

NEWS RELEASE

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(RIDGELY, MD—September 2, 2014)

Adkins Arboretum Offers Soup 'n Walk Program Sat., Sept. 20

Learn about plants that thrive in sunny meadows when Adkins Arboretum offers a popular Soup 'n Walk program on Sat., Sept. 20. Following a guided walk led by a docent naturalist, enjoy a delicious and nutritious lunch along with a brief lesson about the meal's nutritional value. Copies of recipes are provided.

Catch glimpses of golden brown grasses and yellow and purple flowers on a 90-minute walk in the Arboretum's meadows. Plants of interest include milkweed, black-eyed Susan, goldenrod, Maryland golden aster, purple love grass, pearly everlasting, Indian grass, big bluestem and sumac berries. The vegetarian lunch includes pumpkin lentil soup, Waldorf salad, wheat flaxseed bread and pfefferneuse cookies. The program runs from 11 a.m. to 1:30 p.m.



The program is \$20 per person for members, \$25 per person for non-members. Register at adkinsarboretum.org or call 410-634-2847, ext. 0. To schedule Soup 'n Walk programs for groups of 15 or more, contact Ginna Tiernan, Adult Program Coordinator, at 410-634-2847, ext. 27 or gtiernan@adkinsarboretum.org.

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Adkins Arboretum is a 400-acre native garden and preserve at the headwaters of the Tuckahoe Creek in Caroline County. Open year round, the Arboretum offers educational programs for all ages about nature and gardening. Through its [Campaign to Build a Green Legacy](#), it will build the [W. Flaccus and Ruth B. Stifel Center at Adkins Arboretum](#) and a "green" entranceway to broaden educational offerings and research initiatives promoting best

practices in conservation and land stewardship. For additional information about Arboretum programs, visit www.adkinsarboretum.org or call 410-634-2847, ext. 0.

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