaw and its duration can be measured in one, two or three days. The sugar season, which occurs mid March through mid April, always consists of one, two or three runs.

On the average, it takes 40 gallons of maple sap to make 1 gallon of pure maple syrup. We drill 1 tap hole in each of our Maple trees, which gives 10 gallons of sap in an average year. So, 4 maple trees, 40 to 200 years old, are needed to make one gallon of pure maple syrup.



- ❑ Maple sap is 2% sugar and weighs 8.35 lbs. Per gallon.
- ❑ Maple syrup is 66.9% sugar and weighs 11 lbs. Per gallon.
- ❑ One gallon of maple syrup makes 7 lbs. of maple sugar.
- ❑ Maple syrup contains 50 calories per Tablespoon; corn syrup contains 60 calories per tablespoon.

Native Americans had various names for certain maple items. The Cree called the sugar maple, *Sisibaskwatattik* (tree), the Ojibwa called maple sugar *Ninautik* (our own tree), and other tribes called the maple, *Michton*. Early Native Americans seldom used salt (they preferred sugar) and used maple on meat and fish. Some Tribes celebrated the return of spring with a "maple moon" festival, which is known today as "sugar-off time."

Native Americans gradually reduced the sap to syrup by repeatedly freezing it, discarding the ice, and starting again. Some made birch bark containers that held about 20 to 30 pounds of maple sugar for storage. The Ojibwas of the Great Lakes, the Wyandonts of the Detroit River, and the Indians at Pidgeon Lake, were similar in how they processed the maple sap. As soon as the sap began to rise, the women and their families migrated in family groups to the maple grooves, or "sugar bushes, where they erected a camp and lived in wigwams made of bark. They prepared troughs, collected the sap, and brought it to the fire, while the most experienced women regulated the heat. Sometimes the sap was made to boil by placing hot stones in the mixture. Freshly heated stones were constantly added, while the cooler ones were fished out and reheated. Usually, each woman had her own sugar shack.

Maple Syrup is made from Hard Maple, *Acer saccharum*. Other name often used is Sugar Maple.

