

# Maple Syrup

## Tap into the fun!

How did watery sap from a tree become such an important part of your breakfast?

Long before European settlers landed on the shores of North America, Native Americans used the sap from special trees to create a sweet syrup. For many, maple syrup was an essential source of nutrition and energy. Maple syrup is perfect for pancakes, waffles, baking, and candies—you name it! Like its uses, the origin of maple syrup is legendary.

Through this patch, you'll get a taste for how maple syrup gets from a tree to your table.

How to earn the Maple Syrup patch the Girl Scout way:

### Steps:

- 1. Discover**—Learn where maple syrup comes from and how important it is to our history.
- 2. Connect**—Experience the process of making maple syrup.
- 3. Take Action**—Try pure maple syrup and see how it can sweeten any recipe. Cook with maple syrup and share it with your family!

### Materials Needed:

In order to complete this patch, you'll need:

- In-person/online resources (You can either go online with an adult, ask a professional, or visit your public library.)
- Samples of maple syrup and “maple-flavored” syrups
- Recipes that use maple syrup
- Cooking supplies as needed
- Taste-testers!

## Step 1

### The sweet origins of maple syrup

Many legends and stories exist that tell of how sap from a special tree became syrup--visit your local library or go online and discover some of these legends and stories.

Here are a few to get you started:

- “Sugaring” by Jessie Haas
- “Sugarbush Spring” by Marsha Wilson Chall
- “Sugar Snow” by Laura Ingalls Wilder

Find more on your own!



## Step 2

# Identify the source

Identify a sugar maple tree and see if you can answer the following questions:

- How big should a tree be before it's tapped?
- How is a sugar maple affected by weather?
- How many gallons of sap will it take to make one gallon of pure maple syrup?

### **Hands on Challenge:**

Visit a maple sugaring farm/festival and participate in making some delicious maple syrup. Tap your own tree, and help to boil the sap into syrup. Sample some of the goodies that can be made from maple syrup.

## Step 3

# Share the sweetness!

Now it's your turn!

Maple syrups are divided into grades. Set up a taste test with a few types of pure maple syrup, light to dark. Add a few of the other maple syrup brands (not pure). How are they different?

Or, host a pancake breakfast for your family using your favorite kind of maple syrup. As you enjoy your meal, share what you've learned about the process and the legends surrounding maple syrup.

All done?

**CONGRATULATIONS!** You've completed all the necessary steps to earn the Maple Syrup patch.



After completing the activities from each step, visit or call a Girl Scouts Western Pennsylvania retail shop at 800-248-3355 to purchase your patch.\* A patch may be worn on the back of a vest, sash, or tunic.

*\*Patch shown may be substituted with similar patch, based on availability.*