

What is maple syrup?

Maple syrup is a natural product with no coloring agents or additives. It is produced from the sap of the sugar maple. In the springtime, when the temperatures warm up, there is water in the trunk and roots. The heat promotes the expansion of this water and creates pressure inside the tree. The sugar maple then transforms starch, built up during the tree's growth, into sugar. The switch between cold nights, where temperatures fall below zero, and days where temperatures rise above zero, favours the flow of sap that is transported through tubing to the sugarhouse.

Maple water is composed of more than 97% water, of sucrose and glucose. We also find amino acids, proteins, organic acids and vitamins in variable quantities. It takes 40 liters of maple water to obtain one liter of maple syrup.

Maple syrup is defined its sugar: 66 degrees Brix that represents the sugar density. (The Brix degree is the weight in grams of dry substance contained in 100 grams of a solution in distilled water.)



Pure, natural and even more!

Sugar, corn syrup and maple syrup: all the same? Not exactly! Even though all three are sugaring agents, maple syrup contains more vitamins and minerals than the other two.

Maple syrup contains significant quantities of zinc, iron and compounds found in B complex vitamins, mostly thiamine. Also, 50 milliliters of maple syrup provide 4% of the daily-recommended intake in calcium, 3% of the intake in potassium, 2% of the intake in magnesium and riboflavine. But that's not all! Recent studies report that sap contains polyphenolic compounds (phenolic and flavonoid acids) that have important antioxidant and organoleptic properties. With this wide nutrition range and its smooth sweet aroma, maple syrup adds value to your meals ... nutritional value!

Element	Quantity (50 ml)	Measurement unit	Percentage of daily intake recommended
Energy	173	Calories	
Proteins	0	grams	
Fat	0	grams	
Carbohydrates	43	grams	
Potassium	137	mg	3%
Calcium	43	mg	4 %
Iron	0,7	mg	9 %
Zinc	2,7	mg	25 %
Magnesium	6,7	mg	2 %
Thiamine	0,1	mg	8 %
Riboflavine	0,03	mg	2 %

Source: Health Canada, Canadian file on nutritional elements, 2001

Storing Maple Products

Keep unopened containers of maple syrup in a cool, dry place: the refrigerator or preferably the freezer. The delicate maple flavor is best preserved over a long period by storing in the deep freezer. Once opened, store tightly closed in the refrigerator or place the unused portion back in the deep freezer.