

KEWEENAW GROWN FOOD

MAPLE SYRUP



PEAK SEASON

Harvesting - late February or early March.

HOW TO SELECT & STORE

There are four grades of maple syrup: Golden Color, Amber Color, Dark Color and Very Dark Color.

100% pure maple syrup should keep for a year unopened in the pantry, a year opened in the refrigerator, and indefinitely in the freezer.

HEALTH BENEFITS

A 1/4 cup of maple syrup is an excellent source of manganese and also contains riboflavin, zinc, magnesium, calcium and potassium. Maple syrup has been found to have antioxidant properties, which helps prevent cellular damage throughout the body. Maple syrup is still considered a sweetener, however does provide a broader range of nutrients compared to many sweeteners. Enjoy in moderation!

WAYS TO USE

Golden Color: delicate light flavor. Best drizzled over oatmeal, pancakes or waffles.

Amber Color: smooth, rounded flavor. Works well in baked goods or in a glaze for salmon.

Dark Color: robust flavor and almost tastes like brown sugar. Best in BBQ sauce or grilling meat.

Very Dark Color: the most intense grade. Works well in place of molasses in cooking or baking.



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Portage Health Foundation believes a vital factor to a healthier tomorrow involves improved access to fresh, nutritious and locally sourced foods. Better yet, the knowledge of what to do with those foods once you've got them. This is where the Keweenaw Grown Food series steps in. This series includes recipes and educational flyers that feature information on peak season, how to select/store, health benefits and ways to use different types of fresh, locally grown food.

The Keweenaw Grown Food Series has been developed to meet an emerging need in the community for information on how to grow, cook, and eat nutritious and seasonal foods. The resources from this series are intended to be widely distributed and utilized throughout our community.

Our hope is that these will become tools that can be used (and enjoyed!) on an individual, family, group, and community level and will cultivate a culture of health through seasonal and healthful cooking. You can download PDFs of all items at phfgive.org/food.



PHFoundation
FOOD SERIES

Portage Health Foundation is passionate about making a difference when it comes to food in Baraga, Houghton, Keweenaw and Ontonagon counties. PHF's Food Initiative is two-fold. First, the food initiative aims to improve

access to locally grown and healthful foods within our community. Second, it provides educational resources and tools to promote sustainable changes to eating and lifestyle habits for all.

If you want to support this cause, you can make a monetary donation, contact us about potential volunteer opportunities regarding our food initiative, or subscribe to our quarterly Food Initiative email newsletter by visiting our website.

VISIT PHFGIVE.ORG/FOOD