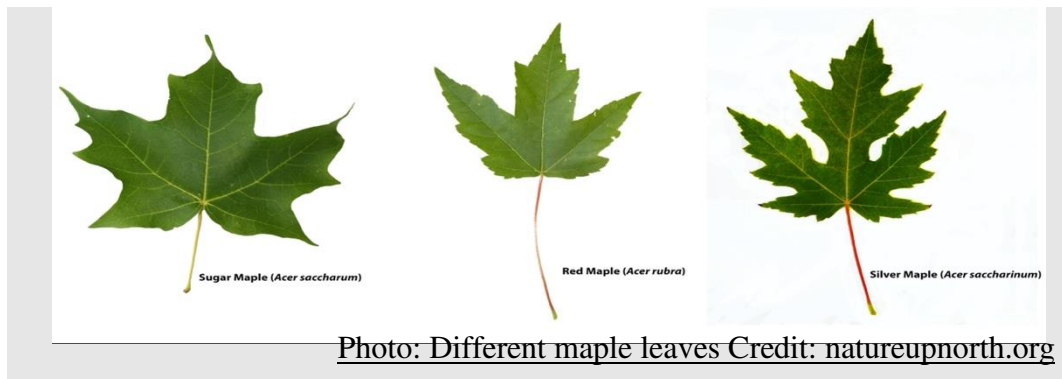




Gifts of Maple

The following information was shared with QUILLS by Métis and Ojibway Knowledge Keeper Deb. St. Amant.

Maple trees contribute to biodiversity by housing different mosses and providing shelter for insects, birds, mammals, reptiles, and amphibians.



The indentations of the Sugar Maple leaf are U-shaped, similar to the outline of a cup one would collect syrup in, whereas the Red Maple tree leaf has V-shaped indentations. Young Sugar Maple leaves can be eaten raw. Local Indigenous people collect and consume maple sap in the spring as a cleanser and spring tonic for the liver and bowels. Maple sap helps to wake up the body after a long sluggish winter of relative inactivity. Local Anishinaabe and Haudenosaunee people use sap to sweeten juices such as the Strawberry drink and boil it down to make Maple syrup. About 40 L of Maple sap makes 1 L of Maple syrup. Maple sap and syrups are good medicine to have and to share. In addition to Maple trees, Birch and Black Walnut trees can also be tapped for sap.