

Open Spirit Community Maple Sugaring

On the campus of Edwards Church
39 Edwards Street, Framingham

Sign up for a collection day time slot at: <https://www.signupgenius.com/go/70A0F4DA8AA2EABF85-maple2>

Local residents are invited and encouraged to take home maple sap from the community maple trees at Open Spirit in Framingham! These trees are tapped each year in order to provide an educational way for the community to try maple sugaring for free and learn about maple trees. You can take home the sap and either boil it down to make maple syrup with the instructions on the following pages,, or use the watery direct-from-the-tree sap in recipes as “maple water” – see later pages of this handout for maple water recipes!



Above is what the community maple trees look like from the Open Spirit parking lot - you are in the right spot to collect your sap today! This land we currently call Framingham is acknowledged as Pawtucket indigenous land.

<https://native-land.ca/resources/territory-acknowledgement/>

Collecting Sap from the Open Spirit Community Maple Trees

- 1) Sign up for a day to collect sap here:
<https://www.signupgenius.com/go/70A0F4DA8AA2EABF85-maple2>

You may sign up for more than one day, if you will be using the sap! The amount of sap varies each day due to weather and other conditions, so you might find that on your sign up day, you either have a lot of sap, or not enough - simply sign up for another day if that is the case.

- 2) On your collection day, bring [food grade containers](#) with tight fitting lids. 5 gallon food grade containers work well, but 3 gallon ones are easier to carry. You can also simply bring a lot of washed, reused water or milk jugs with caps to transport your sap home. You will want a lid so it doesn't slosh over into your car!



Open Spirit
Maple Sap Collecting at Open Spirit
Please review the available slots below and click on the button to sign up. Thank you!
Created by: DB Dara Berry

FEB 2021 < > List View

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Sap Collecting Sign Up	6 Sap Collecting Sign Up
7 Sap Collecting Sign Up	8 Sap Collecting Sign Up	9 Sap Collecting Sign Up	10 Sap Collecting Sign Up	11 Sap Collecting Sign Up	12 Sap Collecting Sign Up	13 Sap Collecting Sign Up
14 Sap Collecting Sign Up	15 Sap Collecting Sign Up	16 Sap Collecting Sign Up	17 Sap Collecting Sign Up	18 Sap Collecting Sign Up	19 Sap Collecting Sign Up	20 Sap Collecting Sign Up



Collecting Sap from the Open Spirit Community Maple Trees

3. The tapped trees are in the playground. For each tree that has been tapped:

- **Remove the weight from the top of the collecting bucket(s).**
- **Carefully remove the lid and set it upside down on the ground or give it to someone to hold. Do not let the inside of the lid get dirty!**
- **Pour the sap into your own bucket.**
- **Put the collecting bucket back where you found it, with the tube end in the bucket. Put the lid on tightly enough not to blow off, but not so tight that it pinches the tube.**
- **Put the weight (brick/rock) back on top to keep animals out and hold the tubing in place.**
- **If there is more sap than you can use, please contact someone else to collect the rest; or collect it yourself and give it away.**
- **Go back to the signup sheet and record how much sap you found and any other notes.**



Maple Water Recipes! No boiling-into-syrup!

Everyone can enjoy collecting and using the maple sap, regardless of their ability to be able to boil it down into syrup! If you would like to use the watery maple sap directly from the tree and not boil it down, there are plenty of delicious recipes to use this nutritious sap in! Here are some links to some recipes to get you started. Be sure to bring the sap to a boil before using, simply to kill off any microbes that might be present. You then do not have to boil it down into concentrated syrup, but can use the watery maple sap directly in recipes such as these:

Maple Water Herbal Iced Tea

<https://sweetlizzy.ca/maple-water-herbal-iced-tea/>

Shrimp Soup With Maple Water Broth:

<https://maplefromcanada.ca/recipes/shrimp-soup-with-maple-water-broth/>

Maple Water Miso Soup With Tofu and Vegetables

<https://maplefromcanada.ca/recipes/maple-water-miso-soup-with-tofu-and-vegetables/>



There is no need to buy “maple water” in single use packaging from the store - you have your own local maple trees to collect maple sap from and enjoy! How “trendy”!

How to boil the sap down into maple syrup

If you do decide you have the equipment, space and time to boil down the maple sap into syrup, it can be a very fun activity! There are many resources for learning how to make a simple, inexpensive yet effective outdoor set up with cinder blocks in your backyard. **IMPORTANT NOTE:** If you boil the sap indoors at home, you **MUST** use a vent and open doors and/or windows. The large amount of water going into the air can make wallpaper peel or leave a sticky film on every surface. Below and on the next page is a quick-guide, but it is recommended to follow the links and resources on the last page of this presentation!

You will need:

- A fire
- A pot or shallow pans that can be over a fire (shallow pans allow for greater surface area)
- A strainer
- A dipping cup
- A stirring spoon
- A candy thermometer



[Building your own evaporator](#)

How to boil the sap down into maple syrup

1. Decide how to boil the sap – with a simple pan on the stove, a turkey fryer (outdoor high-pressure propane cooker), a set-up over a fire-place, over an outdoor firepit, or with a larger, purchased arch and evaporator. [DIY cinder block outdoor fire-place instructions here!](#)

IMPORTANT NOTE: If you boil the sap indoors at home, you **MUST** use a vent and open doors and/or windows. The large amount of water going into the air can make wallpaper peel or leave a sticky film on every surface.

2. Set your pot over your heat source. Pour sap into the pot through a fine-mesh strainer to remove any impurities. Bring the sap to a boil.
3. As the sap boils down in the pot, you can add more filtered sap to the pot. Keep boiling and adding sap until you run out of fresh sap.
4. You might see particles forming in the boiling sap as it cooks down. That's called *sugar sand*. After the syrup is finished, you can strain out the sugar sand before bottling.
5. Toward the end of the boiling, the sap tends to suddenly foam up and boil over. Watch it carefully, turn down the heat and stir. Rubbing a little butter around the rim of the pan, or dripping in a few drops of milk or dairy cream during boiling will keep it from actually boiling over.

Recommended Reading and References

[How to ID and Tap Sugar Maples - Cooking With Mrs. G](#)

[How to Build Your Own Evaporator with cinder blocks](#)

[How to boil down Maple Sap Into Syrup](#)

[How Squirrels tap maple trees for themselves!](#)

[Indigenous First Nations traditions of Maple Sugaring](#)

[Indigenous Land Acknowledgement Information](#)