

## MAPLE FACTS

- ✦ The sugar maple tree is indigenous to Northeast United States, Southeast Canada and areas around the Great Lakes. - the only area in the world where pure maple syrup is made.
- ✦ The sugaring season begins between winter and spring when sap, a clear mixture of sugar, water and nutrients that nourish a tree's new buds, begins to flow up the maple's trunk as the tree begins to thaw.
- ✦ The maple season may last 6 to 8 weeks, usually starting in February and lasting until early April. The flow of sap flow lasts for 10 to 20 days and is irregular, often with up to a third of the season's yield coming through in a single run.
- ✦ Once the buds on the tree begin to swell, the sap turns bitter, and the season ends.
- ✦ Maple sap is approximately 98% water and 2% sugar. It is condensed to maple syrup by an "evaporation process".
- ✦ Maple syrup is 33.5% water and 66.5% sugar.
- ✦ 40-50 gallons of sap equals approximately one gallon of maple syrup.
- ✦ Warm sunny days (above 40°F) and freezing nights are ideal for sap flow.
- ✦ Each "tap" will yield an average of 12 gallons of sap per season; that yields about one quart of pure maple syrup.
- ✦ Tapping a maple tree does not damage the tree!
- ✦ Quebec produces 80%, Ontario produces 10%, and the U.S. produces 10% of all maple syrup made in North America.

## 10<sup>th</sup> ANNUAL TASTE TOUR

Members of the Northwest Pennsylvania Maple Association conduct a tour of Maple Syrup "sugar-houses" in Erie, Crawford, Venango, Mercer and Warren counties every year during the maple syrup making season. This year's event is scheduled for:

**March 16 – 17<sup>th</sup>, 2013**

### MAPLE SYRUP RECIPES

Hurry Hill Farm will celebrate the 10<sup>th</sup> Annual Taste Tour by publishing the [Hurry Hill Farm Maple Cookbook](#). To get advanced samples of recipes go to our website at [hurryhillfarm.org](http://hurryhillfarm.org). There are three "Pennsylvania Farm Show First Place" Hurry Hill winning entries posted:

1. Snowplow Pie
2. Maple Barbeque Sauce
3. Maple Peanuts

### PURE MAPLE CONFECTIONS

For directions for making pure maple candy, crumb sugar, molded candy, spread "butter cream", or sugar-on-snow, go to: - <http://ohioline.osu.edu/for-fact/0046.html>

## ABOUT HURRY HILL FARM

Jan, Lisa, Emma, and Jesse at Hurry Hill Farm, live in Edinboro, Pennsylvania - the "land of the lingering snow!" Winters are long and sugaring has been a way to celebrate the coming of spring for many years. Each season we "tap" the sugar bush by hanging 800 buckets on the maple trees and produce about 300 gallons of pure maple syrup in our sugarhouse.

Sugaring is a year long process:

- We cut and stack wood in the fall,
- We wash buckets in the winter
- We produce pure maple syrup in the spring,
- And we market maple products year round.

# Pure Pennsylvania Maple Syrup: A HEALTHY CHANGE!



## Hurry Hill Farm Maple Museum & Farm Stand

11424 Fry Road Edinboro, PA

Open middle of March to the end of May  
And September through November  
Sunday 2-5 pm  
(Closed for the summer & winter months)

**Janet M. Woods & Lisa G. Nathanson**  
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### SHADES OF AMBER

Pure maple syrup is graded by shades of amber. As a rule, the darker the syrup, the stronger the flavor.

- ☛ **Light Amber** has a mild, delicate maple flavor.
- ☛ **Medium Amber** has a characteristic maple flavor. (The most common pancake syrup)
- ☛ **Dark Amber** has a robust maple flavor.
- ☛ **Grade B** is very dark and has a strong maple flavor.



### STORING YOUR MAPLE SYRUP

- ☛ Store unopened containers of maple syrup in a cool, dry place. Maple syrup can also be frozen. Store opened containers of syrup in the refrigerator or freezer.
- ☛ If mold develops on the syrup: skim it off; heat the syrup to boiling, cook for 3 minutes (hint: rub butter on rim of pan to avoid “boiling over”) skim again. Your maple syrup will be as good as new.
- ☛ Pure maple syrup can be “re”-canned. Simply heat it to 180°F, seal in pre-sterilized canning jars and heat process 5 minutes in boiling water.
- ☛ Maple cream **must** be refrigerated or frozen. Stir before use if it separates. If it becomes dry, add ¼ tsp boiling water and stir.

### MAPLE SYRUP NUTRITIONAL VALUE:

Per 60 ml portion in %DV*	Pure Maple Syrup	Honey	Sugar	Brown Sugar
Manganese	100	3	0	9
Riboflavin (B2)	37	2	1	0
Zinc	18	2	0	1
Magnesium	7	1	0	7
Calcium	5	0	0	5
Potassium	5	1	0	6
Calories	217	261	196	211
Sugars (in G)	54	71	51	54

\*DV: The Daily Value is the amount deemed sufficient to meet the daily needs of the majority of healthy individuals. Source: Canadian Nutrient File (Health Canada)



### Maple Syrup Nutritional Information:

- ☛ Pure maple products contain no preservatives, artificial colors or flavoring, and no fat!
- ☛ Pure maple syrup can enhance the flavor of foods. Add it to your favorite recipes.
- ☛ Pure maple syrup is slightly sweeter than cane sugar. To substitute maple syrup in cooking, use ¾ cup of syrup for each cup of sugar and reduce the liquid in the recipe by 3 Tbsp.
- ☛ Maple syrup is an excellent source of manganese (an important role in energy production and antioxidant defenses, and is necessary for normal brain and nerve function). A portion of ¼ cup of maple syrup contains 100% of the Daily Value of manganese.
- ☛ The sweetener provides 37% of the Daily Value of riboflavin, which aids in the metabolic process.
- ☛ Maple syrup contains 18% of the recommended Daily Value of zinc, which is essential for a healthy immune system.
- ☛ Other minerals found in maple syrup are magnesium, calcium and potassium, & they are known for decreasing the risk of hypertension or stroke.

Hurry Hill Farm is home to:  
**Hurry Hill Farm Maple Museum**  
**Hurry Hill Farm Stand**  
**The Newbery Medal** awarded to Virginia Sorensen author of *Miracles on Maple Hill*, a book about maple sugaring in Northwest Pennsylvania.

