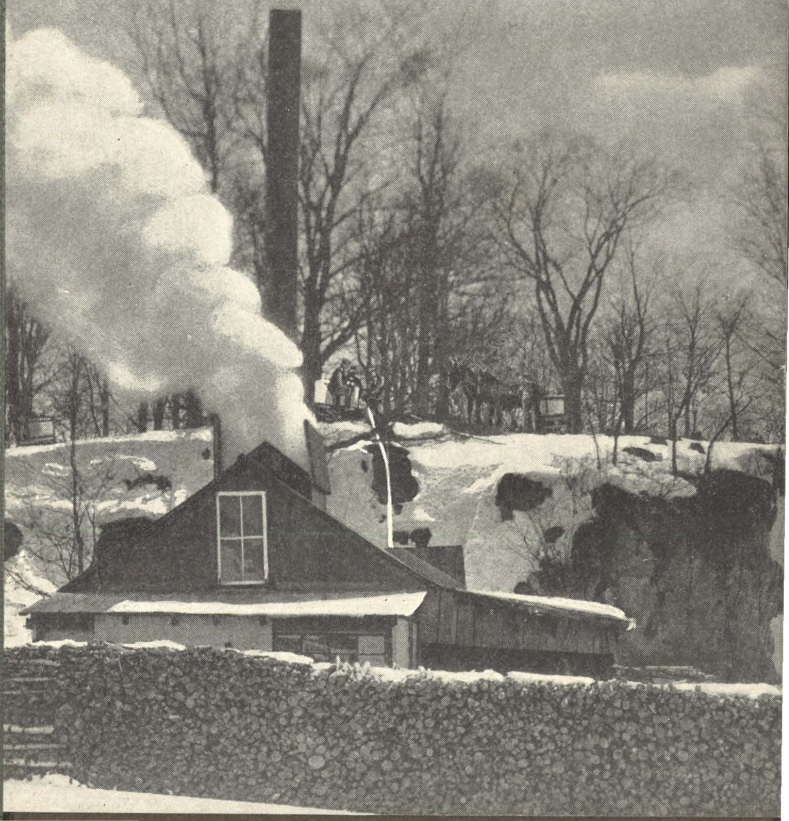
VERMONT

MAPLE SUGAR & SYRUP



VERMONT
MAPLE SUGAR AND SYRUP

he history of the industry from its beginning by Indians
the present day. . . . . A story of development from
ie primitive, when maple sugar was a household neces-
ty, to modern conditions, as manufactured for a luxury.

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A VERMONT MAPLE IN SUMMER

Introduction

THIS bulletin contains substantially the same subject matter as bulletin No. 21 published by the Department of Agriculture some time ago but revised and brought up to date. It is designed to furnish information to consumers, school students and others who are interested in maple products rather than as a manual for sugar makers.

The history of maple sugar making is attended by much that is unique and each successive chapter from the time of Indian occupation to the present time has seen its changes and innovations. Should this publication reach some former Vermonter whose recollections of sugar making in the early days are similar to the methods described under the heading "Pioneer Sugar Making" and who still believes that all maple sugar which is not dark in color and strong in flavor is adulterated, it is suggested that special attention be given to the description of modern methods herein given. In justice to the progressive sugar makers of Vermont the above-mentioned impression should be corrected. They now strive to produce sugar and syrup of a light amber color and carrying that delicate maple flavor which is so delicious and pleasing to the taste. The lightest colored syrups are recognized as being superior in quality and are placed highest in the grades and standards promulgated by the U. S. Department of Agriculture.

With the increase of population and wealth of our country maple products have changed from a primitive article of food to one of luxury. They are now offered by roadside stands and in a variety of forms to the summer tourist. Several firms have developed an extensive trade by manufacturing them into elaborate and delicate confections. The public palate seems to demand more and more of these delicacies and one of the purposes of this bulletin is to disseminate information how they may be obtained. Producers and distributors of maple products graded and packed in accordance with official Vermont grades and standards are registered with the Department of Agriculture and qualified to identify such products with the New England Quality Label. Lists of such producers and distributors are available upon request. Maple products are especially adapted to parcel post trade

A VERMONT MAPLE ORCHARD

as their value is high in comparison to their weight, thereby keeping transportation costs at a minimum. The "producer to consumer" plan of marketing also tends toward economy by eliminating dealers' charges. It should be borne in mind, however, that these are seasonal products and that as many producers dispose of their crop soon after the close of the season the early spring is the best time to obtain a supply. It is suggested that prospective purchasers carefully examine this bulletin, particularly the directions for keeping or storing maple products in order to become familiar with the subject.

E. H. JONES, *Commissioner of Agriculture*

VERMONT MAPLE SUGAR

From article in Department of Agriculture Bulletin No. 21

BY W. H. CROCKETT

Revised and brought up to date by John A. Hitchcock.

OF all the sweets that man has discovered in a natural state, or has manufactured by the processes of refining or blending, the most delicately flavored, the most supremely satisfying to the taste, is maple syrup. If the figure of speech may be permitted in these days of an ever-widening democracy, maple sugar and maple syrup are the reigning monarchs of the blood royal in the kingdom of sweets.

A test of more than one hundred years has demonstrated—and few, if any, will dispute the statement,—that Vermont, above all others, is the State where the finest maple sugar and syrup are made. The mention of maple products immediately suggests Vermont to the average individual, so closely are the two associated. It was John G. Saxe, a famous poet of an earlier day, who said that Vermont is famous for four things:

"Men, women, maple sugar and horses;
The first are strong, the latter fleet,
The second and third are exceedingly sweet,
And all are uncommonly hard to beat."

Wherever maple sugar is known, there the Vermont superiority is recognized. The Vermont product is used as a standard of comparison and the worth of the Vermont name on the label is fully appreciated by the many dealers in adulterated and spurious maple products.

Maple syrup has been called liquid sunshine. To the hard-headed, unsentimental individual, that expression might seem to be an example of the extravagant exuberance of the typical spring variety of poet; but in reality the expression will stand the prosaic test of the scientific laboratory. The sweetness of the sap stored in the maple tree depends in large measure upon the influence of the sunlight upon the leaves of the maple during the summer days preceding the spring sugar season. In some mysterious manner, known only to Nature, the green leaves, under the direct influence of the

sun's rays, store up starch and sugar, and in the laboratory of the maple tree, drawing moisture from roots extending deep down to the marble and granite foundations of the Green Mountains, certain wonderful chemical processes are performed, whereby the sunlight and water from the mountain springs, and the wholesome ingredients of the soil which give such a superior flavor to the products of Vermont farms and dairies and orchards, unite to make the maple sap out of which the sugar and the syrup are manufactured, that have made the Green Mountain State famous.

THE SUGAR MAPLE

The maple is one of the most beautiful and stately of American trees. The size of its leaves, the spread of its branches and its symmetry of form, make it one of the most desirable shade trees. Its wood is valuable for a variety of purposes—too valuable from the point of view of those who desire to preserve the maples—and as a sugar-producing tree it is in a class by itself.

Of all the varieties of maple trees found in various parts of the world, and they number nearly seventy, Vermont produces seven. These are the sugar maple (sometimes known as the rock maple), the black maple, the silver maple, the red maple, the mountain maple, and the box-elder or ash-leaved maple. By far the best for sugar-making purposes are the sugar maple and the black maple. The Vermont environment seems to be peculiarly adapted to the sugar maple and it is found at its best in this state.

The sugar maple is a long-lived tree. It is said that some trees on Vermont hillsides, still used for sugar-making purposes, have been growing since the Pilgrim Fathers landed at Plymouth in 1620. A maple is seldom suitable for tapping before it is forty years old and twice that number of years makes it much more valuable. Although the tree is comparatively slow in its growth, it is easily propagated and is a sturdy tree. The story is told by a prominent sugar maker of cutting a maple, which, judging from its rings must have been from 200 to 225 years old. It must have been a tree of goodly proportions before Fort Dummer was built, and it may have

seen many a band of captives from the Connecticut River settlements led down the Winooski Valley along the old Indian trail on the way to Canada. A section of this old maple tree furnishes, in a way, a history of the maple sugar industry in Vermont from the very beginning, for it bears the marks of tapping for one hundred years. First come the marks of gashes with an axe, Indian fashion; next, holes bored with an inch and a quarter auger; and still later a gradual reduction in the size of the holes made by augers and bits. It covers the period from the days of the pioneers to the present time, and it might be preserved with profit as a witness of the development of an important Vermont industry in its progress from an article of necessity to an article of luxury.

The greater part of the maple sugar of the United States is made in six States: Vermont, New York, Ohio, Michigan, Pennsylvania, and New Hampshire, although the last census report shows that maple sugar or syrup was made in twenty-six different states. Vermont and New York each accounts for about 30 per cent of the crop of this country. The southern and eastern portions of the province of Quebec in Canada are also important producers of maple goods. About 10 per cent of the maple products used in the United States are imported from across the line.

Within the State of Vermont the two northernmost counties of Franklin and Orleans are the center of the industry but considerable quantities of sugar and syrup are made all through the foothills and ranges of the Green Mountains which form the "backbone" of the State and which gave to it its name. Approximately a third of Vermont's 29,000 farmers make syrup, and, according to a maple census taken in 1918, the latest available data, about 60 per cent of the tappable maples of the state are being used for sugaring.

There seems to be a definite tendency for maple syrup to become stronger in flavor the farther north the region in which it is made. Why this should be, no one can say, but whatever the cause it leaves Vermont in the position of a happy medium. Her syrup carries the distinctive maple flavor but it is mild and delicate, neither flat like some of that from more southerly regions nor strong like that from northeastern Quebec. The best, the most delicately flavored syrups

GATHERING SAP

come from this State and from adjoining regions of northern New York and the Canadian townships just north of the Vermont border.

THE MAPLE SAP

Probably it hardly needs to be stated that the syrup is made by boiling the sap of the maple tree. This sap is very largely water, about 95 per cent, with from two to six per cent of sugar and traces of various minerals such as lime, potash, iron, magnesia, etc., and certain vegetable acids. Just what it is that gives to the syrup its flavor is still nature's secret. The moisture in the soil dissolves and holds in solution certain of these mineral elements, and the roots of the tree draw them up, together with a large amount of water, through the living tissues of the tree, this moisture being transpired or breathed out through the leaves somewhat as living creatures exhale

breath from their lungs. Until the moisture passes through the leaves, the sap is termed crude sap. But there is a breathing in as well as a breathing out. Air charged with carbonic acid passes through the leaves, and in some way under the influence of the sunlight, yields to the crude sap its carbon, transforming it into what is known as elaborated sap. Even to scientists who have made a thorough study of this subject, the process of the storing and the sweetening of the maple sap is attended by much that is mysterious.

It is known that the sugar content of the maple tree depends largely upon the leaf development and the amount of sunshine that the leaves absorb during the summer preceding the sugar season. This sugar forms Nature's food for the growth of the tree. If a healthy maple is tapped in a reasonable manner, according to the best methods, it does not appear to deprive the tree of sufficient nourishment to injure its health or to check its development.

Just before the leaves put out, after the roots begin to absorb water in considerable quantities, the tree contains the largest amount of moisture, as it is not able to throw off any of this moisture through the leaves. It is at this period in the spring when the sap flow is largest.

THE SUGAR SEASON

The season of sugar making usually lasts from about the middle of March to the middle of April, but the dates vary widely according as the spring is early or late. Sugar making has begun as early as February 22 and as late as the first week in April and has been known to last as long as six weeks or to be as short as two. It begins as the winter is breaking with the first warm days of spring and ends when continuous warm weather arrives, and as leaf buds begin to swell.

When a crisp, clear morning, with air that is like a tonic, is followed by a day of unusual warmth with a liberal melting of snow, a man will say to his neighbor, "I believe it's going to be a good sap day." For alternate freezing and thawing, crisp cold nights, and warm, sunshiny days, are what make "sugar weather." Then it is that the sap falls into the bucket with a steady drip, drip, drip that is music in the ears of the sugar maker.

In cold weather no sap flows, nor will it continue to flow if the weather remains steadily warm. Often even on a bright and sunshiny day a cold raw wind will spoil all chance of sugar making for the day.

The periods of sap flow are known as runs, and as they are numerous or few the sugar season is good or poor. In an average season of a month sap will run about on half the days, and on perhaps from two to five days there will be "good runs." On such days buckets are filled to overflowing, and the farmer often keeps the fire going and the sap boiling far into the night in order to catch up with the day's yield. If in summer he must "make hay when the sun shines," in sugaring season his times are no less controlled by nature's whims.

Although the weather in the sugar season is the chief and almost the sole factor in determining how big the crop shall be, the vigor of the growth of the tree the summer before, the amount of sunshine it received, and the amount of food it was able to make and store also affect it to a slight extent. For three years previous to 1900 Vermont was subject to a plague almost like the plague of locusts of ancient Egypt, but in this case it was an infestation of caterpillars which stripped the maples of their foliage and so deprived them of their source of food and nourishment. For four or five years following this period of starvation the flow of the maple sap was deficient both in quantity and in sweetness so that the yield per tree was only about one half of what it had been before and has been since.

As has been suggested the amount of syrup or sugar produced per tree varies widely from year to year. It also varies widely in different sugar orchards, and among the different trees in the same orchard. An average production for an average tree, in an average year, may be set at approximately 10 gallons of sap, yielding one fourth of a gallon of syrup or two pounds of sugar.

HOW MAPLE SYRUP IS MADE

With the first warm spring days the sugar maker turns his thoughts and his steps toward his sugar orchard. The first

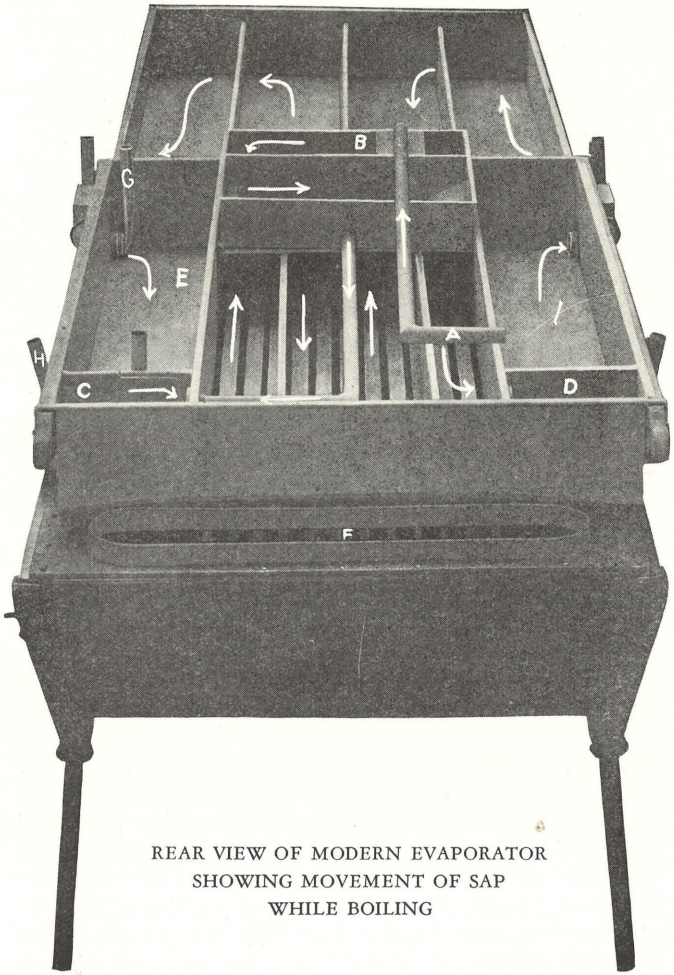
task is to get the buckets out from their storage place and thoroughly clean and scald them and the evaporator and the sap storage tanks, for the first requisite for the manufacture of a light-colored, delicately flavored product of high quality is scrupulous cleanliness.

Then the buckets, now usually made of tin and holding 12 to 16 quarts, are loaded on the sled and the trip about the orchard to scatter them from tree to tree begins. Or first it may be necessary, if the snow is deep in the woods, to "break out" the roads, the team wallowing through the drifts with the empty sled to make a path over which the loads of sap can be drawn to the sugarhouse without danger of upsets.

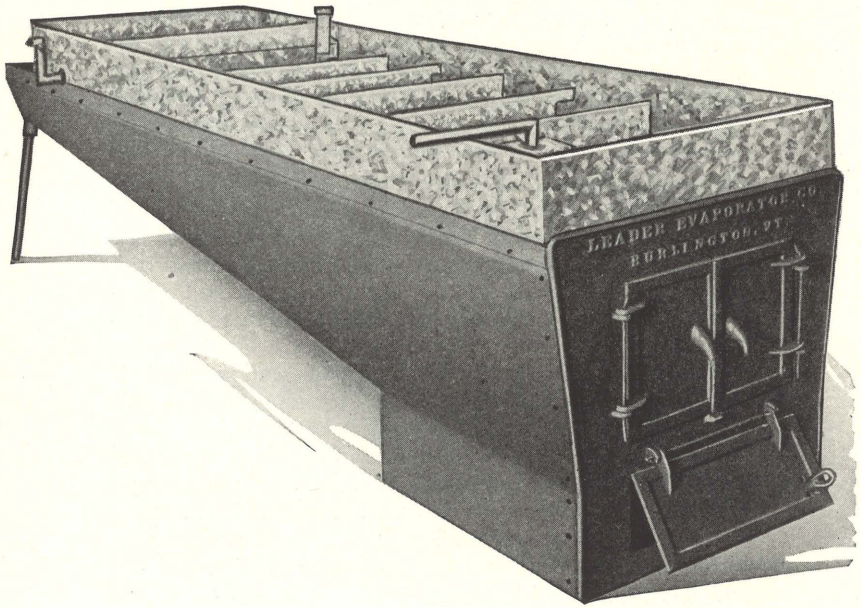
Next comes the tapping. About four feet from the ground a small hole is bored into the tree with a common bit and bitstock. A $\frac{3}{8}$-in. bit and a hole an inch and a half or two inches deep is the common practice. This hole is bored into the tree with a slight upward slant so that the sap has a downhill path as it oozes from the cut tissues of the tree. Into the hole the spout, or spile as it is sometimes called, is driven with a few taps of a hammer, the bucket is suspended beneath it from a hook which is part of the spout, and the farmer moves on to the next tree. Usually the rule is one bucket to the tree, but on the large vigorous trees two are sometimes hung. The use of covers fitted over the buckets to keep out rain water is becoming more and more universal. This practice improves the quality of the product and relieves the necessity of boiling out the rain water which otherwise becomes mixed with the sap. Oftentimes under just the right previous weather conditions, the sap flow is excellent during a rain storm.

Now that the tapping is finished and the sap is falling drop by drop into our buckets, we will have just a moment before it is time to start out with the gathering sled for a load of sap to look about the sugarhouse.

It is a plain, weather-beaten building, nestling against the side hill, and we notice that the builder has planned so that the sled loads of sap can be driven along the upper side and emptied by gravity into the large storage tanks. These have been placed on the north side of the sugarhouse—outside



REAR VIEW OF MODERN EVAPORATOR
SHOWING MOVEMENT OF SAP
WHILE BOILING



FRONT VIEW OF IRON ARCH WITH OLD
STYLE EVAPORATOR

so they will not be exposed to the heat of the fire, and on the shady side so they will not be warmed by the sun, for the sap must be boiled as soon after it is gathered as is possible, and meanwhile it must be kept cool else the ever present bacteria will have a chance to develop in the sweet liquid and spoil the flavor. At one end of the house is an open shed piled full of good dry wood, handy to the hungry maw of the arch, which with its shiny tin evaporator, confronts us as we step through the door.

This arch is a long and narrow iron (sometimes brick) furnace. On it rests the evaporator pans. (The general scheme upon which the evaporator works may be seen in the accompanying illustrations showing front and rear views.

The sap enters at one end and gradually flows around the partitions in the pan in the manner indicated by the arrows as that already in passes off in steam. Thus the liquid in the end farthest from the entering point gradually becomes thicker and thicker and is drawn off at intervals as syrup, while fresh sap is continually being admitted through the automatic regulator at the opposite end. In actual practice the arrangement is somewhat more complex. It is commonly planned so that the sap enters over the hottest part of the fire, and the syrup is drawn off near the middle of one side. The pan is usually made in sections connected with short pipes in order to make it easier to handle and a portion of the bottom is deeply corrugated to increase the heating surface.

Stored at one side are the bright tin cans, gallons and half gallons, in which the syrup destined for sale direct to consumers will be placed and beside them are several 50 gallon steel drums for the portion of the crop which is to be shipped to some dealer in maple products. Hanging nearby where they are handy are skimmers which are used to remove the impurities which rise to the surface in boiling, a sugar thermometer to tell when the syrup reaches the proper density, and felt strainers through which the hot syrup is passed to remove the "nitre" or "sugar sand." This substance which, chemically speaking, is largely malate of lime, is precipitated in the syrup in gritty particles or as a crust on the bottom of the evaporator by the heat of boiling.

But we are taking too long to look around. The orchard owner has put up his tapping tools, the team is hitched to the gathering sled, the man who is to boil is laying his fire. It is a good run and already the buckets on the first trees tapped are brimming. Let's each take a couple of gathering pails, and help. From tree to tree we go, emptying the buckets into our pails, then when these are full, back to the gathering tub on the sled in the road. Soon that too is full and the horses are turned toward the sugarhouse. There at the unloading place the spout to the storage tub is put in place and the sap goes gurgling through. Inside the house the evaporator is filled, the fire is lighted, and sugaring is on in earnest. Soon the sap is bubbling vigorously, the clouds of steam fill the

room and float upwards and out through the ventilator opening at the ridge.

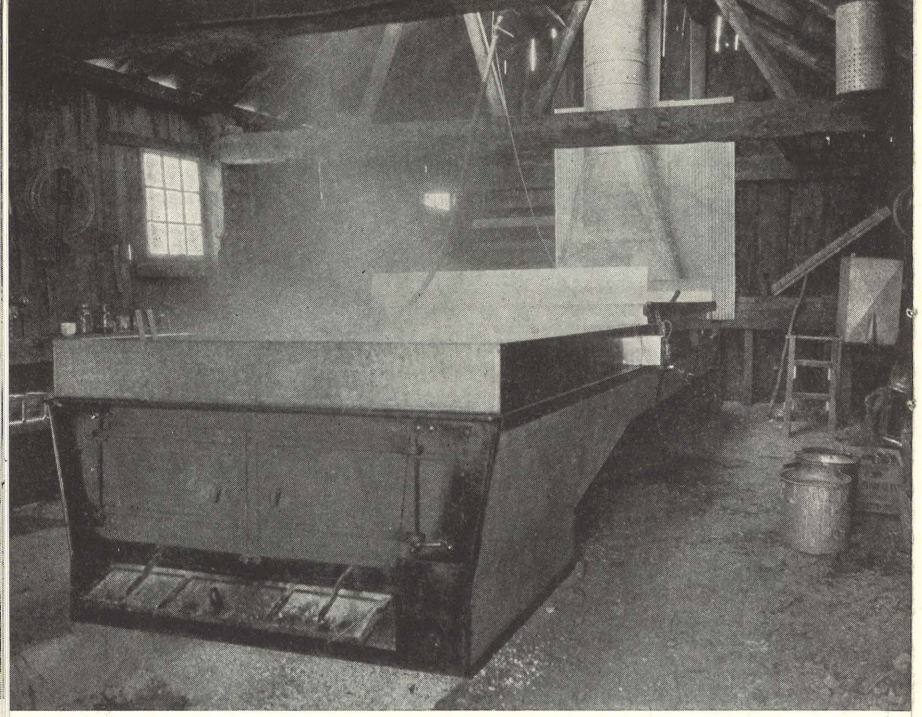
So it goes through a month of busy days—and sometimes busy nights. Then the cool frosty nights and the sunny days which spell sugar weather give way to the warmth and showers of April. This and the swelling buds on the limbs above write "finis" to the sugar season. Spouts are pulled from the trees, the buckets are gathered, and everything is cleansed and stored away until the next spring calls.

SUGARING OFF

If the product is to be sold in the form of syrup, it is usually canned hot from the evaporator. Further boiling to reduce it to sugar is usually done with a smaller arch and pan, the "sugaring off rig," or, if the quantity to be made is small, on the kitchen stove. Due to the higher temperatures necessary the sugaring off process must be watched even more closely than the boiling to syrup, else the sugar will burn to the bottom of the pan and scorch, or foam up and boil over in the manner familiar to every housewife who has made a cake frosting.

The proper temperature to which to boil syrup varies somewhat with the elevation of the sugarhouse above sea level. The higher the orchard the lower is the temperature required for a syrup of given density, the difference being due to the variation in atmospheric pressure. Ordinarily a temperature of 219 degrees will give syrup that weighs 11 pounds to the gallon, the standard density, 235 degrees will give a soft sugar, and 245 degrees a hard sugar.

When it reaches the proper point the sugar is poured into molds or pails as the case may be. Color and grain depend largely upon the amount of stirring it receives. The thermometer is used only in testing syrup and sugar while at the boiling point but for absolute accuracy in ascertaining the density of syrup, either hot or cold, many sugar makers now make use of the hydrometer. This instrument measures the specific gravity of the syrup which at standard density will



INTERIOR OF SUGARHOUSE. BOILING SAP

show a hydrometer reading of 36 degrees at a normal temperature of about 60 degrees F.

Sugar on snow is one of the most delicious confections known to mortals. The syrup should be boiled until it will "wax," which is usually a little in excess of 230 degrees. This corresponds to the familiar stage in candy making in which the candy will form a soft ball when dropped in cold water. Then it should be poured upon snow or ice. In the early days of sugar making, when germs had no terrors for our ancestors, this waxed sugar was spread upon a clean snowbank. Now pans of snow or cracked ice are prepared and the brittle sheets of waxed sugar are eaten with sour pickles and plain or unsweetened doughnuts as a relish. The person who never has eaten waxed maple sugar has missed one of the gastronomic treats of a lifetime.

THE PIPE LINE SYSTEM

In sugar places where the trees are compactly located on land of proper grade and elevation, it is possible to make use of the pipe line system by which each tree is connected to an intricate system of tubing through which the sap flows directly to the sugarhouse. The tubing is made of tin, in sections of various lengths and grooved so that they fit nicely together. Wires are strung on trees and upon stakes driven in the ground the preceding autumn from which the tubing is suspended. Attachments called goose necks are used for attaching the lateral lines to the main line. While the time required for assembling this equipment at the beginning of the sugar season is considerably more than for hanging buckets, it is thereafter an excellent laborsaving device as men and teams are not required. It also enables prompt boiling and tends towards improved quality because the sooner the sap is boiled after leaving the tree, the lighter the color and the finer the flavor of the syrup. Its disadvantages are the

MODERN PIPE LINE SYSTEM

danger of the piping becoming displaced by falling branches and its becoming contaminated by sour sap during the last of the season.

SUGAR MAKING BY THE INDIANS

History does not record the time or the manner of the discovery of the secret of maple sugar making, because this discovery presumably was made by the American Indians before history began to be written, perhaps many centuries before the white man came. The Indians are known to have made maple sugar prior to the year 1673. There are legends that tell of the breaking of the root of a maple tree which led to the discovery of the sweetness of the sap, and the catching of the sap, in which vension was boiled.

Rowland E. Robinson, whose Vermont dialect stories picture pioneer life in the Green Mountain State with a charm and an accuracy equalled by few, and surpassed by none, in an article in the *Atlantic Monthly* related this legend of the discovery of maple sugar:

"While Woksis, the mighty hunter, was out one day in search of game, his diligent squaw, Moqua, busied herself embroidering him some moccasins. For the evening meal of her lord she boiled some moose meat in the sweet water from a maple tree just by the wigwam. Becoming interested in her work, she forgot the moose meat, and the sweet water boiled away to a thick brown syrup. When Woksis returned he found such a dainty morsel ready for supper, as he had never before tasted. The great chief eagerly devoured the viand, licked the kettle clean and then went out and told his tribe that Kose-Kus-beh, a heaven-sent instructor, had taught Moqua how to make a delicious food by boiling the juice of the maple. And the discovery soon became known among all the Indians."

The Indian method of tapping trees was to make a diagonal incision in the trunk of the maple, perhaps with a tomahawk, into the lower end of which was inserted a reed, or concave piece of bark, through which the sap was conveyed into a bark trough or other receptacle. The Indian method of boiling was to drop hot stones repeatedly into the clay or

bark vessels containing the sap. The journals of a prisoner, made captive by the Indians in 1755, relate the fact that the natives stored sap in large troughs made of elm bark, often 100 gallons capacity.

PIONEER SUGAR MAKING

The early white settlers to a considerable extent followed the Indian methods of sugar making, but substituted wooden spiles or spouts for the reed or bark spouts, and used iron or copper kettles, usually the former, for boiling purposes. It was necessary for the pioneers to produce nearly everything that the family needed for food or clothing, and maple sugar was the only sugar most of them could obtain, white sugar being a luxury beyond the reach of most of the early settlers. There was no market for maple sugar at that time and only enough was produced to satisfy the needs of the producer.

We may let one who knew in his own experience both the old way and the new of making maple sugar tell us how our forefathers sugared. This account of early days was written by Timothy Wheeler of Waterbury in 1893.*

"As a practical worker in the sugar orchard, my memory carries me back sixty years, when the methods and operations in this industry were very primitive as compared with those of the present time. The changes I speak of have all taken place between my own boyhood and old age.

"At the age of twelve years I followed my father from tree to tree and set the troughs to catch the sap after he had tapped the trees. His method of tapping was to strike two blows with a sharp axe so as to take out a chip, leaving the wound clean, which was then called 'boxing.' The cuts of the axe were made diagonally across the tree so that the lower faces of the gash met in a point and led the sap into the spout. About an inch and a half below the wound an iron instrument was driven into the tree to receive the spout. This instrument was called the tapping iron, and it was eight or ten inches long, with the lower end flattened and curved and brought to an edge. Spouts were made to fit this instrument and driven home. Troughs in which to catch the sap were made by cutting Basswood trees into logs two feet long then

* *Garden and Forest,* 6, p. 120.

PRIMITIVE METHOD OF BOILING SAP

splitting the logs once through the middle and digging out the flat side. At the close of the sap season these troughs were turned bottom side up and left in the woods until the next season.

"The first boiling apparatus I remember was a potash kettle, hung on one end of a long pole with weights attached to the other end and the whole balanced on a post so that the kettle could be swung on or off the fire as needed. The sap was gathered with pails and a sap yoke balanced on the shoulder.

In those early days no tubs were used for storing the sap which was gathered as fast as the kettle would receive it. Large green logs were rolled one on each side of the kettle. Green wood only was used in boiling, for it was cut as it was wanted.

"No sugarhouse or shed of any kind was ever thought of. The open firmament was our only shelter; storms of snow, rain and wind beat on us as mercilessly as it did upon the trees around us. The gathering of sap otherwise than by hand was unknown. The fire was kindled under the kettle with birch-bark peeled from standing trees and tucked in between the kettle and logs. Cinders, smoke, steam and occasionally a brand of wood would fall into the boiling sap to discolor the product.

"In those days we boiled the same sap from morning till night by constanly replenishing the kettle, thus wasting time and fuel and sacrificing quality, and at night we 'syruped down' to a density of about ten pounds to the gallon. This was then taken home and reduced to tub sugar. Syrup was not made for sale, and therefore it was taken from the fire before the malic acid and lime of the sap combined to form what the chemists call malate of lime, or, as it is popularly called 'nitre.'

"After the potash kettle, in my experience, came smaller kettles, the chaldron, holding from three to five pails, swung on a pole supported by two crotched posts. Next came the sheet iron pans set on stone fireplaces, built up in the woods with no flue or chimney. After this came sugarhouses, with regular arches built for the pans, with chimneys; this was a great advance. In process of time evaporators were invented, which was a still longer stride forward.

"After the axe, in tapping, came the auger; a two-inch hole was bored by some and an inch hole by more. After this bits were mainly used, first a three-quarter inch size and then a half-inch size, which many use still, although more advanced and intelligent sugar makers use only the three-eighths inch bit. We now have vats or store tubs in which to keep the sap, and drawing tubs and teams to transport the sap in bulk to the place of storage."

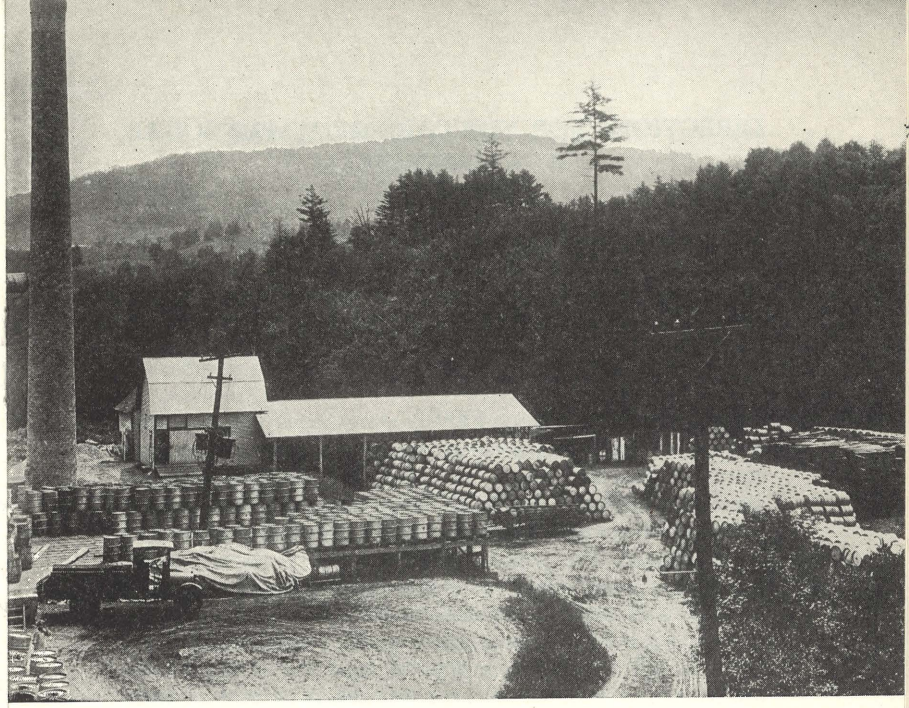
With the passing of the pioneer stage of Vermont life,

with the growth of cities and the emigration thereto of men and women whose youth had been spent on farms, where they had learned to appreciate the delicious flavor of maple sugar and syrup, gradually there grew up a demand for these commodities. The price of white sugar gradually became cheaper until, in recent years, it is not cane sugar but maple sugar that is classed among the luxuries. No longer is maple sugar made as a matter of household economy, but to gratify a demand for a delicacy.

WHO EATS MAPLE SUGAR

At the present time approximately one half of the maple crop of Vermont is sold to dealers in maple goods. Practically all of this leaves the farms in the form of syrup. A portion of it is resold to consumers in the form of pure maple syrup and sugar and part is mixed with cane or corn syrup and sold as blended syrups, but the greater part is cooked to a hard sugar and goes to tobacco manufacturers who use it to sweeten and flavor their finer grades of goods.

About a third of the total crop is sold direct from the farms of Vermont to lovers of maple sweets. Some of this goes to residents of the towns and cities of this state, but large quantities are also shipped to all parts of the United States. Small quantities are sold through commission firms, and a little to local grocery stores. Naturally quite a bit is retained for use on the farms where it is made.



WHOLESALE QUANTITIES OF MAPLE SYRUP IN FIFTY GALLON DRUMS

Statistics on Production of Maple Products
Five Year Average 1931-35

State	Trees Tapped	Production				
		Sugar Made	Syrup Made	Sugar Equivalent of Syrup	Total as Sugar	Pounds Per Tree
	Number	Pounds	Gallons	Pounds	Pounds	
Vermont	5,399,800	764,600	924,600	7,396,800	8,161,400	1.5
New York	3,221,200	360,400	704,800	5,638,400	5,998,800	1.8
Ohio	1,201,800	33,400	330,000	2,640,000	2,673,400	2.2
Pennsylvania	674,200	112,000	194,400	1,555,200	1,667,200	2.4
Michigan	464,800	34,800	112,800	902,400	937,200	2.0
New Hampshire	394,000	75,400	72,600	580,800	652,200	1.7
Wisconsin	277,800	12,000	61,000	448,000	500,000	1.8
Maine	258,600	12,200	32,800	262,400	274,600	1.0
Massachusetts	243,400	81,600	55,600	444,800	526,400	2.1
Maryland*	57,500	20,000	19,000	152,000	172,000	3.0
Total New England	6,295,800	933,800	1,085,600	5,428,000	6,361,800	
U. S. Average	12,266,400	4,411,000	2,517,000	20,136,000	24,547,000	

* 4 year average 1932-35.

DIRECTIONS FOR THE CARE OF MAPLE SUGAR AND SYRUP

SUGAR

To keep maple sugar in a warm climate, store in as cool and dry a place as possible. If in tin and tightly covered it will mould and ferment on top. To prevent this the best method is to take off the covers and paste over the top of the can a piece of strong manila paper. This will also serve to keep out the ants.

SYRUP

Syrup should be marketed in air tight containers and stored by the purchaser in a dry, cool place. When exposed to the air in warm climates it will sometimes ferment, therefore, for family use the smaller packages, quarts and half gallons, are recommended. The popular gallon package is slightly more economical to buy but its contents sometimes become stale before being all used by the ordinary family. When syrup is purchased in gallons it is an excellent practice to remove it from the can, heat to the boiling point, and seal it up hot in ordinary glass fruit jars using new rubbers. It may be thus kept indefinitely. It should be borne in mind that fermented maple syrup is not spoiled as is the case with canned fruit or vegetables but may be greatly improved and restored to nearly its normal flavor by reheating to the boiling point and skimming.

GRADES AND STANDARDS ON MAPLE PRODUCTS

Probably no commodity lends itself more readily to direct relationship between producer and consumer than maple products. Their cost of production is relatively high owing in part to the fact that uncertainties of the weather have a marked effect upon both quality and quantity. Also that considerable investment in equipment must be carried throughout the year although the utensils are used only a few weeks.

Customers residing outside of Vermont who are unfamiliar with pure maple products are often misled into purchasing syrup of an inferior quality which is oftentimes merely a blend of cane or other syrups carrying a small quantity of maple for flavoring purposes. This has had a detrimental effect upon the popularity and consumption of pure maple syrup.

In order to protect the interest of both producers and consumers definite action has been taken to provide a reliable method of marketing these products which will result to their mutual satisfaction and advantage. When the Division of Markets was created within the State Department of Agriculture and the New England Farm Marketing Program was placed in operation maple products were the first to receive attention. Official grades were established which set up suitable standards for defining quality. In order that consumers may be sure of the purity and quality of the product, and in order that producers may have some means of carrying their identity through to the consumer, the Vermont form of the New England label is being used by producers registered with the department. This label cannot lawfully be used on any maple syrup or sugar except that which is packed in accordance with the official state grades and is absolutely pure. This marketing plan is a form of certification by the Department of Agriculture to the consumer that the contents of the package will be found exactly as represented. The system will undoubtedly have a beneficial effect on both producers and consumers by displacing inferior blends of pure maple syrup coming from other states and masquerading under the name of Vermont. Consumers who wish to be sure that they are receiving pure maple products packed in accordance with

these grades should insist upon being supplied with products bearing this label.

In some sections of the country where the product thus labelled cannot be purchased locally consumers may satisfactorily secure their supply directly from the producers who are registered with the Vermont Department of Agriculture and qualified to use the label. Lists of these producers are published by the Department of Agriculture each year and are available on request.

REPRODUCTIONS OF FANCY AND GRADE A LABELS WHICH ARE MOST COMMONLY USED ON MAPLE SUGAR AND SYRUP

VT. STATE GRADES FOR MAPLE PRODUCTS

MAPLE SYRUP

The official State Grades for maple syrup shall be as follows:

FANCY: Fancy syrup shall be pure maple sap syrup, free from foreign material and of a density of 36 degrees Baumé hydrometer reading, weighing eleven pounds net to the gallon. It shall be of a color no darker than No. 5 according to the U. S. color standards.

GRADE "A": Grade "A" syrup shall be the same as above except in color. The color shall be darker than No. 5 and no darker than No. 7 according to the U. S. color standards.

GRADE "B": Grade "B" shall be the same as above except in color. The color shall be darker than No. 7 and no darker than No. 9 according to the U. S. color standards.

GRADE "C": Grade "C" syrup shall be the same as above except in color. The color shall be darker than No. 9 and no darker than No. 11 according to the U. S. color standards.

Note: All hydrometer readings should be made at a temperature of 60 degrees or should read with the following corrections:

Temp. 40 degrees, subtract ½ degree from the hydrometer reading.
Temp. 60 degrees, no correction.
Temp. 80 degrees, add ½ degree to the hydrometer reading.
Temp. 100 degrees, add 1 degree to the hydrometer reading.
Temp. 120 degrees, add 1½ degrees to the hydrometer reading.

MAPLE SUGAR

The official State Grades for Maple Sugar shall be as follows:

FANCY: Fancy sugar shall be clean, pure maple sugar made from Fancy syrup.

GRADE "A": Grade "A" sugar shall be clean, pure maple sugar made from Grade A syrup.

GRADE "B": Grade "B" sugar shall be clean, pure maple sugar made from Grade B syrup.

GRADE "C": Grade "C" sugar shall be clean, pure maple sugar made from Grade C syrup.

Note: Scorched Sugar: Any sugar that shall become scorched in its preparation shall not be considered as coming within the above grades.

MAPLE SWEETS ARE HARD TO BEAT

RECIPES FOR USING MAPLE SWEETS IN COOKING; HOME CANDY MAKING, ETC.

Revised from Vt. Extension Service Brieflet No. 332

MAPLE MOUSSE

1 cup pure maple syrup, ⅔ cup milk, yolk of 4 eggs. Make custard of above. Whip 1 pint of cream and thoroughly mix with custard. Place in freezer without dash and still freeze, or in refrigerator.

Maple Tea Cakes

1 cup maple sugar shavings
⅓ cup fat
1 egg
3 teaspoons baking powder
¼ teaspoon salt
¼ cup sugar
½ cup milk
2 cups flour
½ cup finely chopped English walnuts

Cream the sugar and fat and add the well-beaten egg. Sift the dry ingredients together and add alternately with the milk. Bake in small muffin tins.

Maple Breakfast Rolls

One egg, ½ cup each of milk and cream, 2 teaspoons baking powder, 3 teaspoons granulated maple sugar, add flour till about as thick as griddle cakes. Bake in muffin tins.

Fritters

Three eggs, 1 tablespoonful sweet cream, ½ teaspoonful salt, 2 cups of sweet milk, 2 teaspoonfuls baking powder, about 4 cups of flour. Mix the baking powder thoroughly with the flour, add the flour to the milk, add the salt, then the eggs well-beaten. Fry in hot lard. Serve hot, with warm maple syrup.

Baked Apples

Pare and core some good tart apples, put them in a shallow earthen dish; fill the center where the core has been taken out with granulated maple sugar, add water to cover bottom of dish. Bake in a moderate oven until soft, basting often with the syrup.

Maple with Fruits

The blend of pure maple syrup with fruit juices is delightfully pleasing. Especially is this true with grapefruit, other citrus fruits, prunes, applesauce or baked apples.

Maple Sugar Pie

1 cup scraped maple sugar, 1¼ cups milk, 1 tablespoon flour, 1 egg, 2 tablespoons butter, ¼ teaspoon salt, ¼ teaspoon nutmeg. Use this as a filling in a two crust pie.

Maple Salad Dressing (For Fruits)

Beat the yolk of an egg and put into a double boiler. Add ¼ cup of maple syrup and cook until it thickens, usually less than one minute is required. Let it cook, fold in the juice of half a lemon and ½ cup of whipped cream. Serve with fruit salads.

Fruit Cobbler

Measure 1 cup sifted flour, 1 teaspoon baking powder, ½ cup sugar, ¼ cup milk or water, 1 egg, ½ teaspoon vanilla flavoring, 2 tablespoons melted butter or substitute. Beat egg until very light; add sugar gradually, beating until creamy. Sift flour and baking powder and add to mixture alternately with milk. Beat until batter is smooth then add melted butter. Put fruit in a buttered baking dish, pour batter over fruit and bake in a moderate oven about half an hour.

The sauce (served hot): 1 cup maple sugar, ⅔ cup of hot water, 1 tablespoonful of flour, butter size of an egg. Let come to a boil, then pour it over a well-beaten egg, stirring the egg. Flavor.

Maple Parfait

1 teaspoon gelatin
2 tablespoons water
Few grains salt
2 eggs
⅓ cup maple syrup
½ pint cream

Soak gelatin in cold water in top of small double boiler. Dissolve over hot water, then add egg yolks and beat until light. Add maple syrup slowly, beating all the time, then stir and cook over hot water until thickened. Cool, add salt, egg whites, beaten stiff, and fold in cream beaten until thick. Freeze in mold surrounded with equal parts of ice and salt or in trays of mechanical refrigerator.

Maple Syrup Cake

½ cup sugar
¾ cup maple syrup
2¼ cups flour
3 teaspoons baking powder
Salt
⅓ cup fat
½ cup milk
3 egg whites

Cream sugar and fat together. Add syrup and stir well. Add milk and flour alternately. Fold in beaten whites and bake in oblong pan. When cake is baked and cool, place it on inverted cake pan and cover with boiled maple frosting.

Maple Sugar Frosting

One-half cup maple sugar, ½ cup granulated sugar, ¼ cup of water. Boil until it will hair from a spoon. Stir briskly into the beaten white of an egg. Beat until cool enough to spread.

Ginger Snaps

1. Two cups maple sugar, 1 cup sour cream, 1 teaspoon soda, flour enough to make a stiff paste, 1 cup butter, 2 eggs, 2 tablespoonfuls ginger. Roll thin and bake quick.

2. One cup maple molasses, 1 teaspoonful each of soda and ginger, ⅔ cup butter, mix hard and roll thin.

Maple Rice Pudding

2½ cups boiled rice
2½ cups milk
3 eggs
1 cup maple sugar
½ teaspoon salt
½ teaspoon nutmeg
1 cup raisins

Beat eggs and maple sugar well, add other ingredients. May be baked in oven as custard or cooked in a double boiler.

Maple Sugar Gingerbread

One cup of maple syrup, 2 cups of flour, ½ teaspoonful salt, 1 teaspoonful soda, 1 cup of sour cream, 1 egg, 1 teaspoonful ginger.

Sift the ginger, salt and soda with the flour; mix beaten egg, cream and syrup and combine the two mixtures.

Maple Sugar Ice Cream

One quart cream, 2 cups maple sugar, 2 eggs, 1 pint of milk, ½ cup of flour, scant.

Let the milk come to a boil. Beat one cup of sugar, flour and eggs until the mixture is light and creamy, then stir into the boiling milk; cook until the flour is thoroughly cooked. Set away to cool. When cold whip the cream, add the other cup of sugar and turn into the cooked mixture and freeze.

Nut Brown Bread

1 cup graham flour
4 teaspoons baking powder
2 tablespoons maple sugar
1 cup sweet milk
1 cup white flour
1 teaspoon salt
1 cup chopped nuts or raisins

Bake one hour in a moderate oven.

Maple Sweet Pickles

Seven pounds fruit, 1 pint best maple or cider vinegar, 1 tablespoonful ground cinnamon, 3 pounds of maple sugar, 1 teaspoonful ground cloves, 1 teaspoonful ground allspice.

Boil until the fruit is tender. This is excellent for plums, pears, peaches or cucumbers.

Maple Sugar on Snow

For preparing maple sugar for eating on snow, either sugar or syrup may be used, but the syrup, if obtainable, is best. Boil the syrup until, when dropped on snow, it remains on the surface and becomes waxy, then spread it upon the surface of the snow or a block of ice. If the sugar is used, add a little water and melt it, being careful not to burn, and treat in the same manner as the syrup. This will be found, as every sugar maker knows, one of the most delicious treats obtainable.

Candied Sweet Potatoes

Cook sweet potatoes until tender but not soft. Peel and slice lengthwise. Arrange in buttered baking dish and cover with maple sugar or syrup and dot with butter. Add a little water. Bake until potatoes are glazed. Carrots may be prepared the same way.

Baked Beans

1 quart cooked beans
1 cup maple syrup
½ cup chili sauce or tomato catsup
Few grains pepper
1 teaspoon salt
¼ pound bacon or ham

Add syrup, chili sauce and seasonings to beans and put into baking dish. Place salt pork into center and cover the beans with water. Bake slowly from three to four hours.

Maple Walnut Cream Pudding

2 cups milk
1 cup maple syrup
2 tablespoons cornstarch
¼ teaspoon salt
2 eggs
½ cup chopped walnuts
1 cup cream

Scald 1¾ cups milk with the maple syrup in the top of a double boiler. Combine the remaining milk with the cornstarch and salt, and add gradually, stirring constantly, to the hot mixture. Cook 25 minutes, then add this mixture to eggs slightly beaten. Cook 5 minutes longer. Pour into serving dish and sprinkle with chopped nuts while the pudding is still hot. When cold, cover with the cream, whipped stiff, and serve.

CANDY

Maple Taffy

Place together in the kettle, 2 pounds of maple sugar, 1 pound of brown sugar, ½ pound of glucose and 1 pint of water, and stir until the mixture is dissolved. Boil until the taffy will snap when tested in cold water, then pour it upon a buttered dish or slab to cool. The candy may be checked off in squares, or, if preferred, it may be pulled until white.

Maple Syrup Fudge

2 cups maple syrup
1 tablespoon light corn syrup
¾ cup thin cream
¾ cup walnut meats coarsely chopped

Combine maple syrup, corn syrup, cream and place over low flame. Stir constantly until mixture begins to boil. Cook without stirring until soft ball forms in cold water. Remove from fire, cool to lukewarm. Beat until it thickens, add nuts and pour at once into greased pan. When cold, cut into squares.

Maple Cream without Cream

No. 1. Place in a batter bowl the whites of two eggs and two cups of the best maple syrup. Whip these together with an egg beater or fork, and then throw in enough XXX confectioners' sugar to thicken sufficiently to mould into shapes. Coat with either chocolate or plain cream.

No. 2. Mix two pounds of maple sugar, a fourth of a teaspoonful of cream of tartar and a cup of water, and boil until a little of the syrup will form a "soft ball" when tried in water. Set it away in the kettle until almost cold, and then work it with the paddle until it becomes creamy or cloudy, and pour immediately into a shallow tin pan. When cold, turn the pan upside down; the cream will drop out. Divide into blocks.

Maple Cream

Two cups of maple sugar, one-half cup of cream. Let it boil until it hairs then stir in one cup of nuts, butternuts preferably.

Pour into buttered tins and when nearly cold cut in squares.

Maple Sugar Fudge

Two cups of white sugar, one cup of maple sugar, two-thirds cup of sweet milk. Cook twelve minutes after it begins to boil. Remove from the stove and add a piece of butter size of a walnut and one cup of walnut meats. Stir until it thickens then pour into a buttered tin. When nearly cold cut in squares.

Maple Sugar Candy

Two pints maple sugar, one pint white sugar, one pint water, two or three tablespoons whipped cream, one large cup butternuts. Place kettle with the sugar and water in it on back of the stove until sugar is dissolved, then draw forward and boil until the soft ball stage is reached (being careful not to stir the sugar after it commences to boil). Remove to a cool place until nearly cold before stirring. When partly grained add whipped cream and nuts, turn into tins and set in a cool place to harden.

Nut Candy

Use maple sugar with sufficient water to dissolve it, one tablespoonful of vinegar to two pounds of sugar, and butter size of walnut. Boil until very hard when tried in water. Pour immediately into a buttered pan in which the nuts have been placed. Cut into sticks before cold.

Maple Opera Caramels

Measure a cup and a half each of coffee and maple sugar, one cupful of cream, and a fourth of a small teaspoon of cream of tartar, and boil the cream and sugar together, adding the cream of tartar, wet with a little cream, as soon as the syrup reaches the boiling point. Cook until a drop of syrup, lifted out on the point of a skewer and dropped into very cold water, may be rolled into a soft, creamy ball between the fingers. Care must be taken to stir the syrup incessantly, and also that the bottom of the pan or kettle does not come into direct contact with the fire, as the cream is very apt to scorch. When done, remove from the fire, flavor, and pour on a slab, sprinkled with a very little water. When cold, cream the candy as directed for fondant, and as soon as perfectly smooth, form into a sheet half an inch thick, using the rolling pin. Let it remain on the slab a few hours, when divide into strips and wrap in paraffine paper.

Maple Molasses Cocoanut Squares

Place in the kettle a cupful of maple syrup and a tablespoonful of butter, and, when boiling add grated cocoanut. Cook over a slow fire, stirring until done. As soon as the hot candy will harden when dropped into cold water, pour it out upon a well buttered slab; and when hardened sufficiently cut it into squares and wrap in paraffine paper.

Pulled Taffy

Take three cupfuls of dry maple sugar, a cupful of vinegar and water in equal parts (one-third vinegar and two-thirds water may be used if the vinegar is very strong) and a piece of butter the size of a walnut. Boil the sugar, water and vinegar together until half done, then add the butter, stirring only enough to incorporate the butter thoroughly, and boil until done. Drop a little of the candy now and then into cold water and test by pulling it apart; if it snaps it is done and must be immediately poured upon a buttered dish to cool. Flavor with a little vanilla extract poured upon the top. When the taffy has cooled sufficiently to handle, it may be pulled, cut into short lengths and placed on buttered dishes or paraffine paper.

Popped Corn and Nut Candy

Take a tablespoonful of butter, three of water and one cupful of maple sugar; boil until it is ready to candy and then add three quarts of nicely popped corn. Stir briskly until the mixture is evenly distributed over the corn. Keep up the stirring until it cools when each kernel will be separately coated. Close and undivided attention may be necessary to the success of this kind of candy. Nuts are delicious prepared by this method.

Maple Sauce

1 cup maple sugar	⅔ cup hot water
1 tablespoon flour	1 tablespoon butter

Let come to boil and pour it over a well-beaten egg, stirring while adding.

Molasses Candy

Two cups of maple molasses, 2 teaspoonfuls of butter, 1 cup of maple sugar, ½ cup of water.

Boil all together until done,—be careful not to stir while cooking. When done, pull.

MAPLE CREAM

Maple cream is a high-quality product which appeals strongly to the palate of the public. The market for this article has great possibilities, if properly developed. Being a high-grade product, it is essential that quality be maintained and that the finest article attainable be produced.

Important marks of quality in maple cream are very smooth in texture and consistency; in other words, it should not feel coarse or "sandy" to the tongue. Upon standing, no syrup should come out and separate at the surface. Maple cream consists of exceedingly small crystals of sugar which are too small to be seen by the naked eye but can be observed easily under a microscope. These crystals are surrounded and separated from one another by thin films of syrup. The art of making fine maple cream depends primarily on keeping these crystals so small that they cannot be detected by the tongue; otherwise, the cream has a coarse or gritty feel. Also, if the crystals are small enough they will retain the syrup better, so that it will not come out readily and separate at the surface on standing.

The making of fine maple cream is really part of the candymaker's art and is similar in practically all respects to the making of the cream or fondant used in the familiar chocolate-coated creams. If carefully observed the following directions, which have been adapted from the art of candymaking, will ensure the consistent production of smooth maple cream of high quality. It is strongly urged that a thermometer, preferably a home candymaker's thermometer, be used.

THE MAKING OF MAPLE CREAM

DIRECTIONS

Boil the batch of maple syrup briskly to about 232° Fahrenheit. Keep the sides of the kettle free from sugar crystals by wiping with a wet cloth or brush. Pour the syrup into clean shallow pans (roasting or baking pans). The layer of syrup should not be over ¾ inch deep. In order to avoid premature formation of sugar crystals, the cooked syrup should be

cooled quickly with as little movement or agitation as possible.

The pans of syrup may be placed outdoors to cool, or if cooled indoors, they may be cooled quickly by placing in a larger pan containing snow or cold water. The syrup should cool to about 70° Fahrenheit (about room temperature) before "creaming" is commenced. This can easily be determined by testing with the hand after the syrup is brought indoors (in case it was placed outdoors to cool). These precautions make it possible to keep crystallization (creaming) under control and to produce the size of crystals and consistency desired.

Hard wooden paddles with a somewhat sharp edge and about two to three inches wide will be found very efficient for "creaming." The pan is held or fastened on a table and the batch is scraped with the paddle to one side of the pan and then back again, thereby mixing the batch so that no portion is allowed to remain at rest. This thorough mixing causes crystallization to start and at the same time prevents the sugar crystals from growing too large. If the agitation of the batch is stopped or interrupted the crystals will grow rapidly, resulting in a "sandy" or coarse consistency, especially if the temperature is a little too high.

This stirring and scraping is continued until the batch becomes somewhat stiff and shows a distinct tendency to set; that is, the furrows made by the paddle do not close up rapidly. This stiffness is caused by the formation of great numbers of microscopic sugar crystals. The finished cream can be poured directly into the final packages if desired, but care should be taken to continue stirring and not to commence pouring until the batch is barely fluid enough to run. If the cream is too fluid when poured, more sugar crystals will be formed after pouring and these may be so large as to cause "sandiness." If desired, stirring can be continued until the batch becomes stiff. The finished batch may be packed in glass or earthenware containers and tightly covered; it can then be "remelted" at leisure and poured into suitable packages. Remelting is done by heating the cream in a double boiler and stirring until it becomes just fluid enough to pour. Don't heat to any higher temperature than necessary. It can then be poured without much danger of forming air pockets which detract from its appearance in a glass container.

BOILING SAP AT NIGHT

Daniel F. Cady

Note—It should be borne in mind that Dr. Cady's pleasant reminiscences portray the process of boiling maple sap in use fifty or more years ago and that these methods are now obsolete.

Our sugarhouse was jest a shack,
Shacked up "regardless," bit by bit;
Sed parva apta est, is how
A scholar might have spoke of it;
The "arch" was bluestone set in clay
Without a draft or door in sight—
But say; 'twas fun to boil all day
And extry fun to boil at night.

Each time before we built the fire
We boys would take an iron bar,
Retrue the arch, reset the pan,
And pry the kettle up to par;
And then we'd slather on the clay
To make the thing combustion tight—
And say; 'twas fun to boil all day
And extry fun to boil all night.

There'd be a backfire now and then—
Most chimblys have to sneeze and cough—
And there was settlings more or less,
Of course, each time we syruped off;
But wan't that syrup good and sweet,
Not zoomy gray or sickly white,
And wan't it elegant to eat
That syrup syruped off at night!

We fired with hemlock dry as bone,
And there was floating sparks, no doubt,
But always after every run
We scoured the pan and kettle out;
Soft soap and sand—a Yankee—pair—
Would make 'em both look pretty bright,
And all us boys, we combed our hair
Before we went to work at night.

However, 'twan't no science plant,
No prophylactic tub or plug
Or ox or ass was 'round the place,
Or Listerated jug or mug;
But wan't that syrup good and brown,
It looked the part, it tasted "right"—
I've never seen a can in town
Like that we syruped off at night.

Our sugarhouse was jest a shack,
Shacked up Si Briggs way, bit by bit;
Sed parva apta est, is how
The preacher might have spoke of it;
No zinc "containers" 'round it stood,
No 'vaperator was in sight,
But wan't that syrup sweet and good—
That syrup made at dead of night!

GATHERING SAP IN A FORMER DAY