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Enjoy the Maple Tradition - Experience Real Maple

March is Maple Month in the U.S. and Canada

www.maplemonth.com

As the maple sap starts to flow and maple producers begin making this year's crop of pure maple syrup, visitors are being welcomed at thousands of maple sugarhouses in the U.S. and Canada.

Every spring, as temperatures thaw, thousands of maple syrup producers in the United States and Canada harvest sap from the region's maple trees and boil it down to make pure maple syrup. This is the only region in the world where maple syrup is produced. Sugarmakers use modern equipment with production methods that are hundreds of years old to make natural, nutritious and delicious maple products, including maple syrup, maple sugar and maple cream (butter). Sugarmakers use sustainable practices so that the maple trees they tap will remain healthy and yield pure maple sap for many generations., The only ingredient in pure maple products is maple sap. The maple month website, www.maplemonth.com, helps consumers find sugarhouses to visit as well as other maple events taking place throughout the maple sugaring season.

Many maple producers welcome visitors during the sugaring season, allowing people to learn how maple syrup is made. They may also taste and make purchases of pure maple syrup, maple candy, maple cream and other delicious products during their visit. Also, many maple producers have websites which offer visitors an opportunity to purchase pure maple products and have them delivered

directly to your door – particularly handy in regions where pure maple syrup isn't stocked in local stores.

While most people know maple syrup as a breakfast topping, cooks and consumers alike are discovering the versatility of maple syrup, using it in baking, marinades, dressings, and even cocktails. The maple month website, www.maplemoth.com, also provides links to many recipes that feature the distinctive taste of maple syrup. Learn how to use real maple products throughout the year as a healthy alternative to other sweeteners.

Recent research has revealed that pure maple syrup contains important anti-oxidants, vitamins, minerals, and amino acids known to be beneficial to human health.

The www.maplemoth.com website is the result of the joint effort between the North American Maple Syrup Council (www.namsc.org) and the International Maple Syrup Institute (www.internationalmaplesyrupinstitute.com), two associations dedicated to providing assistance to the thousands of sugarmakers in the U.S. and Canada. It was developed in collaboration with state and provincial maple associations and provides links to information and activities featured on state and provincial association websites.