



Carrying a heavy bucket of sap



Pouring out the sap

My son's kindergarten class visited [Adams Maple Mountain](#) in Ewart, Michigan. Since March is [Pure Michigan Maple Syrup month](#), I thought some information about maple syrup was perfect. Pure maple syrup is a natural sweetener that can be used on top of pancakes or to replace the cane sugar in any recipe. I use it when baking bread and it tastes great! Maple syrup is also a good source of some vitamins and minerals, which cane sugar is lacking. Below is a table showing the percent of recommended Daily Value (DV) of some vitamins and minerals found in $\frac{1}{4}$ cup of maple syrup.

Vitamin or Mineral	Maple Syrup
Manganese	95
Riboflavin	37
Zinc	6
Magnesium	7
Calcium	5
Potassium	5
Calories	216

Source: Canadian Nutrient File (Health Canada) and USDA Nutrient Database

Some Fun Facts about Michigan Maple Syrup

- The production of pure maple syrup is the oldest agricultural enterprise in the United States.
- A maple tree is usually 40 years old and has a diameter of 10 inches before tapping is recommended.
- Maple season may last 6 to 10 weeks, but during this period the heavy sap may run only 10 to 20 days.
- Freezing and thawing temperatures create pressure and force the sap out of the tree.
- On average 40 gallons of sap are required to produce 1 gallon of syrup.
- The budding of maple trees makes the maple syrup taste bitter, thus, production ceases.
- Michigan ranks 7th among all states in the production of maple syrup.
- Maple sap becomes maple syrup when boiled to 219 degree Fahrenheit.

Source: Michigan Maple Syrup Association (www.mi-mplesyrup.com)