

# BUFFALO FARM TO SCHOOL

## Maple Syrup & Honey



### Varieties Grown in New York State

- Sugar Maple Tree – Official tree of NYS!
- Clover Honey
- Buckwheat Honey
- Orange Blossom Honey

### How It's Grown

- Maple Syrup is harvested in the late winter and early spring in NYS.
- All grades of Maple Syrup have the same sugar content; the different colors are just due to changing temperatures outside!
- It takes up to 40 quarts of clear sap to make one quart of amber-colored Maple Syrup!
- New York State is the second-highest producer of Maple Syrup in the country!
- An average size bee colony produces 60-100 pounds of honey per year!
- Flowers rich in nectar, such as bluebells and lavender are great for attracting honey bees to your garden!

### Nutrition and Health Benefits

- Maple Syrup has a lower sucrose content compared to white sugar.
- Maple Syrup contains minerals such as calcium, iron, and potassium.
- Honey contains many antioxidants, which help lower the risk of some health issues.
- Honey may help with sore throats and coughs, which is why you see it in many cough drops!

### Storage Tips

- Maple Syrup can be frozen! Just be sure to choose a freezer-safe container!
- Unopened Maple Syrup can be kept in a cool, dry place. Refrigerate opened bottles!
- Store honey at room temperature.

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## Selection

- Choose 100% Maple Syrup when possible! Some other 'maple' options can have additional ingredients, like high fructose corn syrup.
- Lighter-colored Maple Syrup is good for topping pancakes, while darker Maple Syrup is best used for baking!
- Go for a local honey when available! This honey will be from bees right in your community!
- Royal jelly is similar to honey in that it comes from bees, too.
- The color and flavor of honey depends on what flowers were visited by the honey bees.

## Preparation & Cooking Tips

- Substitute Maple Syrup for white sugar when baking! Just decrease the liquid in your recipe by 2-4 tablespoons for every cup used!
- Honey has the natural ability to relieve throat irritation and help stop coughs!

## Kid-Friendly Eating Tips

- **Make it savory!** Use Maple Syrup and herbs as a glaze for Brussels sprouts or root vegetables!
- **Make it sweet!** Add Maple Syrup as a flavoring to your favorite cookies! Use local NYS Maple Syrup on pancakes and French toast!
- Use Maple Syrup as the sweet part of a salad dressing when combined with a little oil, orange juice, and seasonings!
- Stir Maple Syrup into plain yogurt for a sweet treat!
- Use honey as a one ingredient wonder when added to sweeten desserts or balance out flavors.
- Try honey on some biscuits for a sweet change!
- **Don't forget, don't feed honey to babies under 1-year-old!**

## RECIPE

### HONEY LEMON VINAIGRETTE!

#### Ingredients:

- ½ cup lemon juice
- ¼ cup honey
- 1 cup olive oil
- Lemon zest

#### Directions:

- Blend all ingredients well, and pour over fresh greens just before serving. This is great on a kale salad. For a milder taste use ½ cup canola oil and ½ cup of the olive oil. For a different twist, substitute orange for lemon! Enjoy!

### MAPLE GLAZED CARROTS!

#### Ingredients:

- 1 – 1 ½ pounds of fresh carrots, cleaned and sliced
- 2 tablespoons unsalted butter
- ¼ cup NY Maple syrup
- Pinch of ground cinnamon

#### Directions:

- Cover carrots with water and boil until tender, about 15 minutes. Drain and set aside. Melt butter in a small pan, then add maple syrup. Cook, stirring, for 1-2 minutes. Pour butter and maple mixture over carrots and sprinkle with cinnamon. Enjoy!

