

The official voice of Vermont sugar makers

VERMONT *Maple* SUGAR MAKERS' ASSOCIATION

Committed to the promotion and protection of the branding of Vermont maple products since 1893.

Meet a
Sugar Maker

Page 2

Sap Flow &
Wounding

Page 6

His & Hers
Sugarhouses

Page 8

County Highlight:
Orleans

Page 10

MAPLE ON THE HIGH SEAS

BY GARY L. FRYMIRE, USS VERMONT SUPPORT & VERMONT SSN 792 COMMISSIONING COMMITTEE

The USS VERMONT Support Group (VSG) is made up of volunteer Vermonters supporting the USS VERMONT (SSN 792), her officers, crew, and families, and are delighted to begin our partnership with the VMSMA to bring Vermont's finest flavor to new USS VERMONT crew members. Here's how the partnership began... The USS VERMONT (SSN 792) was commissioned in April of 2020 and 138 sailors entered active duty with the US Navy aboard our namesake submarine in Groton, CT. The crew of Navy submarines routinely rotate their assignments from boat to boat over time. When a new sailor is assigned to our namesake submarine, the sailors' wives in the Vermont Family Readiness Group (FRG) present them or their family with a "Sunshine Bag," including information about the Naval base along with welcoming gifts to our newest "honorary Vermonters." One gift the sailors will find in their Sunshine Bags is a pint of Vermont Maple Syrup. Maple Syrup has been an integral part of our boat's story beginning with the pints presented to every attendee at the USS VERMONT's Christening reception in 2018. For that event, the crew had a Christening

coin minted in the shape of a maple syrup jug with the State of Vermont Pure Maple Syrup logo on the back. The Vermont Commissioning Committee (VCC) was able to secure a single piece of the previous USS VERMONT's Silver Service from the State House for presentation to the USS VERMONT (SSN 792). The piece chosen was a silver maple syrup pitcher crafted in the image of maple bark, which now resides onboard the USS VERMONT. The last gift to be presented to the USS VERMONT at a ceremony this summer will be our "Sub in a Jug" which puts a very unique Vermont flavor on the traditional Ship in a Bottle. It's a one-of-a-kind gift uniquely tailored to celebrate the USS VERMONT and Vermont's heritage with maple syrup.



Most recently, the crew of the USS VERMONT embarked on their first deployment including a port call near Rio de Janeiro Brazil, where a tour of the VERMONT was held for Brazil's President Bolsonaro along with the Admiral of their Navy and other dignitaries. USS VERMONT's Commanding Officer Charles W. Phillips III presented several glass maple leaf syrup decanters from Morse Farm to the Brazilians after the syrup's journey of over 5,000 miles from Montpelier. We were proud to have Vermont's finest flavor as part of

this prestigious ceremony. So that we may sustain the Maple Syrup tradition with the USS VERMONT, the VSG approached the VMSMA with a request to provide 50 pints of syrup each year to the FRG for incoming sailors Sunshine Bags. At the January 12 VMSMA meeting, Allison Hope presented our request to the board, supported by Roger Palmer from the Orange County makers who volunteered to be the inaugural county to support our request in 2021. The board approved the program, and Arnie Piper volunteered the Lamoille County makers for the 2022 donation. The long-term success

of the VSG in achieving our objectives relies heavily upon growing our membership and gaining the support of Vermont associations and businesses. We'd like to extend our sincere thanks to all the members of the VMSMA in all 12 counties for proving once again Vermont's reputation for strong support of our military is well deserved. We were also delighted to welcome Arnie Piper as our newest VSG member, and hope many of you join him coming onboard with us in support of these brave sailors who continue to bring honor to their namesake state.





MEET A SUGAR MAKER

As part of our series highlighting Members, we're sharing short interviews with Vermont's sugar makers, large and small, near and far. On November 11, 2020. Cory had a conversation with James and John Buck of Buck Family Maple Farm in Washington, Vermont.

CORY: Tell me how you got to this point in your business? According to your website, Buck Family Maple started over 25 years ago.

JOHN: I wouldn't say it was a business back then. Our backyard set up was originally to have some fun with James and his sister, Lauren. It was just a roasting pan and sap from two trees. We just wanted to be a part of the season. I had friends in school that had sugarhouses. I helped them over the years.

JAMES: As noted, we started with two taps in the backyard, then that grew to eight taps. Then we got permission to tap further in the woods on our neighbor's property. At the height of our backyard operation, we had approximately 120 taps. We built seasonally constructed arches that had to be taken down every year. For a while, we had a tarp over a swing set to protect us from the elements. Then my dad built our first sugarhouse by hand in 2006. There was no machinery used at all. For that sugarhouse, we bought a barrel arch from former Vermont Governor, Madeleine Kunin. We boiled off of that arch for a few years. Then our neighbor made us a 2x4 custom evaporator with tubular flews that were submerged and ran through the back pan. After that, there were two more configurations of it. With the last coming when I was a Junior in High School. In 2010, we put in a concrete floor, and that was a retro fit. After that, we had a change in thinking. We starting looking into land to build a new operation. We looked in the Waterbury area first, with the idea that we could truck sap back to the house. There were complications with some parcels and none of them worked out. In the end, we purchased property in Washington. We got up to 160 taps, with tubing and buckets. We would work after school. At that time, we didn't have any trails or snowmobiles for getting around. We had a dumping station with mainline, and no lateral lines. Later that was added in. In 2012, we started clearing the land, milling wood and building the sugarhouse. It took time to build the sugarhouse with working full time.



James and John Buck

In 2017, we made and sold our first maple syrup. We traded the syrup in Waterbury, sold a little bit locally, mostly curb-side. And there was a lot of personal consumption. A lot of years, we'd only make 12 gallons. In the 20 years of boiling in Waterbury, we might have made 100 gallons total.

CORY: John, you were a wildlife biologist. I imagine becoming a bird-friendly operation was an easy transition because of your background?

JOHN: I thought it was an easy, seamless way to go. We worked with them over the course of a year. When Steve Hagenbuch at Audubon Vermont started the program, we noticed that we were already doing a lot of those practices. I like the thought of being a good steward and highly support the program. It's good for the woods and it's good for sugar makers. I hope that other sugar makers become certified.

CORY: Earlier this Spring, I saw that your maple was in one of Collaborative Brewing's beers. Is this the first time your maple has been used in a beer recipe?

JAMES: Both of us have dabbled in homebrewing, but not too much recently. I've always wanted to brew with maple, but I just haven't got around to it. I am friends with the brewery owners. About two years ago, I approached Collaborative Brewing and asked if they needed some maple syrup to brew with. At the time they didn't have any plans for recipes with maple. Although, they were interested in the idea. Later on, they developed a recipe with maple incorporated. They gave us two kegs of it for a baby shower. We're hoping they decide to brew this beer again. Last year, its release was in March, and it would have coincided nicely with Maple Open House Weekend.



CORY: John and James, what are your favorite parts of the sugaring process?

JAMES: I can tell you quickly what I don't like, haha. Pulling taps is my least favorite.

JOHN: For me, it's walking through the woods. I like looking at trees, ones we've tapped and the ones we don't. Our sugarbush is currently 10 miles from an Emerald Ash Borer outbreak. We're expecting that should change our forest in the next 15 years. So, I'm already thinking of what everything will look like in the future.

JAMES: I'm reminded of this every season. We all know how to make syrup, and we don't think much of it until someone from outside of the industry learns about it. People are surprised that maple syrup comes from trees. I get a lot of enjoyment in people learning and seeing the process. You can tell that they see how hard it is, and they see the value of what you do as a sugar maker. For example, I communicate with people in Brazil for work. Those people are familiar with cane sugar. I've made several trips there for work and I've brought maple with me. They love maple syrup. They want to find ways to get it easier. Again, it's easy for them to imagine the process, but they don't know the equipment involved. People in Brazil don't know what a sugarhouse looks like, but they know what it tastes like.

CORY: James, you have a young son. You must be excited to raise him around the sugarhouse?

JAMES: I hope he takes an active role in the operation. Of course, that will be up to him to decide. Part of the tradition with sugaring is passing it on to the younger generation.

CORY: What does he think of the taste of maple?

JAMES: He didn't light up with his first taste, but he didn't spit it out either. Because he's still under a year, we mix it in a little bit with bland foods. He certainly likes it.

JOHN: To be fair, Henry doesn't turn any food down, haha. As James said, hopefully Henry takes to sugaring. Doing it with family is a lot of fun. The sugarhouse is a great gathering spot. Sometimes we'll just meet there and have a picnic.

CORY: Are there any plans for the future for the operation?

JAMES: We have a long list of short-term tasks, directly sugaring related. We have a pile of woods work. There's been a lot logging done on the land. There's a lot of hand work to thin the land that hasn't happened yet. Tubing maintenance is a big component of our seasonal work. We've talked about expansion. We're still new and trying to get back to neutral on our investments. There are a lot of fixed costs that are currently a barrier.

JOHN: Currently, we have a 25-foot travel trailer that's sometimes used for sleeping. It's a cramped space. A cabin would be nice, but certainly a big project. We have 20 acres of sugar maples that we could tap if we manage well. We'd have to start grooming now. Maybe when Henry is a young man, he could tap into them. That's certainly a futuristic idea. I'm not sure we're ready to take on other aspects for the business. The upside of COVID was there was no one in the sugarhouse. It allowed James and I to dial in efficiencies, which was very helpful. It was just the two of us. We learned how to make that work.

JAMES: That was a big take away this year (2020 season) but, we were forced into it. It would have been nice to have friends over. This year, pretty much all boils were just the two of us. It was a lot of work. It wasn't a major undertaking, but a bit of planning. We had no distractions with no friends around.

CORY: I can imagine it was an interesting season.

JAMES: It was, but as always, it was a lot of fun. I get really excited for sap to start flowing. I'm bouncing off the walls trying to get everything ready... *continued on page 4*

If you'd like to be featured in this section in a future newsletter, please email Allison at allison@vermontmaple.org or Cory at cory@vermontmaple.org.



There's a sense of urgency that consumes everything I do. Everything else is on hold. I'm fortunate that my workplace is flexible with my sugaring. I love getting going early or staying up late and it only happens for a few weeks. I would assume others have the same feelings.

CORY: I'm out of questions. Is there anything either one of you would like to add?

JOHN: I'd like to put a plug in for the association. We've found good value with being a member. We feel that there's a great information exchange and great momentum for or against regulations. I would encourage anyone on the fence about being a member to look into it. I would welcome any call to talk to anyone thinking about it.

JOHN: One other thought. Sugar makers are competing for market share, but in the bigger picture we're are one big family, always willing to lend a hand to each other.

JAMES: I remember Glenn Goodrich once saying "our real challenge is fake sugar as an ingredient. Maple syrup has such a small portion of the national field. We need to be brothers in arms." That's a very humble statement that shows good awareness of where maple sits on the national and world level.

JOHN: Regardless of taps. Everyone gets the same sensations out of it. Glenn is a very good ambassador. Everyone is an important part of the Vermont maple community. Also, with the season being only 8-10 weeks, you get a lot of forest time. We have to live by the trees. It's their call on sap production and forest health. Otherwise, it's human time. We think of time in 60 years or so. Trees think in 300 years, etc. We have to live within the boundaries of it.

JAMES: It's certainly hard to think in forest time. The actions you take in the woods can last a long time. A lot of cases you might not see the tangible/money reward. You might not see the reward of modifications in woods, but someone else might years down the line. That can be frustrating. For example, the 1 inch trees I take care of, I might not be able to tap them. Maybe Henry or his kids can take advantage. I might not see trees produce sap. I have to be okay with that. A lot of our woods were a pasture at one point. Most trees had never been tapped by us. We're lucky that previous owner let those trees grow.

CORY: John and James, thank you for your time, and good luck with the upcoming season.

JOHN AND JAMES: Thanks!

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Your sugar bush is growing and you are thirsty for space to store your sap or permeate. This means using equipment that delivers performance and that you can trust. Introducing our new stainless steel SAP SILOS.

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NOTES FROM THE BOARD CHAIR



WAITING IS THE HARDEST PART

BY EMMA MARVIN, VMSMA CHAIR

In January, I wrote that we were in the anxious hurrying up and wait part of season. As I write this (March 11th), we seem so much closer, but unfortunately are still mostly at the waiting part of the season. As everyone likely is, I'm anxious for things to get *truly* underway. I'm anxious for some strong sun to warm things up. I'm anxious for the sap to flow and for steam to be rising from the sugar house.

With all that is on our minds, especially this time of year, it can be hard to give the time, space and attention to those things that deserve it. To the big meaty issues that impact the industry of which we're all a part (and the issues that are more subtle – but have the potential to shape the future landscape of what we do and how we do it). For VMSMA, keeping track of, engaging on and dealing with these issues is at the core of what the organization does. VMSMA is the place where time, space and attention is given to those things that impact maple... whether we as individuals have the capacity to engage on the issues or not.

While it's difficult to know what 2021 will yield, it's hard to imagine that those who have discovered pure maple syrup during the pandemic will go back to their table syrup eating ways post pandemic whether it's on pancakes at home or waffles at the diner.

So, here's to a good season for all – that keeps the pantries full and the fridge stocked with Vermont maple syrup!

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SAP FLOW, WOUNDING, & COMPARTMENTALIZATION IN MAPLE

BY TIMOTHY D. PERKINS, ABBY K. VAN DEN BERG, AND MARK L. ISSELHARDT
UVM PROCTOR MAPLE RESEARCH CENTER AND UVM MAPLE EXTENSION
UNDERHILL, VERMONT

The mechanisms of sap flow in maple stems during the spring-time are reasonably well understood. Water is drawn from the soil into the roots, stem, and branches of trees during a freeze cycle as liquid water transitions to ice and gases in the wood contract. Upon thawing, gas bubble expansion within wood fibers, gravity, and osmotic factors from conversion of starch to sugar create pressure within the stem. If a taphole is present, sap will flow out due to the difference in pressure from the inside to the outside of the tree. Sap always moves from areas of high pressure to areas of lower pressure.

This process of developing stem pressure is an adaptation of maple trees to living in the cold. Freezing temperatures during the winter cause dissolved gases in vessels to come out of solution, forming emboli (bubbles). Air bubbles in vessels disrupt the water column and render affected vessels incapable of efficiently transporting liquid. Stem pressure develops in maple trees in order to eliminate bubbles. Other cold climate trees deal with emboli differently, but the goal of eliminating air bubbles in the sap conducting system is the same. With the emboli in the vessels eliminated, a continuous water column is restored, and maple trees can efficiently move water from the soil to the crown during the growing season.

Maple trees used for sap production must contend with another problem, the wounds created by tapholes. If not dealt with in some manner, water transport could be reduced or compromised. So how does a tree react to a taphole wound?

When a taphole is drilled, a wound response is elicited. We don't think of trees reacting to things quickly, but the signal that initiates the wound response is triggered quickly. The end goal of the response is to "wall off" or "compartmentalize" the wound. The hole itself is never filled with new tissue in the way animal heal wounds. Instead, trees alter the physical and chemical environment in the tissues surrounding the wound in order to form a barrier. Trees form new structures

(gum plugs, tyloses) to seal off severed vessels. Antimicrobial compounds are deposited in the zone around the wound. These make the affected area less hospitable, preventing disease and decay organisms from becoming established and proliferating within the tree. One consequence of building these chemical and physical walls is that the area around the wound is rendered incapable of transporting sap. Wood affected by this process appears darker in color and is referred to as "stain", "stained wood", or "non-conductive wood" (NCW).

Producers experience the result of this process as reduced sap flows later in the production season, even if the weather conditions remain good for sap flow. This is known by maple producers as "taphole drying". Although good spout/dropline sanitation practices can help delay the onset, when temperatures and microbial growth rise later in the season, the wound response accelerates, and sap flows lessen dramatically.

Over the subsequent months, the tree continues to strengthen the walls around the wound. Because vessel elements are vertically oriented and are fairly large in comparison to other tissues (maple vessels are generally under an inch long, but can rarely grow up to 10-12 inches), staining is greatest in the up/down directions away from the taphole. To each side of the taphole, the wound is typically well contained, so stain extends only a short distance laterally. Inward (radially), the stain typically extends a bit further than the taphole itself. Except in the area of the hole itself, the new ring of wood formed during the following growing season forms the final barrier to compartmentalize the wound. Although the majority of the stain completes development in the growing season after sugaring, in some cases the column can continue to grow for a few years after tapping.

With smaller spouts and good growth rates, tapholes may close the opening in a single season. With large spouts and slow growing trees, complete taphole closure may take several years. As long as tapping is done in a sustainable



fashion so that trees are able to grow enough new conductive wood each year to compensate for the loss of functional volume to NCW from tapping, the wound is not terribly detrimental to maple trees.

If a producer taps into an area of NCW, less sap will be collected. The loss in yield is directly proportional to the amount of stained wood hit. If only a small amount of stain is hit in the deepest part of the taphole, a minor loss of sap is expected. If a lot of stain is hit, sap yields will be low. Producers should monitor the amount of stain encountered while tapping by inspecting drill shavings. Whether to put in a new tap if a lot of NCW is hit is a difficult question. It is generally not recommended if it is difficult to find good tapping locations on previously heavily-tapped or slow-growing trees.

It is also important to remember that when a taphole is drilled into pre-existing NCW, the amount of new NCW formed in response will be much larger than if a taphole was drilled into clear sapwood – the pre-existing NCW contains no living cells to mount the wound response.

Because sap cannot flow through the affected NCW, what happens to water transport in that zone? Do the branches and leaves supplied by those vessels die? Vessel elements are not simple, straight pipes. Rather, they are groups of pipes that have a high degree of interconnectedness and therefore a great deal of redundancy. While the flow in unaffected vessel elements is mostly upward, some lateral movement of sap occurs at the transitions from one vessel element or group of elements to another. Therefore, sap is able to flow around stained areas, much like water will flow around an island in a stream. The rate of sap flow increases in the immediate vicinity of the NCW, and slows down beyond this area, but flow itself is unimpeded unless NCW is actually tapped into or NCW is so extensive that blockages dominate.

For all these reasons, maple producers are fortunate that the trees we use are well adapted to winter and to sustaining repeated injury and the loss of a small amount of sugar each year.

Several educational videos relating to tapping and staining can be found in the “Keys to High Sap Yields” playlist on the UVM PMRC YouTube Channel at: <https://www.youtube.com/c/UVMProctorMapleResearchCenter>

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Photos Credit: Mark Isselhardt, UVM Maple Extension



HIS AND HERS SUGARHOUSES

BY CORY AYOTTE, VMSMA COMMUNICATIONS DIRECTOR

It would come as no surprise if someone told you that Glenn and Ruth Goodrich have maple sap running through their veins. Their lives are rooted in maple. Ruth grew up on a farm in Jonesville and remembers helping her dad gather sap in milk cans mounted on the back of his Ford tractor, how the sweet aroma of boiling sap drifted through the air and the rock candy in the bottom of the jars of syrup were a special treat. Her Grandfather collected sap from 8,000 buckets in the Berkshire/Richford area back in the early 1900's. Glenn's side of the family settled in Cabot around 1800, and except for a 20-year hiatus from 1959 – 1979, the Goodrich & Abbott families made maple syrup every spring. Glenn and Ruth got married in 1977, and two years later they tapped 25 trees and boiled on a 2'x2' pan in the yard. In 1980, they built their first sugarhouse and tapped 700 trees and boiled on a 3'x12' evaporator. Today, the business has expanded to include an additional sugarhouse and sugarbush in Eden, which was established in 2017. With the addition of the Eden sugarhouse, Glenn and Ruth now have their very own his and hers sugarhouses.

Ruth runs the operation in Cabot (30,000 taps) and Glenn manages Eden (106,000 taps and growing). Although only 40 miles separates both locations, neither of them spends time in the other location during the season, except on rare occasions. Ruth says, "Last year I got to see Eden in operation for 10 minutes, but that was because I had to drop off a part." Running individual sugarhouses certainly has its challenges;

Ruth recalled a story that she now finds humorous. "One evening I was trying to get the RO running in Cabot. It's a big machine that processes thousands of gallons of sap per hour. It's intimidating for a rookie to operate". The first time she had to run it, she gave Glenn a call in Eden to get problem solving advice. It just wouldn't start up right. He tells her to open the front electrical panel, which has a maze of wires and buttons. He told her where to find two switches to get it started. "I'm looking at the wet floor and I'm looking at the panel and I'm slightly concerned". Glenn said, "Don't worry, your insurance is paid up." It worked and by the end of that season the machine and she had it pretty well down.

The season lasts a little bit longer in Eden due to its high elevation sugarbush, but that doesn't stop the Goodrich's from having some competitive fun. They compete based on a pound per tap basis. They keep detailed records of all of the gallons made at each location. Every season, it's neck and neck until Eden pulls away at the end. Glenn says, "The fun competitiveness makes the season more bearable." More bearable is right. Aside from a call here and there, Ruth says, "They don't even pass like ships in the night." Glenn has his own sleeping quarters at the Eden sugarhouse. Aside from the sugaring duties of Cabot, Ruth is also busy running the retail and equipment stores as well as working with her daughter Michelle who does product making and packaging orders for mailing.



To put it lightly, they're busy. But they wouldn't have it any other way. They love carrying on Vermont's strong maple heritage and preserving it for future generations to come. They've carried that tradition on so well that their syrup has received approximately 700 ribbons over the years, including many **Best of Class** and **Best of Show**. Their work for moving the maple industry forward has also garnered them the Centennial Farm Award, the Outstanding Sugar Maker Award (both young and old) and many more. Two daughters, Michelle and Jean, were Vermont Maple Queens and all three daughters were Vermont Maple Essay contest winners. The kids were in the sugarhouse literally from the time they were born; they were in backpacks in the woods and slept in the sugarhouse during the long nights of boiling (bed being a syrup can box and a blanket). It was a common sight to see a Fisher Price swing near the canning tank. Today, granddaughters Victoria Pike and Emma Ovitt are commonly seen helping mom and grandma in the sugarhouse. Victoria has her own trees that she taps as well. "We have to keep the next generation involved and motivated," says Ruth. "If they develop a love for the craft early on, it will stay with them all their lives." Glenn and Ruth have mentored many young sugar makers over the years, helping them get going and developing a business plan.

Ruth and Glenn have come a long way since 1979 when they started with sap from 25 trees and boiling with a 2'x2' pan on cement blocks. As Glenn puts it, "We made enough for ourselves back then." Like most Vermont producers, they caught the maple bug and kept expanding. Although they say that they have plenty on their plate, it will be interesting to see where their maple bug takes them in the coming years.





COUNTY HIGHLIGHTS

ORLEANS COUNTY

As an ongoing series, we're highlighting Vermont's County Associations to connect sugar makers around the state. This time we're looking at Orleans County with Donna Young, Orleans County Director.

I am writing this article as we are tapping our trees and preparing for the 2021 season. Town Meeting just occurred. Of course, the meeting was different this year due to the coronavirus pandemic. We met with our Town Officers on zoom and then voted on all Articles as written by Australian ballot. I missed the opportunity to discuss and amend articles with my fellow citizens. Town Meeting is also the time when sugar makers gather in a corner of the meeting hall to discuss how tapping is going and what our predictions are for the upcoming season. It does not matter if you are hanging ten buckets or tapping ten thousand maples on pipeline; all sugar makers share an opinion. So, this year we did not get to meet our fellow sugar makers and sugaring will be a solitary experience with no fellow sugar makers or other visitors stopping by to share stories or sample the syrup. But sugar makers in Orleans County will make our crop of syrup, and it may be the best year ever.

Orleans County is nestled in between the Green Mountains and the Connecticut River Valley in the northeast corner of Vermont. It is the largest county in the area known as the Northeast Kingdom. Senator George Aiken coined the term "Northeast Kingdom", in an effort to describe the beauty of this unique and remote northeast corner of Vermont where winters are harsh, population is sparse and the rivers flow north. The county's geographical location is ideal for the production of maple syrup, and the season may extend from early February in the southern portion of the county to early May near the Canadian border. Eighteen towns and villages are located within Orleans County, and all are home to more than one sugaring operation. Most sugarbushes in the county have less than 5,000 taps. Based on the latest membership numbers there are 72 members that belong to the county and/or the state maple organization but this is just a fraction of the sugar makers in the county.

The Orleans County Maple Producers Association was organized in January 1979. The following story was related by Francis Whitcomb: Bill Clark, the President of VMSMA was holding forth at a January 1978 meeting of sugar makers



Sap being offloaded in Morgan in the 1950's

in Orleans County when he paused in his remarks and said "Seems to me that you folks here in Orleans could put together a county organization. You're in Orleans County, you know. And besides, your county has to organize for Maplerama next year". And so, it was that the sugar makers in Orleans County organized in time to put on Maplerama in 1979. Francis served as our President from that first year until 2010. Orleans County hosted Maplerama three more times: 1989, 2000 and 2013. The county sugar makers also run a sugarhouse at the Orleans County Fair in Barton where they host one of the largest maple syrup contests in the state. We are proud to share that county sugar makers supply pure Vermont maple syrup to every one of the schools in Orleans County. We invite you to come visit us in the Northeast Kingdom after the coronavirus pandemic ends.





RECIPES

MAPLE BBQ SAUCE

BREAD LOAF VIEW FARM
CORNWALL, VERMONT

- 1 cup apple cider vinegar
- 1 cup tomato puree
- 1/4 cup water
- 1/4 cup minced onion (or 1/8 c onion flakes)
- 2 tbsp minced garlic (or 1 T granulated garlic)
- 2 tbsp vegetable oil
- 2 tbsp molasses*
- 2 tbsp granulated maple sugar or maple syrup
- 1 tbsp Worcestershire sauce
- 1 tbsp paprika
- 1 tbsp mild chile powder
- 1 tsp salt
- 1 tsp black pepper
- 2 tsp dried oregano

**for a sweeter sauce increase maple and/or molasses.*

1. Warm oil in a saucepan over low heat. Add garlic and onion, sauté until wilted, but do not overcook.
2. Add all of the spices and toast lightly. Add molasses, granulated maple sugar, water, Worcestershire, and mix well- cook for 2-3 minutes.
3. Add tomato, stirring over low heat for 5 minutes, then add vinegar.
4. Simmer for 30-45 minutes on low heat, stirring to avoid overheating.
5. Turn heat off and let the sauce stand for a few hours, where it will thicken at room temperature.
6. Run through it with an immersion blender if possible.
7. Gently reheat before serving.



MAPLE COCONUT OATMEAL PIE

NORRIS SUGARWORKS
STARKSBORO, VERMONT

- 2 large eggs
 - 3/4 cup maple syrup
 - 1/2 cup granulated sugar
 - 1/2 cup packed brown sugar
 - 1/2 cup milk
 - 1/2 cup unsalted butter
 - 1 tsp vanilla extract
 - 1 cup shredded coconut
 - 3/4 cup old fashioned oats
 - 1/2 cup chopped walnuts
 - 1 unbaked 9 inch pie shell
1. Preheat oven to 350 degrees.
 2. In a large bowl, lightly beat eggs
 3. Add maple syrup, sugar, brown sugar, milk, melted butter, and vanilla. Lightly stir together until completely blended but do not over mix. Stir in coconut, oats, and walnuts.
 4. Pour into pastry shell. Bake 60-70 minutes or until crust is golden and filling is slightly puffed.
 5. Remove from oven and let cool. Refrigerate leftovers.

We're always Looking for Maple Recipes! We love sharing maple recipes from members in these newsletters, on social media, and online. If you have a recipe you'd like to share, please send them along with photos to cory@vermontmaple.org.



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