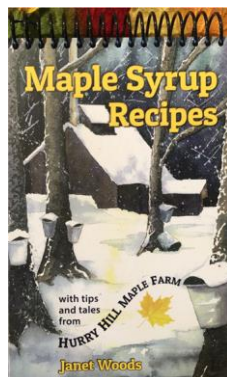


- ♣ The sugar maple tree is indigenous only to the United States and Canada around the Great Lakes. This is the only area in the world where pure maple syrup is made.
- ♣ The sugaring season “the season of mud and snow” begins between winter and spring. Sap, a clear mixture of sugar and water nourishes the tree’s new buds Sap flows just inside the bark up the maple’s trunk as the tree begins to thaw.
- ♣ The maple season may last 6 to 8 weeks, starting as early as late January and can last until early April. The flow of sap flows 10 to 20 days and is often irregular, with up to a third of the season’s yield coming during a single run.
- ♣ Once the buds on the tree begin to swell, the sap turns bitter, and the season ends. Hearing the “peeper frogs” signifies the end of the season.
- ♣ 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. It takes approximately 35-50 gallons of sap to equal one gallon of pure 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; and when “boiled down” 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.

ANNUAL MAPLE TASTE & TOUR

Sugarmakers in the Northwest Pennsylvania Maple Association conduct free tours of Maple Syrup “sugar-houses” every year during the maple syrup making season. **This annual event is scheduled for Mid-March Saturday and Sunday 10am to 4 pm . Go to pamaple.org for dates, maps, maple producers, and products sold.**



New Cookbook
 *Available Now!
 *170 recipes
 *Stand Up Format

Follow us on Facebook and Instagram for updates

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 buckets on the maple trees and produce pure maple syrup in our sugarhouse.

We market maple products year round at the farm & at Goodell Gardens Harvest Festival in September & the General McLane Foundation Craft Fair in November. Visit our educational website: hurryhillfarm.org.

Text or email for price sheet
Credit and debit cards accepted

**Pure
 Pennsylvania
 Maple Syrup:
 A natural
 sweetener and a
 smart food
 choice!**



Hurry Hill Farm Maple Museum & Farm Stand

11424 Fry Road Edinboro, PA

Open every Sunday 12-4 pm after the mid-March Tour to the end of May AND September through October. (Closed for the summer & winter months)

Janet M. Woods & Lisa G. Nathanson
 11380 Fry Road
 Edinboro, PA 16412

(814) 572-1358
 email: hurryhillfarm@verizon.net
 website: hurryhillfarm.org

MAPLE SYRUP GRADES

It's ALL GRADE A

- ✿ **Grade A *Golden* Maple Syrup with a Delicate Taste**
- ✿ **Grade A *Amber* Maple Syrup with a Rich Taste**
- ✿ **Grade A *Dark* Maple Syrup with Robust Taste**
- ✿ **Grade A *Very Dark* Maple Syrup with a Strong Taste**

MAPLE SYRUP NUTRITIONAL VALUE:

Per 60 ml portion in %DV*	Pure Maple Syrup	Honey	White 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 $\frac{3}{4}$ 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 $\frac{1}{4}$ 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.

STORING YOUR MAPLE SYRUP

- ✿ Store unopened containers of maple syrup in a cool, dry cupboard, or in the freezer. Always 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 $\frac{1}{4}$ tsp boiling water and stir.



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.

