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Deborah Rhoades, MA, RD, FAND  
Extension Educator, Family & Consumer Sciences

## CUNNINGHAM FALLS MAPLE SYRUP FESTIVAL

Weather permitting, get outside and enjoy the last weekend of the 49th Annual Maple Syrup Festival at Cunningham Falls State Park. Starting at 10:00 a.m. you can see “Sugaring Demonstrations,” on the hour every hour, until 2:00 p.m. Park Rangers will demonstrate the traditional way to turn sap into delicious maple syrup.

While there, enjoy a piping hot pancake and country sausage breakfast with real Maryland-made maple syrup at the Lakeside Grill. This breakfast option is CASH only, so be sure to bring some greenbacks. A great activity for family! Children of all ages can enjoy games, stories and crafts in a large heated tent.

To get there, enter drive to Cunningham Falls State Park, William Houck Area, 14039 Catoclin Hollow Road, Thurmont, MD 21788. Cost is only \$3.00 per person and money will be donated to Friends of Cunningham Falls & Gambrill State Parks. For more information call 301-271-7575 or visit <http://www.cunninghamgambrill.org/Events.html>

When you return home from the festival with a bottle of locally made maple syrup, here are delicious recipes to try!

### **PUMPKIN MAPLE OATMEAL**

*A quick breakfast that provides 100% whole grains, half of your daily Vitamin A needs, and 2 grams fiber.*

1/2 cup uncooked quick, old-fashioned, or steel-cut oats  
2 tablespoons canned pumpkin  
1/4 teaspoon pumpkin pie spice  
1 tablespoon maple syrup

Cook oatmeal according to package directions. Pour into serving bowl. Add pumpkin, spice, and maple syrup. Stir well and serve.

## **MAPLE ROASTED ROOT VEGETABLES**

5 cups sliced or coarsely chopped root vegetables\*  
20 pearl onions, peeled  
2 tablespoons olive oil  
1 teaspoon salt  
1/4 teaspoon black pepper  
1/4 cup maple syrup  
2 tablespoons Dijon mustard  
1/2 teaspoon garlic powder

Preheat oven to 425°F. Wash and cut root vegetables. \*Choices include beets, carrots, golden beets, parsnips, radishes, rutabaga, sweet potatoes, yams, and turnips. Add onions with root vegetables in a large bowl. Mix together olive oil, salt, and pepper in a small bowl. Coat vegetables with oil mixture and place on parchment lined baking pan. Roast for 50 minutes stirring halfway during cooking time. Combine maple syrup, mustard, and garlic powder in a small bowl. Drizzle over vegetables to coat well. Cook longer until all the vegetables are soft and glaze starts to caramelize and brown.

## **NEW ENGLAND MAPLE BAKED BEANS**

*Easy dish to prepare for vegetarian guests*

2 (12 ounces) cans vegetarian baked beans  
1/3 cup chopped onion  
1/2 cup maple syrup  
1/4 cup catsup  
1 tablespoon prepared mustard  
1/4 cup shredded white cheddar cheese (optional)

Preheat oven to 350°F. Mix all ingredients together, except cheese, and pour into greased casserole dish. Bake uncovered for 30 minutes or longer. Sprinkle cheese on top for the last 10 minutes of baking. Serve warm.

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Deborah Rhoades, MA, RD, FAND, is a licensed Registered Dietitian, Fellow of the Academy of Nutrition Dietetics, and Extension Educator in Family and Consumer Sciences.

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