



Maple Barbecued Spareribs

3 pounds of spareribs	1 teaspoon Worcestershire sauce
3/4 cup pure maple syrup	1 teaspoon salt
1 tablespoon tomato catsup	1/4 teaspoon dry mustard
1 tablespoon cider vinegar	1/8 teaspoon black pepper
1 tablespoon finely chopped onion	

Place spareribs into a saucepan and add enough water to cover. Bring to a boiling point, reduce heat, and simmer 30 minutes. Drain. Mix maple syrup, tomato catsup, vinegar, onion, Worcestershire sauce, salt, mustard, black pepper together in a small bowl. Place spareribs in a shallow baking pan and pour about half the maple sauce over the ribs. Bake in 350 degree F oven, 30 minutes or until tender. Turn and baste occasionally with remaining sauce while baking. Broil 5 minutes to finish browning.



Casserole Baked Beans

1 quart cooked dried beans (Great Northern, cranberry or limas)
1 cup maple syrup
1 teaspoon salt
1/2 cup chili sauce or tomato catsup
few grains pepper
1/4 pound sliced bacon or ham

Pour beans into casserole. Mix together maple syrup, salt, chili sauce or tomato catsup, and pepper. Stir into beans. Top with bacon or ham.

Recipes courtesy of www.mi-maplesyrup.com/education/recipes/maindishes.htm

Lewis' Farm Market and Petting Farm



Maple Syrup Facts



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- * Maple Syrup is a 100% natural and organic product. To make maple syrup, water is removed from the sap, but nothing is added.
- * Maple Syrup has the same calcium content as whole milk.
- * Pure Michigan maple syrup has 50 calories per table-spoon and is fat-free.
- * Maple Syrup is rich in minerals such as calcium, potassium, manganese, magnesium, phosphorus, and iron.
- * Maple Syrup is good for you! Vitamins B2, B5, B6, niacin, biotin, and folic acid are present in Maple Syrup.
- * Maple Syrup even contains trace amounts of amino acids -the building blocks of protein.
- * Only a few places in the world have the right climate for sugar maples: New England, upstate New York, Michigan, the Maritimes provinces, and southern Quebec and Ontario.
- * The flavor of maple syrup, like that of other natural products, can vary from region to region and even from year to year.
- * The maple season in Michigan starts in February in the southern counties and runs well into April in the Upper Peninsula.



- * Usually maple trees are not tapped until they are at least 40 years old and 10-12 inches in diameter. As the tree's diameter increases, more taps can be added (up to a maximum of four taps).
- * When done properly, tapping does no permanent damage to the tree. Some maple trees have been tapped for over a hundred years!
- * Real maple syrup is 100% natural and organic.
- * Maple syrup and maple sugar are 100% fat free.
- * The sugar content of sap averages 2.5 percent; the sugar content of maple syrup is at least 66 percent.
- * Real maple syrup contains no preservatives. Opened containers of maple syrup should be stored in the refrigerator or freezer.
- * Maple syrup won't actually freeze.
- * Michigan ranks 5th in maple syrup production in the United States. Vermont produces more than any other state.
- * Maple Syrup is a Michigan tourist benefit. It is a "thing" to buy.



Resources: www.vtliving.com/maple/facts.shtml
www.mi-maplesyrup.com/education/facts.htm