

WAKE HIKIRUXE WIIRA
March: Raccoons Chasing Each Other Moon

HARVEST OF THE MONTH

Maple Sugar

ABOUT MAPLE SUGAR

- From early journals, it is known that Native Americans have been making maple sugar at least since 1609.
- In the early days, maple sugar was made instead of maple syrup. The dry sugar form was more easily stored for later use than the liquid syrup form.
- Early Natives used maple sugar for gifts and trading, in ceremonies, as a seasoning for food, or dissolved in water for a special drink in summer.
- Harvesting maple sap, cutting wood, making vessels, and boiling the sap down (at first with heated stones) was a lot of hard work.

THINGS TO REMEMBER

- Even today, harvesting maple sap to make syrup and sugar requires a lot of physical activity.
- The resulting syrup and sugar are precious, and remind us to consume them sparingly and thankfully.



www.massmaple.org
<https://www.mpm.edu/educators/wirp/great-lakes-traditional-culture/food/maple-sugar>
<https://cpb-us-e1.wpmucdn.com/blogs.cornell.edu/dist/7/5773/files/2016/06/Brochure-for-maple-sugar-2-14ubif7.pdf>



MAKING MAPLE SUGAR

INGREDIENTS :

Maple Syrup

STEPS :

- Boil maple syrup and bring to a temperature of 257-262 degrees with a candy thermometer.
- Remove from heat.
- Stir vigorously with a wooden spoon or in stand mixer. If stirring by hand, have other people on standby to take over when your arm gets tired!
- It will be very thick and hard to stir at first, but will gradually become drier, lighter, and easier to stir, with the texture of dry sugar.
- Store in an air-tight container.
- One quart of syrup makes about 2 pounds of maple sugar.

USES :

Maple sugar is absolutely delicious and can be used like any sugar. It can be used in oatmeal, wild rice, winter squash, on berries, in fruit desserts, or anywhere a sweet maple taste is desired.



For more Information Contact a
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