



**MAPLE VALLEY**  
*cooperative*

# MAPLE SYRUP IS A SUPERFOOD SWEETENER!

✓ Contains vitamins B2, B5, B6, niacin and folic acid

✓ 1/4 cup of maple syrup contains same amount of antioxidants as a raw carrot or cabbage

✓ Rich in minerals such as calcium, potassium, manganese, phosphorus and iron



sustainably harvested by our  
co-op farmer-members

**ON SALE IN  
MARCH!**