



David Sylvester and Grandson Quentin. David. Teaching on how to tap trees at an early age.  
- Sharon Monague Photos

## SAPS RUNNING: Sustainable methods for tapping trees for maple syrup

By Lynn Moreau

Saps running, and it's finally time to tap your maple trees! To ensure the continued health and vitality of your forest, you should tap your trees sustainably. It takes at least forty years for a maple tree to grow before it is big enough to tap. A maple tree can be tapped indefinitely if it is treated well.

A tree should be at least 10 inches in diameter, measured at 4 1/2 feet above the ground, before tapping. Trees between 10 and 20 inches in diameter should have no more than one tap per tree. A second tap may be added to trees between 20 and 25 inches in diameter. Trees over 25 inches in diameter can sustain three taps. No tree should ever have more than three taps. Trees with large crowns extending down towards the ground are usually the best sap producers.

The south side of the tree is most commonly recommended for tapping. Tapping beneath a large branch or above a large root is also recommended for better flow.

Drill the hole using a drill bit with a diameter of 7/16 inch, at a convenient height and two inches deep. Look for

unblemished bark. Do not bore closer than two feet directly over or under a former tap hole or closer than six inches from the side of an old taphole. Drill the taphole level and horizontal with no angle so the sap flows out readily. Ensure that a sharp drill bit is used to minimize rough wood in the taphole, which can reduce sap yield and cause sap quality problems.

Tap the spout in lightly so that it is tight and cannot be pulled out by hand. But don't drive it in so hard that you split the tree. Tap on a warm day when the temperature is above freezing to minimize the risk of splitting the tree. Cover your buckets to keep out rain, snow, and foreign materials.

Alternating freeze and thaw temperatures are necessary to create the pressure which causes the sap to flow when the tree is tapped. Sap runs best when temperatures drop below freezing at night and rise into the 40s during the day. Smaller tap holes heal faster, so smaller drill bits are encouraged to keep trees healthy.

The average maple tree will produce 35 to 50 litres of sap per season, up to 12 litres per day.

The sugar content of sap produced by different trees in a grove can vary a great deal. The average maple tree produces sap with a sugar content of two or three percent. Sugar maple trees (*Acer saccharum*), also known as hard maple, are usually the best producers. Red maples (*Acer rubrum*) also provide sweet sap. Sugar content may be higher in the morning and lower in the afternoon.

Syrup should be canned hot (185 degrees F). Pour the hot syrup into sterilized canning jars and seal. Fill them full so that very little air will be in the jar.

Store your syrup in a cool, dry place. After a container has been opened for use, it must be refrigerated. Should mold form on syrup that has been stored for several months, discard the syrup: there is the potential for contamination by a micro-organism that can cause food-borne illness.

Remove your taps from the trees when bees and flies start flying around and all the snow has melted. Proper tapping of your maples will ensure that these trees survive for the next generation.



# RESOURCES: Agriculture Programs



**IAPO**  
Business, Farm and Agribusiness Financing

INDIAN AGRICULTURE PROGRAM OF ONTARIO (IAPO) is pleased to inform you of the following dates and times for the upcoming workshops:

March 4 2021 at 7 pm-Introduction to Beef Farming Workshop

We will be covering all aspects of production including the following topics: An overview of Beef Farming, Production Cycle, Cow-calf, Breed Types, Forages and Pasture, Feeding, Keeping Cows Healthy, Selling and Marketing Beef.

To register for this session please email [info@indianag.on.ca](mailto:info@indianag.on.ca) or call 1-800-363-0369 or visit the website at <http://indianag.on.ca>.

UNIVERSITY  
of GUELPH

**Honey Bee  
Research  
Centre**

INTRODUCTORY BEEKEEPING COURSE

If you are interested in taking our live, virtual, 2-day beekeeping course in 2021, please email [infohbrc@uoguelph.ca](mailto:infohbrc@uoguelph.ca) to be put on a list of people who will be contacted with course and registration information. Later in the winter, we will send an update to this list with more information. Also, please check our website for updates.

LIVE VIRTUAL COURSE UPDATE: Registration (and payment) will be online, through Eventbrite. When it is all set up and ready to go, the registration link will be sent out by email and posted on our website.

DATE: Saturday May 1st and Sunday May 2nd, 2021

COST: \$100.00 per person, before tax and registration fees

<https://honeybee.uoguelph.ca/education-events/introductory-beekeeping-course/>

NORTHERN ONTARIO  
INDIGENOUS FOOD  
SOVEREIGNTY  
COLLABRATIVE

**SOVEREIGN  
HOUSEHOLD  
GRANT**

Increase your household's income through food related activities. This could include, but is not limited to:

- Equipment and supplies that will enable the selling, bartering and/or trading of food and food related items grown, raised or harvested by a household.
- Food safety, food processing, or other training that will enable household food-economic activity

Apply by clicking this link: <https://survey.spno.ca/index.php/352222?lang=en>

For a printable version, talk to a NOIFSC Co-Lead via [foodsovnoront@gmail.com](mailto:foodsovnoront@gmail.com); Facebook Msg, or call 807-355-1986 or 289-697-2248

**Deadline:** April 16, 2021

**2021**

Local Food More  
Than Ever!



March 10: Local Food More than Ever: Harvesting the Lessons of COVID-19

March 17: Navigating Agri-Tourism During a Pandemic

March 24: Surviving and Thriving: The Resilience of Local Food

March 31: Innovations in the Local Food Frontier: Greenhouse, Vertical Farming, Aquaculture, Aquaponics

Chef-Led virtual participatory lunches!  
March 17th & 31st



## NORTH & EASTERN ONTARIO LOCAL FOOD VIRTUAL CONFERENCE



Economic Development Services





# TWO BILLION TREES: Be a Part of It!

By Lynn Moreau

Natural Resources Canada has initiated an engagement with Canadians on the 2 Billion Tree Initiative, a plan to operationalize the Government of Canada's commitment to plant an incremental 2 billion trees in Canada over the next 10 years. The purpose of planting the 2 billion trees is to meet global obligations for climate change. A program is being initiated to involve First Nations in the growing, planting and maintenance/monitoring of the trees.

Is your community positioned to help? This could involve greenhouse cultivation of trees, growth of tree seedlings, tree planting and site preparation activities, and more.

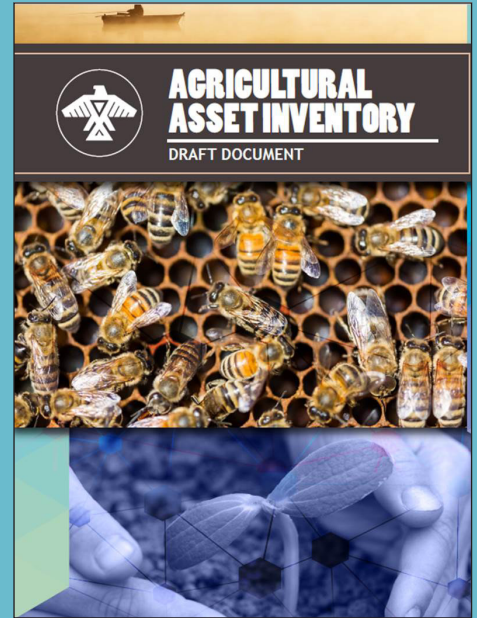
Natural Resources Canada has released both an Expression of Interest (EOI) for Early Start Projects

and a Future Participants Request for Information. To participate in the Early Start Projects, you need to have proven experience in delivering large scale tree planting projects and access to trees and land to plant this year.

The deadline for submission of the EOI is Thursday March 25th 2021. The deadline for future participants hoping to collaborate is Thursday May 27th at 5 pm (2021).

In the Anishinabek Nation Agricultural Strategic Plan (Draft), the concept of planting fruit bearing trees is being proposed as a method that communities can utilize to improve food security and contribute to economic development in local communities.

We encourage communities and support you in taking part growing trees. As Anishinabe people, we are one with the earth.



## DRAFT AGRICULTURAL ASSET INVENTORY REPORT

The Anishinabek Nation has completed the Agriculture Asset Inventory Report and invite you to provide your input and comments on this report.

Are you aware of other First Nation businesses, social enterprises and community-based initiatives that have not been included in the document?

## AGRICULTURAL STRATEGIC PLANNING

The Anishinabek Nation is currently developing an agriculture strategic plan. We would like your input.

To obtain a copy and share any comments contact Lynn Moreau, Lands and Resources Coordinator, Agriculture and Food, at her email: [lynn.moreau@anishinabek.ca](mailto:lynn.moreau@anishinabek.ca)



# EVENTS

**DIGITAL MARKETING FOUNDATIONS FOR NORTHERN ONTARIO AGRI-FOOD:** Webinar Training Presented by RAIN and Success with Digital Training to be focused on helping farms, food processors and local vendors set goals with their eCommerce, digital marketing or business in general. Over the course of four evening sessions you will learn the core concepts of digital marketing and how modern consumer relationships are built. You'll become laser-focused on who your customer is and the stages and content needed in moving from a prospect to repeat customers. Gain the tools and tactics to implement email lead generation, social media marketing, and paid traffic ad campaigns that are focused on your brand story and that showcases your mission and values.

March 9th: [Digital Marketing Foundations](#)

March 16th: [Your Brand Story & Social Media Marketing](#)

March 23rd: [Implementing a Sales System](#)

March 30th: [Understanding & Tracking Success](#)

All sessions start at 7:00 pm.

For more information and to register for these free training sessions, visit [https://www.bigmarker.com/series/digital-marketing-foundation/series\\_summit](https://www.bigmarker.com/series/digital-marketing-foundation/series_summit)

Coaching will also be made available to businesses from the trainer.

This training will be offered in English and is offered as part of the COVID-19 Relief Training Program, from the Rural Agri-Innovation Network (<http://rainalgoma.ca/>), with generous funding support from FedNor (<https://fednor.gc.ca/>).

# JOB OPPORTUNITIES

## COMMUNITY GARDENS EDUCATION COORDINATOR

Location: Peel Region Toronto

Employer: Ecosource

Deadline: Wednesday March 10, 10 am

Contact: Merisa Nudelman, Local Food Manager at [hiring@ecosource.ca](mailto: hiring@ecosource.ca)

## URBAN AGRICULTURE COORDINATOR

Location: Peel Region Toronto

Employer: Ecosource

Deadline: Wednesday March 10, 10 am

Contact: Merisa Nudelman, Local Food Manager at [hiring@ecosource.ca](mailto: hiring@ecosource.ca)



**KIIN MIINWAA ENDADIZIWINAN**  
LANDS AND RESOURCES

## OVERVIEW

The Lands and Resources Department was established within the Anishinabek Nation in the spring of 2007. Currently, there are four program areas with staffing capabilities. These include: Water Resources, Minerals and Mining, Trapping, and Canada Ontario Resource Development Agreement.

## MISSION

The Lands and Resources mission is to foster a better quality of life by ensuring access to natural resources by supporting the goals, values and aspirations of the Anishinabek Nation.

## GUIDING PRINCIPLES/CAPACITY BUILDING

By creating opportunities our communities are empowered to increase the natural, technical and financial capacity derived and generated from our lands and natural resources."

Jurisdiction and Treaty Rights - "by building and preserving Anishinabek laws within our territories, communities can continue to assert and exercise jurisdiction, implementing ownership of lands, water and resources."

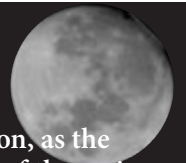
Access to Lands and Resources - "our communities are strengthened by continuous advocacy efforts to increase access to lands and resources."



**LYNN MOREAU** is a Lands and Resources Program Coordinator with the Anishinabek Nation where she is responsible for the Agriculture Portfolio. Originally from Callander, Ontario, Lynn now lives in Bonfield where she is co-owner of Green Legacy Farm with her husband Dean. Lynn holds an

Environmental Science degree from Trent University and a Fish and Wildlife Technician Diploma from Sault College. Lynn can assist with funding application processes and has agricultural experience in vegetable and perennial growing, chicken farming, maple syrup production and aquaculture.

## Onaabidin Giizis (Snow Crust Moon)



The third moon of Creation is Sugar Moon, as the maple sap begins to run, we learn of one of the main medicines given to the anishnaabe which balances our blood and heals us. During this time, we are encouraged to balance our lives as we would our blood sugar levels. This moon also teaches us the time of year when the sap is running for maple sugar harvest. This is celebrated as the Anishinaabe new year.



Lynn Moreau  
Program Coordinator,  
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