

MAPLE

Acer saccharum



MAPLE

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ABOUT

The sugar maple is a tall, deciduous tree known for its colorful autumn leaves and sweet sap, which is used to make maple syrup. It is native to North America and can grow up to 100 feet tall, with a rounded crown and deeply lobed leaves. It's an extremely important tree to Indigenous peoples throughout its growth range.

HARVEST / PREP

- Sugarbushing (maple tapping) begins in early spring
- Sap is cooked down over a fire to thicken in to syrup and eventually sugar

BENEFITS

- Natural sweetener rich in antioxidants, manganese, and zinc
- Healthier alternate to processed sugar in moderation