

THE MAINE DEPARTMENT OF AGRICULTURE, CONSERVATION AND FORESTRY INVITES YOU TO CELEBRATE

# Springtime in Maine

## Get Growing

SPRINGTIME PLANTING TIPS

AND... FIND LOCAL SEEDLINGS,  
CELEBRATE THE SAP HARVEST  
& COOK UP TASTY RECIPES AND  
COCKTAILS WITH LOCAL INGREDIENTS



**BDN**

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*Inside!*  
Tips to Support  
Maine Farms

*We have come far. We have a long way to go. Together, we can accomplish great things.*

*The unthinkable happened almost precisely one year ago: COVID-19 arrived. Threatening to wreak havoc upon Maine's farmers and food producers, the pandemic exposed the fragility of the nation's food system. Overnight, entire markets disappeared as restaurant, food service, and institutional accounts evaporated. True to Maine spirit, farmers and food producers quickly uncovered new ways of reaching customers.*

The Maine Department of Agriculture, Conservation and Forestry (DACF) recently interviewed businesses that produce or process food. In all these conversations, business owners reported initially losing valuable customers and, for some reliant upon wholesale markets, 100% of their sales. Each spoke of innovations and determination as they reimagined their businesses to find new markets for their products.

In Rockport, Oliver Perkins, owner of the butchery A Small Good, reported that 80% of their restaurant market evaporated in March of 2020. "We went back to the drawing board and invested in slicing and packing equipment to access the retail sales channel. We also invested in becoming a licensed co-packer for small producers who needed to find ways to get their products to market."

In Dresden, Jan Goranson of multi-generational, family-run Goranson Farm told us, "When it was clear we needed to find a way to reach a bigger audience of customers, we invested in our website. We added new photos and implemented software to improve our ability to manage pre-orders. Our farmers' market transactions went contactless. We added e-cards for our CSA customers. We hired people to help us find the right platforms, take photos, do the writing, and more. All of this was done to create more awareness, share our story, and help people buy our food safely."

By most accounts, direct-to-consumer floodgates opened wide. This was evident at farmers' markets and farm stands, and at sites run by creative restaurants that opened mini storefronts stocked with local meats, cheeses, produce, bread, and eggs.

The changes that Maine farmers and producers were forced to make raised a concerning question: Why was the U.S. caught ill-prepared for food system disruptions? Before the coronavirus, most people never thought about how a loaf of bread made its way to our grocery store shelves — until the day it didn't. **As a result, people understandably want to see positive changes that increase market access and viability for Maine's farmers and food producers.**

In Maine, we are fortunate we have worked for decades building a vibrant local food system. That turned out to be the foundation on which we could build and expand market pathways as the pandemic drove a surge in interest in Maine-grown foods. That surge magnifies how important it is that we continue to strengthen our local and regional food systems in the coming

months and years. Now, more than ever, we need to commit to supporting our growers and producers and make the investments needed to grow our local food economy.

Governor Mills and our department are well aware of the support needed in farming communities, and we will continue to work diligently to address those needs. At DACF, we are promoting Maine agricultural products through our Real Maine branding program, and we are making strides to lead by example with our goal of increasing state and institutional purchasing of Maine-grown foods by 20% by 2025.

In **Maine Won't Wait**, the four-year plan for climate action released last December, Maine's Climate Council set further reaching goals, increasing to 30% Maine people's consumption of locally and regionally produced food by 2030. The plan also calls upon the state to strengthen local systems so more food can be produced and processed in-state and distributed efficiently and affordably. That will require research, development, and planning to support the growth and stability of Maine's food system. We embrace this work and are committed to working with our food and agriculture businesses and communities to meet these goals.

At the same time, we know we will achieve the greatest benefit if we can all see our place in our food system — our farmers, fishermen, food supply chain workers, and eaters are all in this together. When we make purchasing decisions that prioritize supporting local producers, whether purchasing a bag of Maine-grown potatoes in the grocery store or buying eggs or apples directly from a farm stand, we have a positive impact on our producers and increase overall food security.

Never has there been a more important moment to show support where and when we can. And as they have shown us through the challenging times we have faced this past year, our farmers and food producers will continue to be there for us, working hard to provide high-quality, healthy, and delicious food for the people of Maine.



Amanda Beal, Commissioner  
Maine Department of Agriculture, Conservation and Forestry



# Springtime on the Farm Word Search

A M H W A R M E R W E A T H E R  
P G A T S E R O F W Y N N U S Q  
P R T P L A N T I N G S E E D S  
L E C D L W O O L F R G E H A S  
E E H S A E M I L K O B K S N D  
B N I R M L S V Y B W W O S D O  
L H N E B O A Y S D I K S A E O  
O O G W S O P P R M N I A R L F  
S U C O L T S P J U G P E G I H  
S S H L C A T U C D P L P N O S  
O E I F O A L P A S T U R E N E R  
M S C N E T T I K C A L V E S R  
S X K T E K R A M S R E M R A F  
G O S L I N G S D L I O S G G E

### Find the following Springtime on the Farm words:

- |                |                 |                |
|----------------|-----------------|----------------|
| APPLE BLOSSOMS | GOSLINGS        | PEAS           |
| BEEES          | GREEN GRASS     | PLANTING SEEDS |
| CALVES         | GREENHOUSES     | PUPPY          |
| CAT            | GROWING         | RAIN           |
| COLTS          | HATCHING CHICKS | SAP            |
| DANDELIONS     | JUG             | SOIL           |
| EGGS           | KIDS            | SOW            |
| FARMERS MARKET | KITTEN          | SUNNY          |
| FILLY          | LAMBS           | TOOL           |
| FLOWERS        | MAPLE SYRUP     | WARMER WEATHER |
| FOAL           | MILK            | WOOL           |
| FOREST         | MUD             |                |
| FRESH FOODS    | PASTURE         |                |



# Virtual Read Aloud

**"Read ME Agriculture" going online March 22-26**

Like most people's lives, Maine Agriculture in the Classroom has experienced many changes in the past year in response to the virtual needs of our educators, families and students!

**"Read ME Agriculture" in 2021 has a new format! Due to challenges of the pandemic MAITC is offering 20 interactive, virtual readings by Zoom during the week of March 22 – 26 with 20 different books and readers!**

All books are Ag accurate and appropriate for grades Pre-K - 4. Classroom teachers started signing-up for sessions on February 1 and within days, several sessions were full. Each reader will present to multiple classes at the same time. The 45-minute sessions include 20 to 30 minute readings with time for questions at the end. In past years this program has included about 150 readers visiting in-person up to 800 classrooms across the state. With COVID restrictions in place this year we are hoping to reach as many classes as possible virtually.

Many thanks to the wonderful volunteers serving as readers, the classroom teachers sharing these life lessons with their students, and surely to all the agriculture license plate owners that have provided funding for the project!

If there are teachers or homeschool groups that would like to register please check the website [www.MaineAgintheClassroom.org](http://www.MaineAgintheClassroom.org) or contact [maitc@maine.gov](mailto:maitc@maine.gov).

*Thank you to all Maine drivers with the  
Agriculture Specialty License Plate!*

For supporting Agriculture Education Resources, Grants, Scholarships and remote learning programs impacting over 200,000 Maine students!



[www.MaineAgintheClassroom.org](http://www.MaineAgintheClassroom.org)

# Mushrooms: Fresh in Maine All Year Long

The gourmet mushroom has made its way to the forefront of popular culture in recent years. Just a decade ago, button mushrooms were the only fresh option in many places. Now locally grown mushrooms in various shapes, sizes, and colors are available in stores and markets around Maine. Even the more rare types can be found in your specialty shop or farmers' market. Look for cremini, porcini, lion's mane, oyster, shiitake, and other varieties. Since they are mostly grown indoors, they are available year-round. (Check [www.RealMaine.com](http://www.RealMaine.com) for more than 40 mushroom growers.)

## GET COOKING.

"Mushrooms have different flavor profiles, and each variety is suited to different recipes," according to Lisa Jonassen, co-owner of Island Mushroom Company in Westport Island, Maine. Her advice: cook your mushrooms to bring out their best flavors and

improve digestibility. If you are looking to expand your mushroom palate, one unique variety to seek at your local farmers' market is "lion's mane." This variety has a unique sweet flavor and fluffy consistency. Jonassen suggests steaming them in a dry pan or roasting them in the oven with your favorite seasoning for great results.

Mushrooms are a flexible ingredient, so feel free to experiment with different types. The "meaty" varieties can be swapped easily in recipes, depending on what looks good at your local market. Dehydrated mushrooms (such as those from Mousam Valley Mushrooms in Springvale) are widely available from local producers, and are a smart addition to every pantry. They are easy to rehydrate with water, and are then ready to go in your favorite hot dishes. Another easy way to boost flavor is to add mushroom powder to classic recipes ranging from mashed potatoes or scrambled eggs to dips and spreads!

## GET GROWING.

Growing your own mushrooms, even during seasons when sunlight is in short supply, can be a fun and easy way to experiment with new ingredients. If you're new to gardening or growing mushrooms specifically, starter kits are available. Check out North Spore Mushrooms ([www.Northspore.com](http://www.Northspore.com)) for some Maine-made kits.



## Skillet Mushrooms on Toast

A wide variety of mushrooms are grown in Maine throughout the year. Fresh mushrooms and winter vegetables combine to make this quick and hearty stir-fry. Serve over crusty toast with cheese, and this combination makes a perfect late-winter meal to enjoy after an afternoon at the office or on the snowy trails.

### Ingredients:

- 2 medium carrots, sliced
- 8 oz fresh mushrooms (choose your favorite local variety)
- 4 cloves garlic, peeled and chopped
- 1 small onion, cut into wedges
- 2 tbsp olive oil; additional for final dressing
- 4 oz soft goat cheese (or another variety of local soft cheese)
- 8 slices crusty bread

### Directions:

Preheat the broiler. Set the bread on a baking sheet and set aside. Heat the olive oil in a large skillet. Add the carrots, mushrooms, and garlic, and cook over medium-high for 3-4 minutes, until vegetables start to brown. Add 2 Tbsp water (or broth or white wine, depending on preference); cover, and cook over medium heat until carrots are crisp-tender. Add salt and pepper to taste. Meanwhile, lightly toast bread under broiler for 1-2 minutes. Spread with soft cheese on one side of each piece. Place under the broiler again (3 inches from heat) for a minute or two, until the cheese softens. Place cheese toast on plates, and top with vegetables. Drizzle with additional olive oil to taste. Serves 4.

# Get a Head Start on Your Summer Garden

Last spring many people took up gardening as a new hobby during the pandemic, and indications are that it will be just as popular in 2021. You may even have heard stories already about some seed companies running out of certain products. But home gardeners need not fear! Maine's farmers, nurseries, and greenhouses will have an ample supply of seedlings ready for your gardens this spring.

When considering whether to start your garden from seeds or by purchasing seedlings, there are many considerations to keep in mind. Seed packets are affordable, and depending upon where you purchase the seeds, there is likely to be a wide variety of each type available.

## Seedlings are more expensive per plant, but offer some advantages, including:

- You can purchase the plants when the conditions in your area are right. Many types of plants must be started indoors well in advance in order to give them enough time to grow in Maine. Getting

the timing right can be difficult for beginners! If you purchase seedlings, you can leave the timing to professionals.

- People who have small- to medium-sized gardens often appreciate the ability to purchase a variety of seedlings. Whereas a seed packet might contain dozens of seeds, you can purchase seedlings in packs ranging from 1 to 6 or more. If you only have room for 1 row of tomatoes, why not plant several varieties to experiment?

- Professional growers have the right environment and tools to produce healthy, acclimated seedlings. They have the right soil, pots, temperature, and light conditions. Starting with healthy seedlings means starting your garden off right!

- Seedlings can be mixed and matched with plants sown directly in the ground from seed. Consider purchasing plants that take a long time to get started, such as tomatoes and peppers, but start

with seed for quick growers, like peas and lettuce.

## There are many places to find healthy seedlings to start your summer garden, including:

- **Your local greenhouse, nursery, or garden center:** If you are lucky enough to have a commercial greenhouse nearby, that's a great place to start your search for seedlings. You're likely to find separate areas dedicated to vegetable seedlings, and there will likely be many varieties to choose from for each type of plant. Many greenhouses have experienced staff who can offer advice.

- **Farmers' markets:** Farmers' markets typically have vendors offering seedlings from early spring through June. At a farmers' market you may find several farms offering seedlings, and may therefore have a particularly good selection of varieties and sizes. Farmers' market vendors know which fruits, vegetables, and herbs taste best, and tend to sell those as seedlings.

• **Farms:** Many farms are set up to start large quantities of seeds for their own production, and sell seedlings as well. Typically you might find these at a farm stand or store. This season, many farms are also offering pre-order options for pickup or even delivery. Check the websites and social media pages of farms in your area. Expect to find more unusual varieties than you might find at your local garden center.

• **Plant sales:** Local garden clubs, Soil and Water Conservation Districts, and other organizations hold annual plant sales. These can be excellent places to purchase seedlings, as well as to buy perennial plants that are divisions from garden club members' gardens. (Check local listings to learn what's happening in your area this year.)

If you find the seedlings you're looking for, pick them up when you can. And happy gardening!



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# Spring into the season with a Specialty Cocktail

## Lavender Dream

Courtesy of Blue Barren Distillery & Glendarragh Lavender

### Ingredients:

- 2 oz. Glendarragh Gin
- 1 oz. lemon juice
- ½ oz. Honey syrup
- ½ oz. pear puree

Shake over ice, strain and serve in a Champagne coupe with lavender sprig to garnish.



## Downeast Daquiri

Courtesy of Sebago Lake Distillery

### Ingredients:

- 2 oz. Sebago Lake Distillery's Kopi Coffee Rum
- Juice of 1 Lime
- ½ oz. Maple Syrup (add more if you prefer a sweeter taste)

Shake over ice, strain and serve in cocktail glass with Maple Sugar rim.

## Maine Julep

Courtesy of Chadwick's

### Ingredients:

- 2 oz. Chadwick's Maple Craft Whiskey
- 3 Mint leaves, muddled
- 1 oz. simple syrup
- Club soda

Shake and enjoy over ice.



# Growing, Growing, Gone

## How long does it take to turn a seed into a farm product?

For many, spring's arrival offers renewed focus on the time of sowing seeds and planning the fall harvest. But, not all seeds are sown in spring, and not all harvests only happen in summer or fall.

Products we enjoy throughout the year, like Maple syrup, may take up to 40 years for the first harvest of sap from the sugar maple. Harvested sap is heated and reduced to maple syrup in hours. While the sap flow is a sign of spring—harvesting this natural sweetener requires patience and planning.

Here's some general information about the differences in growing and harvesting times for the food, fiber, and flowers we enjoy from Maine farms. Of course, every plant and farm will be a little different.

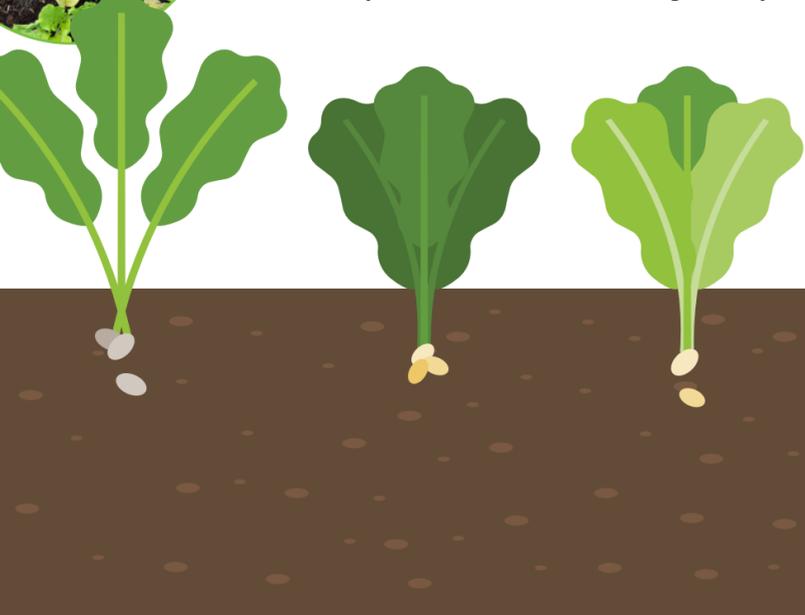
Spring, like all seasons in Maine agriculture, brings a focus on the rhythm and tasks of the farm.

Find Maine farms for any season at [www.REALMAINE.com](http://www.REALMAINE.com).



### Lettuce and Greens: Just over a month—40 to 50 days

Leafy greens are quick to grow—from beet greens to lettuce and kale, farmers may use special techniques and set-ups to grow them year-round. One important technique is to use succession planting. Estimating how much they can sell and the demand helps farmers work backwards to set up a planting schedule so they can time their harvest according to that cycle.



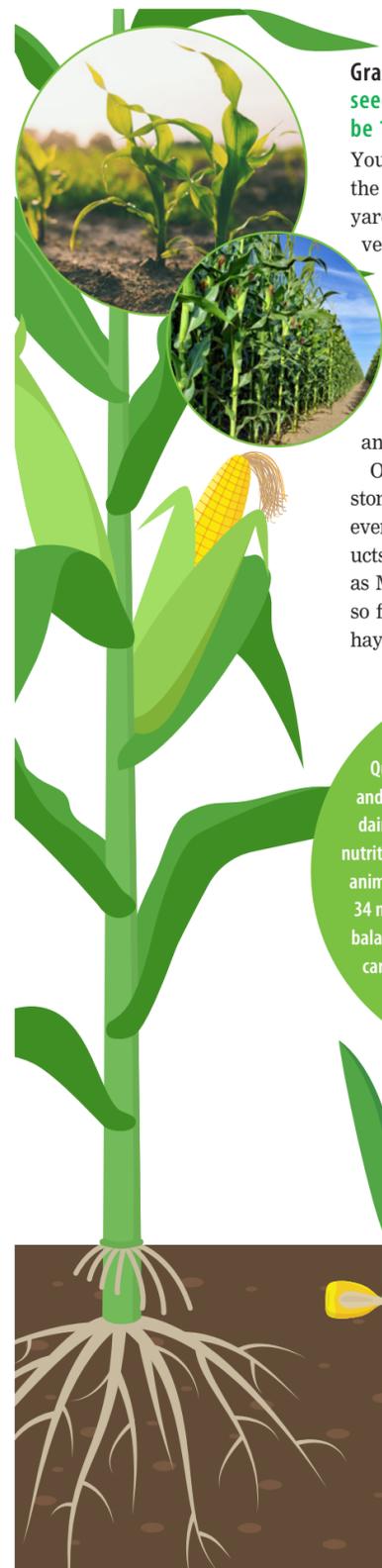
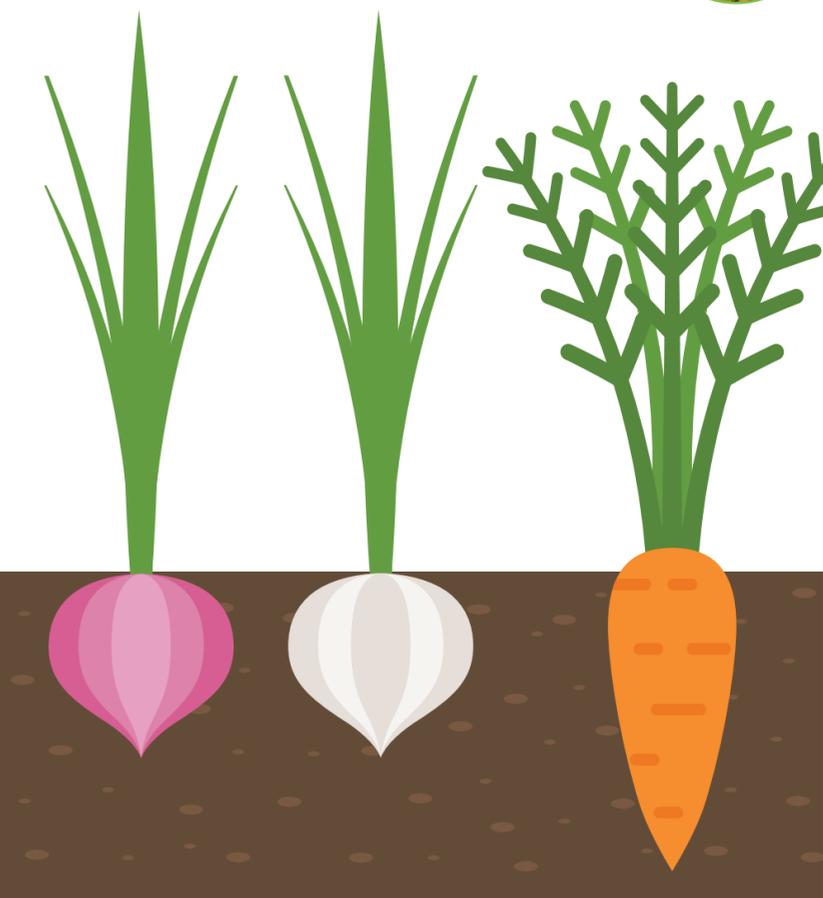
### Tulips: 7 months to several years

Farmers harvest and gather blooms for decorative bouquets. Generally, tulip bulbs are planted in fall. For the past seven to ten months the bulbs may have wintered under the insulation of mulch, carefully tended by your local flower grower. Tulips planted by seed take even longer to produce flowers.



### Raspberries: 16-18 months, to two years

Raspberries, like many plants, have seeds. The germination process is one of many steps that naturally occur before the plant bears fruit. Farmers will carefully tend the 'canes' as the raspberry plants mature; the cycle is approximately two years before a cane bears fruit.



### Grass: It depends! Six weeks or more after the seeds are sown in the right conditions, but it could be 12 weeks or more

You may not think of grass as human food. It may be the welcome sign of spring and summer in the backyard, or as animal feed fresh in pastures, or harvested from hayfields. Other grasses are used in rotation with crops to protect top soil of land that grows fruits or vegetables.

But, some favorite summer foods come from grass. For example, botanically, corn is a grass! As the plant matures, humans can enjoy sweet corn varieties in the summertime, corn meal and popcorn, and even autumn decorations.

Other grass varieties offer feed to livestock whose stomachs allow them to digest plant cellulose, which eventually is converted to other food and farm products for humans. Some grasses are harvested as early as May, and the process repeats throughout summer so farmers can store and serve the animal feed, like hay, in dormant winter months.

### Did You Know...

Quality farm products — farm fleece and fiber for cozy mittens, eggs, meat, or dairy for local protein — require quality nutrition for farm animals. Depending on the animal, it can take anywhere from three to 34 months to produce a final product. The balance of quality farm products and well-cared for crops is vital season-to-season for the variety of Maine farm products.

### Pumpkins: 120 days, approximately four months

Enjoy pumpkins for their edible parts—the seeds baked or roasted, or the flesh cooked and pureed as an ingredient in soups, casseroles and baked goods. They are a classic fall decoration and an easy plant to grow in your home garden. Or, if you select the right variety, and are diligent, you could even grow a prize-winning one to display (that may take more than a few months to achieve)!



### Apples from an orchard tree: Minimum of 10 years

Maine has millions of apple trees. Some are growing wild in more wooded areas, and others line up in rows across orchards. Orchards use late winter and early spring to prune the trees of this popular perennial. A successful spring will bring many blossoms—and only after that will the cycle of growing fruit to eat begin. Some trees in Maine will have fruit ready in summer. It can take five to eight months after the late winter/early spring pruning of mature trees for the fall harvest. Farmers will often use the technique of grafting to keep varieties growing. It is more reliable than planting directly from seed—and takes significantly less time.

### Caribou Russet potatoes: Six to 10 months

Enjoy it baked, fried, or mashed—the Caribou Russet is a 'tasty tater' variety that hails from Maine! Most farmers select from certified seed potatoes—which aren't a seed, but a tuber from the original plants. Potato plants can be started from seed, but it is uncommon. It takes longer to grow the plant and tubers, and is often less reliable than using a seed potato.

The leafy plant stems of potatoes grow above ground, and tiny blossoms offer picturesque reminders of the nutritious tubers growing below the soil. The tubers are harvested in autumn.

### Sugar Maple tree: 40-100 years

The sap of the sugar maple is harvested in late winter and early spring—before buds form and temperatures rise—from living trees. It's used year-round as a natural sweetener in beverages, baked goods and more! Trees can be more than 100 years old and still produce sap. In addition to a year-round antioxidant-rich sweetener, 5-pronged leaves turn a bright orange each fall. Farms may also harvest some trees, which are crafted into wood products or sold as local firewood.



## WHY BUY AND ENJOY REAL MAINE PRODUCE?

- **Maine-grown produce is about quality.** Healthy soils. Healthy crops. Committed people growing something you can be proud to enjoy again and again.
- **Maine-grown produce is available year-round.** Eating seasonally means you get what you pay for: a flavorful food that stays fresh longer.
- **There is a wide variety of produce grown in Maine.** Eat the rainbow. Enjoy fruits and veggies for breakfast, lunch and dinner—or as Mainers say, suppah!
- **Maine-grown produce offers variety.** There's something for everyone!
- **Supporting the farmers who grow Maine produce** is vital to maintaining Maine's working landscapes and the families working generation to generation as stewards of our land.

[www.RealMaine.com](http://www.RealMaine.com)

## MAINE PRODUCE WHAT'S IN SEASON

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples	●	●	●	●	●	●	●	●	●	●	●	●
Asparagus					●	●						
Beans (Snap, Wax)							●	●	●			
Beets	●	●	●				●	●	●	●	●	●
Blackberries							●	●				
Blueberries, High Bush							●	●	●			
Blueberries, Wild	●	●	●	●	●	●	●	●	●	●	●	●
Broccoli						●			●	●	●	
Brussels Sprouts									●	●	●	
Cabbage	●	●					●	●	●	●	●	●
Cantaloupes								●	●	●		
Carrots	●	●	●	●	●	●	●	●	●	●	●	●
Cauliflower							●	●	●	●	●	
Corn (Sweet)							●	●	●			
Cranberries										●	●	●
Cucumbers							●	●	●	●		
Eggplant							●	●	●			
Garlic	●	●	●	●	●	●	●	●	●	●	●	●
Grapes									●	●	●	
Kale/Collards							●	●	●	●	●	●
Leeks									●	●	●	●
Lettuce/Spinach/Mixed Greens	●	●	●	●	●	●	●	●	●	●	●	●
Mushrooms (Cultivated)	●	●	●	●	●	●	●	●	●	●	●	●
Onions	●	●	●	●	●	●	●	●	●	●	●	●
Parsnip	●	●	●						●	●	●	●
Peaches							●	●	●			
Peas					●	●	●	●				
Pears								●	●	●		
Peppers							●	●	●	●		
Plums									●	●		
Potatoes	●	●	●	●	●	●	●	●	●	●	●	●
Pumpkins									●	●	●	
Radishes					●	●	●	●				
Raspberries							●	●	●			
Squash (Summer)							●	●	●	●	●	
Squash (Winter)	●	●	●	●					●	●	●	●
Strawberries						●	●					
Sweet Potatoes	●	●	●						●	●	●	●
Tomatoes							●	●	●	●	●	
Turnips	●	●							●	●	●	●
Watermelon								●	●			

● Available from Storage ● Harvest Season

For more information, visit [www.RealMaine.com](http://www.RealMaine.com)



## Join us for Harvesting Maine

The "Harvesting Maine" video series will help you meet Maine farmers, growers and stewards who are key to making Maine agricultural products available and accessible year-round. We'll hear directly from Maine farmers, growers and agricultural businesses. Follow along at [www.RealMaine.com](http://www.RealMaine.com).

- March:** Maple producers walk us through the sap harvest season, explain the nuances of sugaring, and how to enjoy maple products year-round.
- May:** Nurseries and growers share the progress of seedlings, their plans for the upcoming seasons, and explain the nuances of keeping food and flowers in production.
- July:** Livestock farmers will highlight production techniques, share resources they use to grow quality products, discuss the different types of Maine livestock, and we'll share local recipes!
- September:** Produce farmers will provide an update on the foods they are growing, discuss how their spring and summer harvests went, and we'll learn how to enjoy produce year-round.
- November:** We'll focus on tree farms and fiber farms. There are many differences, but we'll discuss the similarities—the time it takes to harvest the end-product, and the meticulous detail that goes into a quality end product. We'll get tips for finding non-synthetic trees, textiles and fibers from Maine.



### Stop by your Local Greenhouse for a dose of the tropics this month!

It may be grey and cold outside, but it is warm and lush in the greenhouse. Choose a beautiful foliage plant, a sturdy succulent, or a colorful bloomer to combat the mud season blues. Plants also make the perfect gift, and many greenhouses also carry pretty pots and a range of greeting cards as well.

**Visit [www.RealMaine.com](http://www.RealMaine.com) for more information about finding local plants in your area.**

## Selling Plants?

*You need a license for that.*

**Questions and applications:**  
[www.maine.gov/hort](http://www.maine.gov/hort)  
[horticulture@maine.gov](mailto:horticulture@maine.gov)  
 207-287-3891

\*License fee is \$25 for most applicants. See website for details.

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# From Sugarbush to Sugarhouse to Your House

## Follow the path from maple tree to breakfast table

**Sugarbush:** Woods that have sugar maple trees that can be tapped for sap. In Maine, sugarbushes are a source of a natural sweetener, wildlife habitat, pulpwood, firewood, jobs, sustainable incomes and sustainable forest management for communities.

**Sugar maple:** A species of maple tree native to hardwood forests of eastern and north central North America. Sugar maples have bright fall foliage. They are the most common source of sap to make maple syrup.

**Run:** When the sap flows. Maple season begins when the night temperature is below freezing, and the daytime temperatures are 40-45 degrees Fahrenheit. The season usually lasts 4 to 6 weeks with about 15 good sap flow days.

**Tap & Spout/Spile:** The tap is the hole put into a tree to extract sap. Maine has around 1.89-million taps cared for by nearly 500 licensed maple producers. The spout or spile is the tube placed into a tree's tap hole to drain sap from the tree. Spouts/spiles may have a hook to hold a bucket.

**Reverse Osmosis, "R/O" Machine:** A tool that filters maple sap, and reduces water in maple sap by approximately 75 percent before it is boiled into syrup. This is an energy efficient way to process sap.

**Tubing:** Long tubes attached to spouts to allow sap to flow from the tap to a storage tank.

**Maple syrup:** Pure maple syrup is a 100% natural food. It is Maine's official sweetener. Enjoy it year-round—it's more than a pancake topping. Add it to beverages, and replace white cane sugar in recipes. It is sold at local sugarhouses, farm stands, farmers' markets, independent grocers, retailers, supermarkets, and online!

Sources: Cooperative Extension, International Maple Syrup Institute, Maine Maple Producers.

**Sugarhouse:** A building with tools and supplies to turn maple sap into syrup. Maine has the third largest syrup industry in the United States, and Somerset County is the largest maple producing county in the United States!

**Evaporator:** Large shallow metal pans to boil sap into syrup. In the boiling and filtering, all the nutrients remain in the syrup. It takes approximately 40 gallons of maple sap to make 1 gallon of pure syrup—actual yield often depends on the sap.

**Maple syrup:** Pure maple syrup is a 100% natural food. It is Maine's official sweetener. Enjoy it year-round—it's more than a pancake topping. Add it to beverages, and replace white cane sugar in recipes. It is sold at local sugarhouses, farm stands, farmers' markets, independent grocers, retailers, supermarkets, and online!

**MAINE MAPLE WEEKEND**  
MARCH 27<sup>TH</sup> AND 28<sup>TH</sup>  
9AM-4PM  
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Join us in celebrating the coming of spring with all thing's maple.

**Walking Tours of Our Farm Tree Tapping Demonstrations**  
15% off all Maple Products

This year we will be taking precautions to ensure all our employees and patrons are safe by following state recommended social distancing and sanitation procedures.

Friendly Reminder: Please remember to wear your masks. If you are not feeling well, please stay home.

Our syrup can also be purchased online and can be shipped to your home or picked up at the farm. For directions and additional information visit our website below.

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beaverhillplantation.com

**Did you know?**

Maine's maple industry has an annual statewide economic contribution, including multiplier effects, of an estimated \$48.7 million in output, 805 full-and part-time jobs, and \$25.1 million in labor income. Approximately 500 sugar shacks across Maine work to produce Maine's official sweetener. You can buy and enjoy pure Maine maple syrup year-round.

*Celebrating 226 years*

**COME VISIT US ON MAINE MAPLE SUNDAY**  
**March 28 -10-4**  
**207-696-3732**  
**Fish Rd., Anson, ME**  
[www.lucesmaplesyrup.com](http://www.lucesmaplesyrup.com)

**MAPLE SYRUP AND TREATS TO BUY**

**Life is short, make it sweet, make it Luce's.**

**Blueberry Fields**  
BED & BREAKFAST  
[www.blueberryfieldsbandb.com](http://www.blueberryfieldsbandb.com)  
673 Razorville Rd., Washington, ME • 207-446-2408  
cydzeig@gmail.com or blueberryfieldsbandb@gmail.com

**Maine Maple Sunday • March 27<sup>th</sup> & 28<sup>th</sup>**  
**9:00 a.m. to 3 p.m.**

- Self-guided tour through sugarbush -
- Demonstrations in the sugar house -
- Free samples of syrup on ice cream -
- Baked maple goods for purchase -

Due to COVID no Pancake Breakfast this year. Masks & Social Distancing required.

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**Maine Maple Weekend-7<sup>TM</sup> Week-ends**

Craving a maple whoopie pie? Running low on maple syrup. Tempted by maple fudge? While Covid has made our large entertainment events not possible, we can still make you smile with all of our yummy maple products. Celebrate the arrival of spring! Special pricing on many popular products on all days. Please wear a mask, social distance, and use our hand sanitizer stations as you visit our heated maple store. Pure maple candies, anyone?

**HILLTOP BOILERS**  
pure maple

**The Best of Maine**

**March 11th- April 25th**  
**Thurs/Fri/Sat- 10AM- 4PM**  
**Sundays 12PM- 3PM**  
**Sunday, March 28- 7AM- 7PM**  
**Closed Mon/Tues/Wed**

Where will you buy your award winning maple syrup????

- Pints- \$8 each or 12 pk for \$89 (\$7.42)
- Quarts- \$15 each or 12 pks for \$159 (\$13.25 each)
- Gallons- \$52 each or 4 pks for \$192 (\$48.00 each)
- Maple Fudge- 2 (app. 1/4lb) pks for \$5.00
- Maple Whoopie Pies- Case of 12 for \$25.00
- Maple Baked Bean Kits- \$6.00 each

Special sugarhouse prices only during our open house events.

\*Website prices vary slight  
\*Free shipping in 48 US for online orders over \$50 (use discount code- "bestofmaine")

**207-793-8850 \* [www.hilltopboilersmaplesyrup.com](http://www.hilltopboilersmaplesyrup.com) \* 159 Elm Street Newfield, ME 04056**

# Ways to Support Maine Farmers Year-Round

**Please note: Farms may have limited space for large gatherings and continue to take extra safety precautions so that they and their staff can stay healthy and grow great food and quality farm products.**

Farm stands, stores, sugar shacks, pick-your-own fruit or veggies, farmers markets, open spaces, local farm products... Maine is fortunate to have a variety of agriculture! Shop at a supermarket, buy directly, or explore from afar year-round. By supporting agriculture, we help ensure working landscapes thrive, agriculture remains a cornerstone of our state, and quality farm products are accessible and available for generations to come!

**Look for listings of local farms to support:** [www.RealMaine.com](http://www.RealMaine.com), is a good place to start.

**Help keep farms healthy — stay home if sick or not feeling well.**

**Call ahead!** Seek current schedules for daily and seasonal updates.

**Ask farmers how to enjoy farm products year-round!** Is there pre-ordering or online shopping? Do they offer subscription orders like gift boxes, 'freezer beef and meat' or CSA shares? Can you find their products at supermarkets, farm stands, or stores? Does the farm use social media or newsletters to share updates and product tips?

**Follow farm rules. Stay in visitor areas. Keep pets at home.**

**Looking to explore outdoors on farmland and woodlots?**

**Ask permission. Be aware.** Things change seasonally to support the farm. A winter ski trail might become a summer hayfield or crops. What looks like an empty dirt road may instead be a path to safely move livestock or farm equipment.

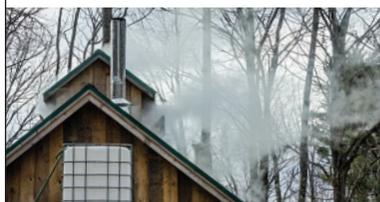
**Bring an insulated container:** Keep cold foods cold, and hot foods hot for quality.

**Always clean fresh produce before eating and preparing; don't eat until at home.**

**Carry-in, carry-out trash and recyclables.**

**Use good hygiene before, during and after visit.**

**Don't crowd, give each other space!** Be it in-person shopping during a pandemic or sharing the road with farm equipment on roadways during planting and harvest seasons.



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deserves another.

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