

Maple Syrup Tapping

Sticky, sweet, and delicious on pancakes – that’s how most of us would describe maple syrup.

But, did you know that maple syrup is actually made from tree sap?

Red, black, or sugar maple trees are tapped between February and March for their sap. The temperature needs to be freezing at night, but above freezing during the day. This temperature change creates pressure within the tree that pushes the sap up from the roots. This sap is collected and boiled. The thickened liquid is maple syrup.

It takes approximately twenty gallons of sap to make one gallon of maple syrup.

Maple syrup was first collected by Native Americans, but it didn’t take long for the European settlers to adopt this practice. Syrup collection and production practices have evolved over the years to be efficient and streamlined.

Today almost all of the world’s maple syrup is produced in Canada and the United States.

What is your favorite thing to eat with maple syrup?





Maple Cookie Recipe

Ingredients:

1 cup butter, softened
1 cup packed brown sugar
1 egg
1 cup real maple syrup
1 teaspoon vanilla extract
2 teaspoons baking soda
 $\frac{1}{2}$ teaspoon salt
4 cups all-purpose flour
 $\frac{1}{3}$ cup granulated sugar for decoration



Directions:

1. Preheat oven to 350 degrees F. Grease cookie sheets.
2. In a large bowl, cream together the butter and brown sugar. Add the egg, maple syrup, and vanilla. Stir until combined.
3. Sift together the flour, salt, and baking soda. Stir the dry ingredients into the wet ingredients until well blended.
4. Shape the dough into 1 inch balls and roll in the granulated sugar. Place the dough balls on cookie sheets about 2 inches apart and flatten slightly -- you can use your fingers, fork times, or the back of a spoon to do this.
5. Bake 8 to 10 minutes in the preheated oven. Let the cookies cool on wire racks. Store cooled cookies in a covered container.
Yields approximately 5 dozen cookies.

