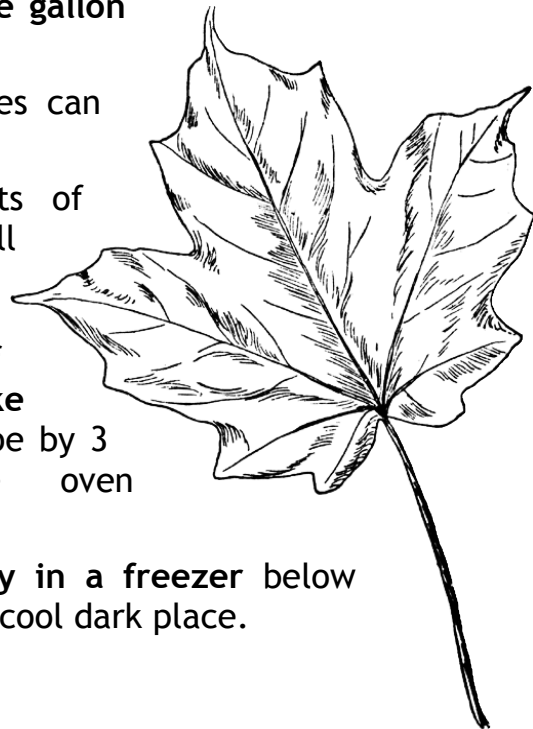


Maple in Nova Scotia

- Maple season in Nova Scotia is in **March and April**. Maple sap begins to run when days are between 1 and 7°C and nights are still below freezing. When maple trees produce buds and days' temperatures reach 10°C, the season ends.
- Maple sap is **98% water**, colourless and nearly tasteless.
- **Forty litres of sap** are boiled down to yield **one litre of syrup** over a hot, steady fire. The distinct maple flavour comes out while the sap is boiled.
- Maple syrup is **graded by the colour** of the final product, which relates to the intensity of maple flavour.
- **Sugar Maple and Black Maple** trees are tapped when they are at least 25 cm in diameter at chest height and at least 40 years old.
- **Three or four trees can produce one gallon** of maple syrup annually.
- Properly maintained Sugar Maple trees can be tapped for **more than 100 years**.
- Maple syrup has significant amounts of **potassium and calcium**, and small amounts of **iron, phosphorus and B-vitamins**.
Replace 1 cup of sugar with $\frac{3}{4}$ cup of maple syrup in your **favourite cake recipe**. Reduce the liquid in the recipe by 3 tablespoons and decrease the oven temperature by 25° F.
- Maple syrup can be kept indefinitely in a freezer below -18°C, or unopened for six months in a cool dark place.



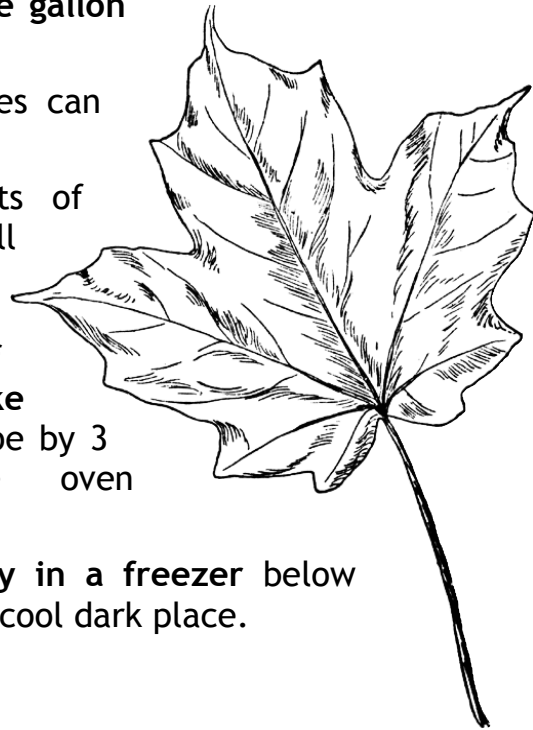
- The first full “**sugar moon**” in March or April is reputed to bring the first good run of sap of the season.
- **First Nations people** showed European settlers how to gather maple sap. The sap was slightly concentrated by evaporation over hot rocks, by freezing overnight and removing the ice that formed, or by boiling in earthen pots. The sweet sap was enjoyed as a drink or used in cooking.
- The **Sugar Shack**, where maple sap is evaporated into syrup, has been a traditional gathering place for communities for centuries. People came together to share the work, and enjoy meals together. Many sugar bushes continue to host maple infused meals, music, and see-and-do experiences.
- Maple syrup is an example of **sustainable food product**. A well maintained sugar bush absorbs and stores carbon dioxide (climate change gas) and air pollution from the atmosphere, promotes soil formation and healthy water cycling, and provides habitat for a variety of animals and plants. These forests are also available for recreation while maple products provide important income for the families who maintain them.
- There are **over 70 maple producers in Nova Scotia**, who maintain over 300 000 taps, generating 140 000 litres of maple syrup in a good season.
- Only **10% of the good Maple Stands** in the province are currently tapped for maple sap.
- **2007 and 2008 were poor years** for maple syrup production due to mid winter thaws, heavy rain, and cool springs. Producers hope this is a temporary trend, but wonder if climate change has shortened the season. So far **2009 has been too cold for good sap runs**. Producers are still crossing their fingers for a late, but productive season



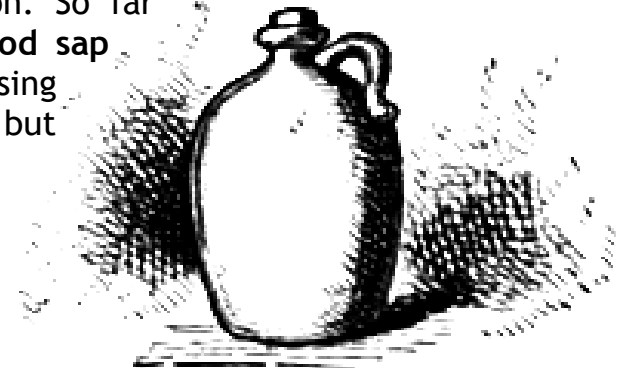
Maple Producers Association
of Nova Scotia
www.novascotiamaplesyrup.com

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