

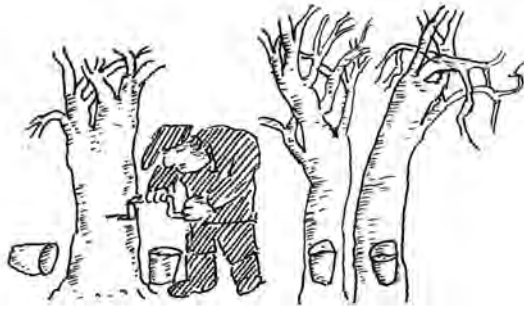
Land of the maple

by Daisy Dopp

Daisy Dopp lived most of her life on the Glover farm that is now home to the Bread and Puppet Theater. When her husband, Jim, died in 1970, Daisy Dopp moved to a home in the village, and spent some of her time writing articles recalling life on the farm. Most were published first in the Newport Daily Express. Elka Schumann befriended Daisy Dopp and, in cooperation with the Old Stone House Museum, collected and edited a collection of her columns. This is the second of a series of these columns, with illustrations by Peter Schumann, the Chronicle will publish from time to time.

As the days begin to lengthen and the sun gets higher in the sky, there comes a change in the Vermont air which quickens the blood. In mid-morning, the eaves on the house begin to “run” as the snow melts on the roof. A lone crow may drift leisurely over the field and light in an old apple tree in the orchard. Then one morning the long absent plaintive call of the pewee may be heard again. When all or even some of these things occur, the old-time native Vermonter may push back his cap from his brow, thrust his hands deep into his pockets and after a searching squinting glance into the morning sun announce to the world in general, “I caltlate, sugarin’ ain’t far off.”

When I was a little girl how I loved sugaring! Like other phases of farming the procedure was much different than it is now. The roads in the sugar place were rolled with wooden drums the same as the other roads were at that time. The two horses on the pole would plunge through the drifts and I used to ride a third lead horse to break the track. Sometimes the snow would be so deep he would get off his feet. More than once I



remember getting thrown from his back and driven into the deep snow. Then my dad would wade through to my side, pull me out and put me back on the horse with instructions to “hug him with your knees, girl, and stay with him!” My mother did not approve of this but how I gloried in helping out!

Then came the tapping of the maple trees. We usually had five men for this job for our sugar place was a large one. Two men, each with a drill and tapping bit went ahead and drilled the holes being careful not to get them too near the ones made the year before. They were each followed by a man carrying a pail of spouts and a hammer. He would drive the spout and hang the bucket which had been left there previously. Another man and I would bring up the rear hanging the covers on the buckets to keep out any storm from the precious sap. I usually tired out in the afternoon and went to the house leaving the fifth man with his work and mine, too.

This old-fashioned sugaring-off unit was separate from the evaporator. My job was to tend the boiling syrup from the time it began to boil until it would “lay on snow.”

At first I was so small that a big bucket was placed on a raised platform beside the arch and I sat importantly upon it. From that vantage point I could get a bird’s eye view of the syrup as it cooked. I was given a bottle of milk with a goose quill in the cork for an outlet. When the boiling sweet rose in the pan, I learned to lash it professionally with streams of milk from the bottle.

The syrup would usually obediently fall back in the pan only to rise again and again. It took about two hours to complete the job. This was done several times a week for five or six weeks. It grew monotonous for a small girl. However, Dad’s praise and coaxing kept me quite faithful most of the time. At the latter end of the vigil, he would

“let down” the fire under the evaporator and take over.

Finally the critical moment arrived. The syrup would crack into pieces when put over the snow when hit with a paddle. The big pan would be removed from the arch with the aid of two long poles run across the pan through the handles. It would be rested on the raised platform beside the arch. The coals in the arch would be covered for safety with strips of old metal roofing. After quite a cooling time it would be stirred now and then and finally put in wooden pails holding thirty pounds. (These are museum pieces now.) After the sugar hardened it could be stored indefinitely in these, for while it does not keep too well in tin, it will stay sweet and nice in these big wooden tubs.



Many times the sugar would not become cool enough to take home (to move when warm will cause cracks and roughness on top) and would have to be left in the camp overnight. We never had any stolen but it would be fool hardy to leave it now. We always left any pail which was not full and it was expected that anyone passing by would help himself. It was a neighborly offering as much as a cup of coffee would be today. Many folks came calling in sugaring time and no one went home empty handed. Several times during the season there would be a neighborhood sugaring off. Everyone was invited, brought his friends and ate all he could. A sugarmaker would have been mightily offended if any one had offered to pay for his treat. Grownups and kids gorged on the delicious golden sugar topped off with plain doughnuts, sour pickles and hard-boiled eggs.

Such excitement and hurry to be ready for the first run of sap. The big evaporator had to be turned over on the arch and washed out, storage tanks made clean, pipes put up, and at last the disagreeable and dangerous task of putting up the tall smokestack which was always taken down and stored each summer so the rain would not cause it to rust.

When everything was in readiness all the help was let go except two. These men with the team

(Continued on page nine.)

Happy Birthday

to the following people!

- Brandon HouleMarch 23
- Diane Landry, IrasburgMarch 23
- Jaxon Manning, Fletcher.....March 23
- Tucker BakerMarch 23
- Ryan DeGreenia, CharlestonMarch 23
- Gabriel Patenaude, DerbyMarch 24
- John Auclair, East CharlestonMarch 25
- Cedric StevensMarch 25
- Laura Gonyaw, Glover.....March 25
- Mary Ingalls, East Albany.....March 25
- Tim Howland, Irasburg.....March 25
- Randy Gleason, West CharlestonMarch 25
- Wesley Strong, West Wheelock.....March 26
- Hazel Hildreth, Concord, NHMarch 26
- Amanda M. Bacon, TroyMarch 26
- Megen Perkins, Essex Junction.....March 26
- Shelby Farrow.....March 26
- Dana Lafont, West Glover.....March 26
- “Mr. Ed” Kahlstrom, Westmore.....March 26
- Amy Boomer, IrasburgMarch 27
- Justin Michaud, Walden.....March 27
- Jane Flynn, NewportMarch 27
- Freya Fritsch.....March 27
- Charlotte Northern, Derby LineMarch 27
- Faylene Steere, GloverMarch 27
- Peyton Pierpont, CoventryMarch 27
- Addison Jones, Middletown, CTMarch 27
- Jackie Barrows, CA.....March 27
- Kayla Jensen, Newport.....March 28
- Pete Corcoros, Barton.....March 28
- Kadyn Gilman, SheffieldMarch 28
- Zachary Boutin, GloverMarch 28

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Names are submitted by your family and friends, but if you'd like your name removed or your town changed, please let us know. Once you've submitted a birthday, no need to resubmit next year.

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Scattered drops of milk calm the boiling sap

(Continued from page eight.)

of horses gathered the sap into a large tub on the sled. This tub held about forty pails and when full was taken to the sugarhouse where it was emptied into a three-hundred-pail storage tank. From there it ran under control in a small stream into the big evaporator.

I liked to stand near the open door and stare into the great fiery cavern where my dad threw stick after stick of four foot wood to be greedily claimed by the flames. My dog would stand beside me fascinated by the glare of the fire. He would finally shrink back from the intense heat and go lie down on the platform, waiting patiently for me to go home.

In the evaporator, the bubbling boiling sap would seem to fairly leap into the air, it was so hot underneath. A cloud of steam would rise to the rafters and a sweet moist odor would fill the place.

Dad was never still. From one end of the arch to the other he hurried, peering in to be sure all was well.

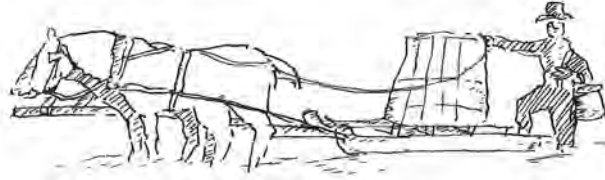
It was expensive business if the pan became bare and burned or "sugared off" in the wrong place. How well I remember seeing him scoop up the boiling liquid into a shining dipper; then holding it high over the pan, let it fall back with the rest. Finally it would "apron off" just right and fall in amber blobs. It would then be ready to draw off into pails and put in the sugaring-off pan.

The expectantly waiting dogs even had a goodly helping which usually stuck their jaws

together until the warm saliva caused it to melt so it could be swallowed.

Fit feed for royalty was an old-fashioned sugar party and proud indeed was a skilled sugar maker to offer it. People came on horseback, by sled and on foot. Cupid usually was busy at these gatherings and many a courtship and marriage had its beginning there.

By the time their sons were old enough to



carry on the sugar places there had been many changes made in the manner of their operation as well as in all agriculture. Sugaring was now less work in some ways but how everyone missed those neighborhood sugar parties of old! With the changes came a crop of worries and new expenditures to bother the producer of maple sweets. The lack of man power was the worst and caused many a discouraged farmer to sell his maple orchard for lumber.

The sugar places that operate now try to use all the labor savers possible. The syrup is boiled down in the evaporator much thicker than it used to be and much of it is very fine quality stuff.

None of it is sugared off or made into cakes except by special order. Much syrup is now sold at the

farms in convenient attractive cans ranging in size from one-half pint (which makes fine Vermont souvenirs and is popular for bridge prizes) to one gallon which the thrifty shopper has learned to call for. The one, two, five, and ten-pound tins of soft sugars look tiny beside the thirty-pound wood pail of old. There is also the delicious maple cream with its delicate flavor which is so tasty on toast or small crackers. The little tender sugar cakes are heavenly to munch like candy. The maple syrup makes a delicious sauce for ice cream as well as to use with pancakes, raised doughnuts, hot biscuits and with plain bread and butter. The syrup can be boiled down to make fine frostings and in winter cooked down to lay on snow. At this stage or a trifle before it can be stirred in a saucer to eat. The darker "runs" make sweet pickles taste like those that "other used to make." There is no limit to its use as many a sugar hungry person discovered when white sugar was rationed some years ago.

My work in the sugar place is done, but every year about the same time, I find myself watching the sun each day creeping higher in the sky. One day I may hear the sweet song of the pewee again and I will know it is sugaring. The fragrant steam will be rising from the sugar camps once more. Soon there will be in production gallons of that famous sweet which can be made only in the cold North, in the land of the maple.

We are eating more of the... ...brightly colored foods at school, too!

Newspaper Fun!
www.readingclubfun.com Annimals LLC © 2022 Y12 Kids, color stuff in!

Did you notice that the area for "vegetables" is the largest on this plate?

Good Nutrition - Healthy Living

Have you seen and used the "food plate"? It is a simple way to tell with one look if you are eating about the right amount of food from each of the food groups at meals. The plate is divided into four parts to show serving sizes for fruits, vegetables, grains and foods that have proteins. The dairy (like me - milk!) is added on the side. Are you choosing healthy amounts of foods that will provide the nutrition you need to grow and be healthy?

Remember that everyone is different and that is O.K.! So, feel good and be happy. Work on reaching your own goals.

Pop Quiz!
Read the three statements and circle "a" or "b".

1. Fish and turkey have lots of
 a. vitamins & fiber
 b. protein
2. Broccoli and carrots have lots of
 a. vitamin A & C
 b. fat
3. Beans are a super food! They have lots of protein and iron, like meat or fish, as well as fiber & nutrients found in many vegetables.
 a. True
 b. False

Read the clues to fill in the puzzle:

1. The four areas of the _____ show you how much of each food group you should eat.
2. Choose foods from each food group every day: fruits, vegetables, _____ and beans, grains and dairy.
3. The area for _____ is the largest: carrots, peas, spinach, green beans, potatoes, squash.
4. _____ and vegetables are loaded with vitamins A and C for good skin, eyes and healing.
5. _____ products made from low-fat milk have calcium for building strong bones and teeth.
6. Foods in the grain group have carbohydrates that give you _____.
7. Whole _____ have more fiber, so try whole-wheat noodles or pizza crust.
8. _____ to build muscles comes from meat, fish, beans and nuts.
9. Some fat is needed for your body and brain to run well. Choose an _____ rather than fats that are solid.
10. We can buy fresh vegetables and fruits or ones that were _____ or canned right after picking - they are all nutritious.
11. Choose snacks that have less fat or salt, and cereals with less _____.
12. When you eat out, choose the _____ meals on the menu.

Healthy Living

Every day we have to make choices about the foods we eat and how we take care of ourselves. Here are 12 ways to help you be the best that you can be!

Match up the first part of each idea with the second part that makes sense:

1. exercise
2. choose snacks
3. wash
4. sleep
5. get your energy flowing each morning by
6. brush and floss

- A. that are less sugary or less sticky
- B. your teeth each day
- C. eating breakfast
- D. 30 to 60 minutes a day
- E. your face, hands and hair as often as needed
- F. long enough each night

Yummy, Healthier Treats!

Small snacks are good for us. They keep our energy up! We all need calories to live, but if we eat many more calories than we need, we can gain more weight than we should. (Our family doctors can help us learn what weight range is healthiest for each of us.) **Fill in the missing vowels to spell out some good treats:**

1. p _ _ n _ t
butter on apple or pear slices
2. lowfat yogurt with fr _ t
3. v _ g _ t _ bl _
sticks with low-fat dips
4. whole-grain, low-sugar c _ r _ l
5. milk or w _ t _ r
instead of soda
6. a small square of dark ch _ c _ l _ t _
7. sm _ th _ s
made from fruits like strawberries, bananas, and blueberries
8. make your own tr _ l mix
9. _ _ tm _ l
walnut bars

Good Nutrition?

Every food we eat has something that will help our body grow. Some foods are very **nutritious**. Others are tasty, but are **not** very helpful. Can you choose the 12 best foods from the five basic food groups?

CROSSWORD

1	2	3	4	5	6	7	8	9	10
11				12			13		14
15							16		17
	18			19			20		21
				22	23			24	
25	26	27	28	29					
30							31		
32								33	34
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48							49	50	51
								52	53
55							56		57
								58	
59							60		61
62							63		64

CLUES ACROSS

1. One who regrets
5. Time zone
8. Subway dweller
11. Bend in a river
13. Alias
14. Isodor __, American Nobel physicist
15. Very (music)
16. Zero
17. Phil __, former CIA
18. Competitions
20. Unwell
21. Puts in place
22. Gets rid of
25. Allows light to pass through
30. Climbed quickly
31. We all have it
32. There's a North & South
33. Emaciation
38. Supervises flying
41. Very dark colors
43. Unwanted
45. Grants
48. Three visited Jesus
49. Wife of Amun
50. Broadway actress Daisy
55. A Spanish river
56. I (German)
57. French opera composer
59. Six (Spanish)
60. Last letter
61. Spiritual leader of a Jewish congregation
62. Noah had one
63. Make a mistake
64. Tall plant

CLUES DOWN

1. Computer memory
2. "Et __": "And wife" (Latin)
3. Ancient Syrian city
4. College army
5. Cassava
6. Talented
7. Capital of Estonia
8. Finger millet
9. In a way, assists
10. Men's fashion accessories
12. Misery
14. Skin disorder
19. Selling at specially reduced prices
23. Good friend
24. Stationary portion of a generator
25. Expression of disappointment
26. The 17th letter of the Greek alphabet
27. Where birds fly
28. Midway between north and northeast
29. Chaotic states
34. Comedic actress Gasteyer
35. Kids' dining accessory
36. Snake-like fish
37. Midway between south and southeast
39. Assign lifelike qualities to
40. One who cites
41. Midway between east and southeast
42. North wind
44. One or the other
45. Cavalry sword
46. Of the Hungarian language
47. Life stories
48. Flat tableland with steep edges
51. Swiss river
52. Plant that makes gum
53. French cleric
54. One point east of northeast
58. Free from

See solution on page 29