

AVAILABLE/IN-SEASON
FEBRUARY-APRIL

Updated 11/2024

Michigan Maple Syrup

Michigan Maple Syrup Facts:

- Maple syrup production is the oldest agricultural enterprise in the U.S.
- Michigan ranks seventh in maple syrup production in the U.S.
- Forty gallons of maple sap are needed to make one gallon of syrup
- Average maple syrup production in Michigan is about 90,000 gallons per year
- Maple syrup is one of the few agricultural crops in which demand exceeds supply

Nutrition

- Michigan maple syrup has 50 calories per tablespoon and is fat-free
- Pure Michigan maple syrup has no additives, no added coloring and no preservatives
- Maple syrup has many minerals per tablespoon: 20 milligrams of calcium, 2 milligrams of phosphorous, .2 milligrams of iron, 2 milligrams of sodium and 5 milligrams of potassium

Maple syrup is the first farm crop to be harvested in Michigan each year. And might it be the sweetest? Michigan Maple syrup season varies by location within the state. It begins in February in lower Michigan and extends into April in the Upper Peninsula.

