

DELICIOUS TREATS

When the days are warm and the evenings freezing cold, the sap begins its annual run. Vermonters have been collecting the sweet, watery sap ever since they came to the state. The collection of sap and production of maple syrup has changed somewhat in recent years, but the basic process is much the same as that used by our ancestors.

Since making maple syrup has always been part of life in Vermont, the third, fourth and fifth grade Green Mountain Boys and Girls from Jacksonville chose to collect maple recipes as a club project. After much searching and tasting, the group printed a twelve page booklet filled with different recipes. Following are three of them. Don't let the sugaring season pass by without sampling the new crop.



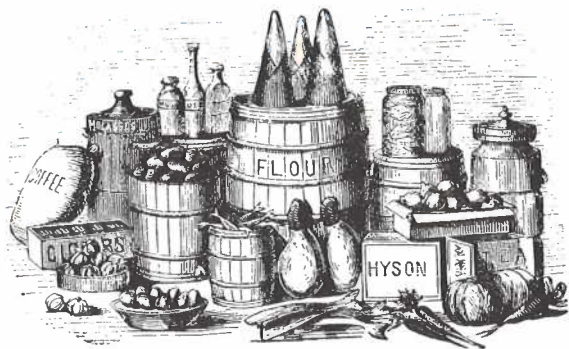
Sugar on Snow

2 cups maple syrup sour pickles
fresh snow raised, plain doughnuts

Pour the maple syrup into a heavy saucepan and slowly bring to a boil. By spreading margarine or butter around the top of the pan, you can prevent the syrup from boiling over. Cook at a temperature of 236-238 degrees Fahrenheit. Check to see if the syrup is ready by pouring a bit onto a panful of snow. The syrup should become waxy and thick. If it is ready, drizzle the syrup onto the individual dishes of snow, or, if you are outdoors, it can be poured onto a packed snowbank. Do not eat the snow. It serves only to cool down the syrup. Eat the sticky maple treat with doughnuts and pickles. Serves 8.

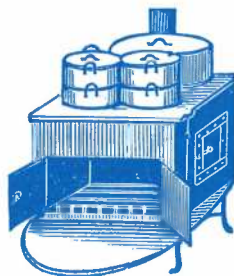
Jason Morse

FROM VERMONT'S SWEETEST TREE



Vermont Baked Beans

2½ cup dried yellow-eye beans (other varieties can be substituted)
½ tsp. baking soda
¾ tsp. salt
½ tsp. dried mustard
½ cup maple syrup (more or less depending on preference)
½ pound salt pork water



Cover beans with water and let soak overnight. The next morning, drain the beans and place in a saucepan. Add the baking soda to enough water to cover the beans. Cover pan and cook gently until the skin of the bean cracks when blown on. Do not overcook. Drain again and pour beans into a beanpot. Mix salt, mustard, and maple syrup together and pour over beans. Score the salt pork deeply with a knife and lay on top of the beans. Add hot water until it can be seen. Cover the pot and bake at 275° F. for 4 to 6 hours. Check occasionally to make sure that the water has not boiled away. Add more if necessary. Cook uncovered for the last half hour. Serves 6 - 8 persons.

Maureen Hadley

New Maple Syrup Cake

Grease and flour two round 9" cake pans or one 13" x 9" sheet pan.

Preheat oven to 350° F.

2½ cups sifted flour	1 Tbsp. baking powder
1 cup maple syrup*	1 tsp. salt
½ cup sugar*	2 eggs
½ cup milk	½ cup chopped butter-
½ cup butter/ margarine	nuts or walnuts (optional)

*For a slightly less sweet cake, use less syrup or sugar

Cream shortening in a bowl. Sift flour, baking powder, sugar, and salt together. Combine with the shortening. Add maple syrup and milk. Beat until smooth. Add eggs and beat for about two minutes. Mix in chopped nuts if they are desired. Pour into prepared pans and bake until golden brown (about 30 minutes).

Pauline Underhill