

Sweet Success

A community can do what an individual alone cannot.

This message has been coming alive for me in a very real way over the past few months.

In February, our neighbour Mat came by with a proposal for a community maple syrup project.

The area where we live is full of maple trees. Although no one household alone could provide enough sap necessary for syrup production, as a community, we certainly can.

On March 21st, Mat tapped the tree in our backyard, as well as the trees of another dozen families. For the next several weeks, he made a daily trip around the neighbourhood, emptying buckets of sap into a large vat that he pulled on a wagon attached to his bicycle.

He then boiled down the syrup in his shed, and in mid-April, all of the families involved in the project took part in an enormous pancake breakfast. No syrup has ever tasted sweeter!



[Mat's description of "The Esson Street Run" community project](#)

Related Links:

- [How to make maple syrup](#)
- Be sure to check out the pancake recipe below that Susan found [online](#) to use with her community-produced maple syrup.

By: Susan Eckerle Curwood

Old Fashioned Pancakes

INGREDIENTS

- 1 1/2 cups all-purpose flour
- 3 1/2 teaspoons baking powder
- 3/4 teaspoon salt
- 1 teaspoon vanilla extract
- 1 tablespoon white sugar
- 1 1/4 cups milk
- 1 egg
- 3 tablespoons butter, melted

DIRECTIONS

1. In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg, vanilla and melted butter; mix until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

NUTRITION INFORMATION

Servings Per Recipe: 8

Amount Per Serving

Calories: 159

- **Total Fat:** 5.9g
- **Cholesterol:** 41mg
- **Sodium:** 470mg
- **Total Carbs:** 21.6g
- **Dietary Fiber:** 0.6g
- **Protein:** 4.5g