



NATURE NOTES

Connecting You To Nature

Spring

Maple Sugar

Ojibwe people have been making maple sugar, a traditional dietary staple, for centuries! In Minnesota, the harvest of maple sap happens between mid-March and mid-April, when temperatures are above freezing during the day and below freezing at night. It takes about thirty-five gallons of sap to produce one gallon of maple syrup.

REFLECT

What's your favorite way to eat maple syrup?

CONNECT WITH NATURE

As spring approaches, how does the change in season make you feel?
How will you dedicate your energy?



SCAN & WATCH: A video of [collecting maple sap](#), boiling maple syrup, and making maple sugar!

Or type this into your browser: <https://tinyurl.com/2fpsdvrz>

NATURE-BASED THERAPEUTIC SERVICES:

professionally facilitated educational and play-based interactions with plants, animals and natural landscapes to bring about measurable outcomes in human health and wellbeing



Minnesota Landscape
ARBORETUM

Benefits

Reduce Anxiety | Reduce Stress | Increase Relaxation |
Improve Mood | Motivation | Happiness | Comfort |
Promote Physical Activity | Express Emotions | Increase
Sensory Stimulation | Social Connection

