



adirondacks, usa

Maple Syrup Production in the Adirondacks

- New York state is the second-largest producer of maple syrup in the United States, and the third-largest in the world, producing more than 820,000 gallons of syrup per year.
 - Canada and Vermont are #1 and #2, respectively.
- “Maple season” refers to the time when the sap is collected and maple products are made; typically a 6-week period during the months of February and March.
- The sap can be collected when there are cold nights and warm days (above 40°F during the day and below 32°F at night).
 - The freezing and thawing temperature fluctuations push sap through the tree so that it has the nutrients needed to grow.
- Sap is 2% sugar water produced by the tree to support growth and leaf production.
- It takes 40 gallons of sap (and a lot of time) to make just one gallon of maple syrup.
- Maple sap collection ends once the tree’s leaf buds begin to swell.
- The Adirondacks are maple heaven! Sugar maple trees are native to hardwood forests in the Northeast, and late-winter temperatures are ideal for sap collection.
- A website that lists 125 of the “healthiest foods” calls maple syrup “one of the many wonders of the world.”
 - In 2011, the University of Rhode Island identified 54 beneficial compounds in maple syrup.
 - In comparison to honey, maple syrup contains fewer calories and has a higher concentration of minerals.
- Exhibits and information
 - The Cornell Maple Program conducts research and uses its outdoor laboratory - the 200-acre Uihlein Maple Research Forest in Lake Placid - to learn about maple production, forest management, improved collection and production techniques, partners with food scientists and culinary experts to develop new products, and offers classes. It also shares research findings with maple producers and scientists throughout the state.
 - Wild Center, Tupper Lake
 - Adirondack Harvest website lists many local producers and distributors

Maple sugaring - Locations



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- Many small, independently-owned “sugar shacks” produce maple syrup for individual sale or for friends and family
 - Likely that one or more would invite a writer to sit in and learn about the process - its a culture, all onto its own
- Producers for sale and supply - visitors may also be welcome
 - South Meadow Farm, Lake Placid
 - Black Rooster Maple, Keene
 - Maple Knoll Farm, Minerva
 - McComb’s Oak Hill Farm, Speculator
 - Uihlien Maple Research Forest Station, Lake Placid
 - Whitney’s Maple Spring Farm, Keene
 - Reber Rock Farm, Reber
 - Mace Chasm Farm, Keeseville
 - Bechard’s Sugar House, West Chazy
 - Parker Family Maple Farm, West Chazy
 - The Pack Basket at Paul Smith's College VIC, Paul Smirth’s
 - The Mark Twain Maple Works, Saranac Lake
 - The Wild Center, Tupper Lake

Adirondack maple experts

Cornell University - Uihlien Maple Research Forest, Lake Placid, NY

Adam Wild, director

“Maple syrup production has always been a part of life in the Adirondacks. The heavily forested Adirondack region, with a large percentage of maple trees in the Adirondacks combined with the ideal Adirondack climate of good, long cold winters punctuated with gradual warming at the end of the season make this area one of the best in the entire nation for maple syrup production.”

“Maple is one of the only agricultural products harvested from a native, intact ecosystem; and this provides multiple benefits. The trees filter water, stabilize the soil, provide sanctuary for wildlife and song birds, while also providing social ecological benefit by offering shade and places in which humans can recreate - not to mention the incredible beauty they provide in the fall.”



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“The rugged landscape, rocky soil and short growing season make it harder to grow more traditional crops. Maple is native to the area; and in fact, it is the only natural sweetener native to the northeast.”

“Maple producers actively manage their forests, ensuring that the trees remain in place for generations. They are not cut for timber and maple producers continually work to ensure that the trees remain healthy. Tapping trees removes a small percentage of the trees’ stored energy, as each tree produces much more than it actually needs to thrive.”

Local Chef

**Mike Rush, chef, Campfire Grill located in the Hotel Saranac, Saranac Lake NY
518-354-5929**

“Our hotel has a long-standing relationship with Paul Smith’s College; and that extends into our food service at the restaurant. Paul Smith’s College regularly supplies our restaurant with kegs of maple syrup. The Campfire Grill menu boasts many seasonal offerings throughout the year, and we include maple syrup in those recipes whenever possible. We incorporate it into all courses - salads, entrees and desserts.”

“Maple syrup combined into salad dressings offers a delicious sweet surprise. I develop many different glazes that include a balance of sweet, spicy and acidic flavors that we use to create savory entrees such as salmon, pork and chicken. Maple syrup can also be used to glaze a variety of roasted vegetables. It’s my belief that local ingredients are always incredibly important - and there’s nothing more local, sustainable, versatile and delicious than maple. I encourage everyone to create their own favorite recipes.”



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Local pastry chef / baker

Adirondack Pastry Chef Gemma Fielder, co-owner Jamdots bakery, Saranac Lake NY

802-558-6593

Pastry Chef Gemma Fielder encourages bakers to experiment with replacing sugar in their favorite recipes with maple syrup.

- To substitute for sugar, generally, use only 3/4 cup maple syrup to each cup of sugar.
- When maple syrup is substituted for all sugar in a recipe, reduce the amount of liquid used by one half, if maple syrup is substituted for half the sugar, reduce liquid amounts by one-fourth.
- Baked goods made with maple syrup should be baked at a slightly lower temperature than the same recipe using granulated sugar.

Maple in the Adirondacks

Recipe: maple margarita

1.5 oz good quality tequila

.5 oz mandarin liqueur

.5 oz fresh lime juice

.5 oz fresh lemon juice

.5 oz maple lemonade (traditional lemonade with some maple as extra sweetener)

Tablespoon of local maple syrup

- Rub a freshly cut lime wedge around the rim of the glass and coat the rim by placing it upside down in a dish of tajin spice blend. Fill the glass with fresh ice.
- Mix all ingredients together in a shaker with ice cubes and strain into the glass.
- Drizzle the top with about a tablespoon of pure Adirondack maple syrup. Garnish with lime.

Courtesy of:

Carolyn Sicher, co-owner

Deer's Head Inn

Elizabethtown NY 12932

518-873-6514

TheDeersHead.com