WTNS Radio OSU Extension Update for February 24, 2025
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about maple syrup, and as always look at some upcoming programs from OSU Extension.

When traveling around our county, you may glance into the woods and see thin blue tubing stretched tight from tree to tree. Some maple syrup producers collect sap this way and some still collect in buckets or bags directly from each tap. During the season, an average tap will product 6 to 10 gallons of sap. It take a little more than 10 gallons of sap to produce one quart of maple syrup.

When you realize the time and energy it takes to make maple syrup, every drop is a treasure. There are four different grades of maple syrup that describe the color and flavor of syrups. The first term is for the color and the second term describes the flavor intensity.

As the name suggests, Golden Delicate has a subtle maple flavor. This is often referred to as first-run syrup because it is most often produced during the wintry weather at the start of the season. This grade excels as a topping for ice cream or on specialty deserts. Amber Rich is what most of us think us as standard maple syrup. It is the perfect partner for pancakes, waffles, or French toast.

Dark Robust is especially delicious when making toppings or glazes, and maple cakes or pies. Very Dark Strong is helpful when you want an unmistakable maple taste and is often used in barbecue sauce, or marinades, or a great addition to maple-baked beans.

Refrigerated maple syrup will keep for months. For long-term storage, consider placing the container in the freezer. Maple syrup placed in the freezer will keep for several years. In a comparison of the nutritional value of pure maple syrup to other popular sweeteners, studies have found that maple syrup has beneficial minerals, vitamins and antioxidants.

If you would like to learn more about hobby maple syrup production, check out the OSU Extension fact sheet on Ohioline.osu.edu. The Ohio Maple Producers Association hosts the Maple Madness Driving Trail the first two weekends of March (1-2 and 8-9). This features 41

operations all over Ohio. It is an opportunity to learn about maple syrup production and sample all kinds of maple products.

And now let's see what else is new from OSU Extension.

The deadline is this week for the ServSafe® Manager Food Safety Training course beginning next Tuesday, March 4. Find registration information at coshocton.osu.edu.

OSU Extension and Coshocton Regional Medical Center collaborate to teach Dining with Diabetes, which is a cooking school and nutrition education program designed for people with diabetes, pre-diabetes, and their family members. Dining with Diabetes will be held on Thursday evenings April 10 through May 1.

And registration is now open for the East Ohio Women in Agriculture Conference on Friday, March 21 in Wooster. The conference will feature break-out sessions and international speaker, Elaine Froese. You can find registration on our Facebook page.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and empower our families, individuals, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265, check us out on Facebook, or visit our website at coshocton.osu.edu. Make it a healthy day!