ULST Timisoara
Multidisciplinary Conference on Sustainable Development
15-16 May 2025

NUTRITIONAL VALORISATION OF BIRCH SAP

Popescu Sofia, Stanciugelu Maria, Tarkanyi Patricia, Poiana Mariana, Pirvulescu Luminita, Radu Florina, Velciov Ariana, Rotariu Lia, Cozma Antoanela, Bordean Despina

University of Life Sciences "King Michael I" from Timisoara, 300645, Timisoara, Romania
"Lucian Blaga" University of Sibiu, Sibiu, 550012, Romania
Brukenthal National Museum, Natural History Museum, Sibiu, Romania
filliation

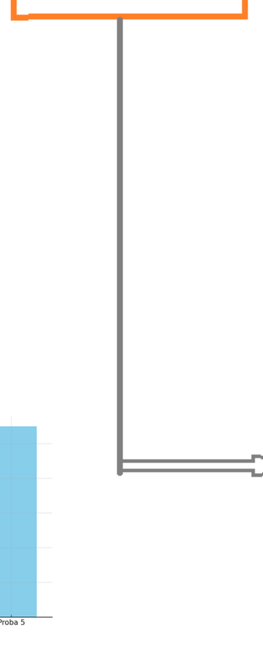
Abstract: *This paper explores the nutritional and functional potential of birch sap (Betula pendula), as well as its integration into modern food products. Birch sap is a natural liquid obtained by pricking and perforating the tree trunk in early spring, and it is rich in minerals (such as calcium, potassium, and magnesium), antioxidants, organic acids, and bioactive compounds.*

This study highlights both the traditional uses of birch sap—as a spring tonic or natural remedy—and current trends in its utilization in innovative products, such as functional beverages, syrups et al.

Integrating birch sap into the food industry represents a sustainable opportunity, offering economic benefits for local communities and the potential to develop healthy, innovative food products.

- **Material and method**

- birch sap collected from trees, coconut sugar,
- Harvested from healthy, mature birch trees



We obtained birch sap syrup with coconut sugar