

### Five Reasons to Buy Pure Maple Syrup

There are a number of reasons to choose Pure Maple products in preference to other sweetener and sugar products available.



#### It's Natural

Maple producers collect sap that maple trees created from sunlight, water and soil then concentrate the sap into pure maple syrup. Manufacturered products like pesticides and fertilizers are not commonly used in the sugarbush. Syrup making is a traditional American activety started by Natve Americans.

#### **Great Flavor**

Pure maple syrup is a collection of as many as 50 natural flavor elements that combine uniquely so each Pure Maple syrup is somewhat different in flavor! Different flavors are influenced by soil, weather, tree physiology, and the craftmanship of the maple producer. Pure Maple products procide a flavor adventure similar to wine, coffee, tea, or chocolate. Find a maple producer who makes the flavor you prefer.



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#### There are Potential Health Advantages

In addition to natural sugar, Maple Syrup contains minerals such as calcium and iron. Phenols and antioxidants are present and can be active against cancer and free radicals. These beneficial substances are removed in more highly refined sugars. For those with diabetes, Pure Maple must be consumed with the same care used for other foods. Its effect on blood glucose is the same as other sugars.

#### **Buy Local!**

The significant labor involved in gathering sap in spring means that New York Pure Maple comes mostly from small, family-run businesses. Buying local means, you are supporting a New York business, a local community, and maybe a neighbor. It means you can determine the source and conditions of production. Buying local contributes to food security and keeps your money closer to home.





#### Sustainable Forestry

New York is 63% forests, which is the best use for much of our landscape. Forests provide a natural filter for our water supply. They store carbon better than other landscape uses and provide habitat for many plants and animals. Pure Maple is a renewable sustainable resource. Maple sugaring allows you to appreciate the value of the forests as part of your diet while helping to sustain this natural resource.

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Maple sugar production is unique to the north eastern states of the US and eastern Canada

Most Mape Syrup comes from the Sugar Maple, but Black and Red Maple are sometimes used

Maple leaves convert sunlight into starch and sugar which are stores in the branches, trunk and roots over winter.

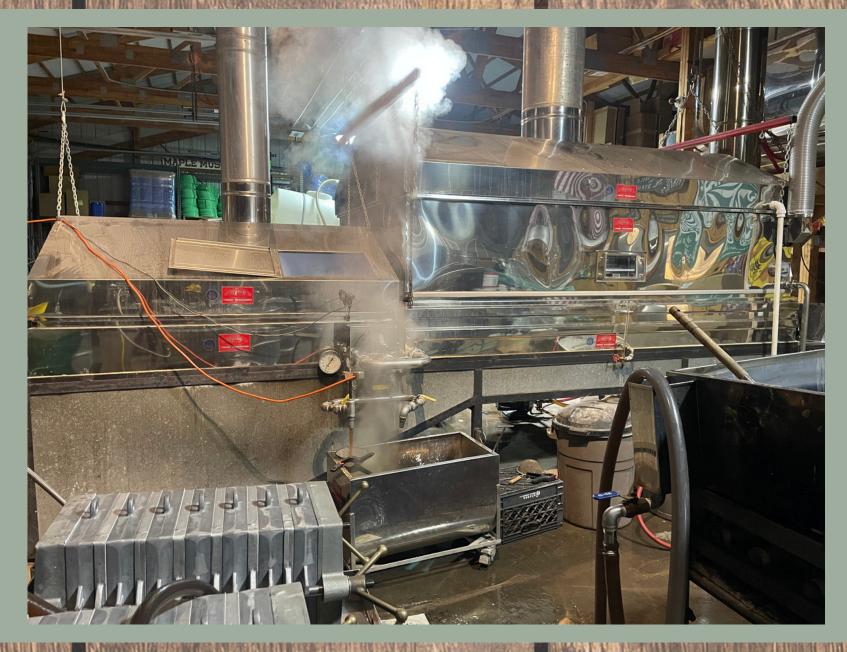
Maple trees in most of New York are tapped in February or March by drilling a small hole in the tree.



A plastic or metal spout is gently tapped into the hole. The spout delivers sap to a bucket or is connected to a plastic tubing system that delivers sap directly to the sap house.

Sap is boiled in evaporator pans to remove most of the water and concentrate the sugar.

It takes about 40 gallons of sap to make one gallon of syrup. Sugar concentration increases from 2% to 66%. The heating develops the characteristic maple color and flavor.



Cornell Cooperative Extension
Delaware County

Sap is collected in buckets or tubing in the woods





The sap flows hen alternate freezing and thawing temperatures occur.

#### **Interesting History of Maple**

First made by Native
Americans. Primary source of sugar for pioneers. With greater availability of cheaper cane sugar, the maple sugar gave way to maple syrup. Currently produced as a unique specialty food and gift item.