



What Makes Maple Organic?

While all Coombs Family Farms maple is made without artificial flavors, preservatives, or thickeners, both our syrup and our sugar are Quality Assurance International certified and carry the USDA organic seal. QAI certifies that sustainable forestry practices are followed. The seal ensures trees are not over-tapped for short-term gain. The organic seal also certifies that no pesticides are used on the farm, approved buffer zones are in place, and appropriate cleaning processes are followed.



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We Use Tree-Friendly Health Spouts

We are often asked why we use health spouts on our farm. The short answer is that this tree-friendly practice helps us to better protect our maple trees. Health spouts help our trees to live longer, healthier lives. That's why we always use these 1/3" smaller diameter spouts. Keeping trees healthy also means that we never jeopardize them by over-tapping; two taps per average-sized tree is our maximum. We take pride in maintaining our ancient maple trees.



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The Coombs Family Farm Story

For seven generations, Coombs Family Farms has produced great tasting 100% pure organic maple syrup and sugar by taking special care of our ancient maple trees. My grandfather said, "there are no shortcuts to creating pure maple. Do right by the forest and it'll do right by you." Today, we continue this approach and proudly support other small maple farmers who share our commitment to quality, environmental stewardship, and sustainable forestry



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Seven Generations of Nurturing the Forest

Many people are pleased to know that we not only package maple products, but we still actively produce maple syrup, sugar, and candy on our farm to this day. We also support other small family farmers who share our commitment to quality, environmental stewardship and sustainable forestry. Together, we pledge to produce a great product while protecting our forests. Because of this long-standing commitment, we have become a leading supplier of organic maple syrup and sugar.



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VEGETARIAN

Maple Recipes

Delicious & Easy



VEGETARIAN CHILI

INGREDIENTS

- 3 T olive oil
- ¾ cup chopped white onion
- 1 large garlic clove, diced
- ½ tsp. chopped Jalapeno
- 1 ½ cups chopped yellow and red peppers
- 1 cup ea. chopped zucchini, yellow squash & carrots
- 2-15 oz. cans diced tomatoes
- 1-15 oz. can tomato sauce
- 1-15 oz. can drained & rinsed chick peas
- 1-15 oz. can drained & rinsed red beans
- Salt, black pepper and cayenne pepper to taste
- 1 T paprika
- 1 ½ T chili powder
- ¼ cup Coombs Family Farms 100% pure or organic maple syrup



PREPARATION

In 3T olive oil, saute onion, garlic, peppers, squash, zucchini & carrot in large pot for about 5 min. or until veggies are tender, not soft. Add tomatoes & tomato sauce, beans, salt, pepper, paprika, chili powder & syrup. Mix together. Add cayenne pepper to taste. Reduce heat to low, simmer for about 30 min. or until carrots are tender. Add more cayenne, and/or salt & pepper to taste. Serve with sour cream, Cheddar cheese & chives.

SWEET POTATO QUESADILLAS

INGREDIENTS

- MAPLE GLAZE:
- ½ cup of Coombs Family Farms 100% pure or organic maple syrup
 - 1 T Dijon mustard & ½ tsp. chipotle powder
 - Salt & freshly ground pepper

QUESADILLAS:

- 8 flour tortillas
- 1 c. ea. grated white Cheddar & Monterey Jack cheese
- 2 med. sweet potatoes, peeled, cut into ¼ " round slices
- Black beans (optional)

PREPARATION

Place potato rounds on cookie sheet, brush with glaze. Broiler till tender, turn over, glaze & broil again. Using



two tortillas for each serving, place ¼ c. cheese on a tortilla, top with sweet potato slices & black beans. Drizzle syrup over top, sprinkle with cheese, & top with second tortilla. Repeat using all tortillas. Place on hot griddle or in saute pan & toast till tortilla is crisp & cheese starts to melt. Flip over & cook on second side.

VEGGIE KABOBS WITH HERB & GARLIC MARINADE

INGREDIENTS

- 2 medium red or white potatoes
- 1 cup firm or extra-firm tofu chunks
- 1 cup red, yellow or green bell pepper chunks
- 1 cup ea. pineapple chunks, red onion chunks, white button mushrooms, zucchini or yellow squash chunks & cherry tomatoes
- Wooden skewers, soaked in water for 30 minutes

MARINADE:

- ½ cup ea. olive oil & lemon or lime juice
- ¼ cup water & ¼ cup Dijon mustard
- 2 T Coombs Family Farms 100% pure or organic maple syrup
- 2 T minced garlic
- 2 T chopped fresh basil leaves
- ½ tsp. ea. salt & freshly ground black pepper



PREPARATION

Cook potatoes in salted water till tender. Cool; cut into one inch chunks. Place potatoes & veggies in shallow dish. Pour marinade over veggies. Cover; refrigerate 2 hrs. Preheat outdoor grill to medium. Remove veggies from marinade, reserving marinade. Thread on skewers, alternating colors. Cook on grill till veggies are lightly charred, about 10 min., basting with reserved marinade & turning occasionally. For marinade: whisk all ingredients in small bowl. Can be prepared in advance & kept in refrigerator up to 7 days.

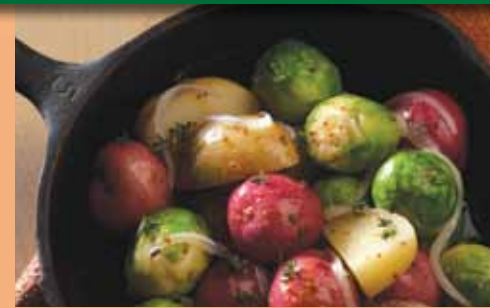
MAPLE MUSTARD GLAZED POTATOES & BRUSSELS SPROUTS

INGREDIENTS

- 2 ½ lbs. small Yukon gold & red potatoes, halved
- ¾ lb. Brussels sprouts
- 2 small yellow onions, thickly sliced
- 1-2 cloves garlic, minced
- 2 T tamari or soy sauce
- ¾ cup Coombs Family Farms 100% pure or organic maple syrup
- 3 T Dijon mustard
- 2 T olive oil

PREPARATION

Preheat oven to 400°F. Place the vegetables in a 9 x 13-inch casserole dish. In a mixing bowl stir together all the other ingredients until the mustard is dissolved.



Pour over the vegetables and mix well until everything is coated. Cover with foil and place in oven. Bake for 30-35 minutes. Remove from oven and toss everything. Use a spoon to drip the sauce over the vegetables. Turn oven down to 325°F and cook for 45 minutes uncovered. Serve at room temperature.

CARROTS WITH MAPLE BUTTER & HERBS

INGREDIENTS

- ½ cup fresh squeezed orange juice
- 6 to 8 medium-sized carrots (peeled, cut into sticks)
- Grated rind of 1 orange
- 3 T Coombs Family Farms 100% pure or organic maple syrup
- Pinch of nutmeg
- ½ T fresh rosemary
- 3 T butter

PREPARATION

Heat orange juice over low flame. Over medium flame, add carrots & orange rind & stir to coat the carrots with the orange juice. Keep an eye on, do not let liquid boil. Add remaining ingredients and let simmer for 20 minutes.

