
Maple Syrup supplies more than 100% of the required daily allowance of Manganese, 37% of Riboflavin, 18% of Zinc, 7% of Magnesium, 5% of Potassium, 5% of Calcium, and 4% of Iron, plus many more Minerals and Vitamins in just 4 tbs.

Maple Syrup contains Antioxidants (4 tbs. have as much as a serving of Broccoli) (Antioxidants fight cancer-causing free radicals and slow aging)

Maple Syrup is cholesterol free and reduces the risk of heart disease

Maple Syrup has 2/3 as many calories as corn syrup ('Maple Flavored' Syrup is mainly corn syrup plus a lot of other stuff)

www.schrauthsweetsensations.com/maple-syrup/



The University of Vermont Extension



2018 SOUTHWEST VIRGINIA MAPLE SYRUP SCHOOL



This school will provide information on production & marketing of maple and other tree syrups. Information will be provided to both aspiring and experienced tree syrup producers.

Speakers:

**Bruce Gillilan, Vice
President of Leader
Evaporator**

**Dr. Tom Hammett,
Virginia Tech**

**Missy Moyers-Jarrells,
Laurel Fork Sapsuckers**

**Dr. Ryan Huish, UVA-
Wise**

Registration Form

Saturday, November 17 at
St. Paul Elementary School,
3200 Deacon Dr., St. Paul, VA

Registration will begin at
9:00am, the opening session
starts at 9:30am. The school
will conclude by 3:30pm.

****Optional Friday afternoon and evening activities will include a guided hike on Sugar Hill Loop and a winter tree identification workshop.**

Pre-registration fees (Lunch included):

By Nov. 1

Adult -- \$15

Child -- \$10

Family rates until Nov. 1

1 adult + 2 or more children from same household -- \$30

2 adults + 2 or more children from same household -- \$45

After Nov. 1

Adult -- \$20

Child -- \$15

Online registration:

<https://register.ext.vt.edu>

Once the link comes up, click on Programs, Agriculture and scroll to the bottom and click on the SW VA Maple Syrup

Name(s): _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

of Adults: _____

of Children: _____

Do you currently produce maple (or any tree) syrup?

NO ___

YES__ How many taps? _____

Please make checks payable to “VCE—Wise County” and mail completed registration and payment to Phillip Meeks, P.O. Box 1156, Wise, VA 24293.

For more information, contact Phillip Meeks at (276) 328-6194 or pmeeks@vt.edu



www.ext.vt.edu
Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnis, Administrator, Extension Program, Virginia State University, Petersburg.