

## NEWS RELEASE

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### Adkins Arboretum Announces Soup 'n Walk Program Schedule

Adkins Arboretum has announced the winter and spring lineup for its popular Soup 'n Walk programs. Discover green plants in winter, early blooms and wildlife, ephemeral flowers and sure signs of spring. Following a guided walk through the Arboretum's woodland, meadows and wetland, enjoy a delicious and nutritious lunch along with a brief talk about the meal's nutritional value. Copies of recipes are provided. Offerings include:



*Adkins Arboretum docent Julianna Pax points to an item of interest during one of the Arboretum's popular Soup 'n Walk programs. The winter Soup 'n Walk series begins Sat., Feb. 21.*

#### **Seeking Sun and Winter Warmth Sat., Feb. 21, 11 a.m.–1:30 p.m.**

On this wintry 90-minute walk, seek out green plants that cherish the warm winter sun and trees with distinctive bark. Plants of interest include mosses, cranefly orchid, magnolia and holly leaves, pine and red cedar needles, Christmas fern and the green stems of strawberry bush and greenbrier. Menu: kale, corn and black bean soup, Eastern Shore coleslaw, ancient grain bread with spinach spread, and dried fruit compote.

#### **Early Blooms, Songbirds and Spring Frogs Sat., March 21, 11 a.m.–1:30 p.m.**

Early pink, white and purple blooms are beginning to appear. Look for skunk cabbage, paw paw, spring beauty and bloodroot while listening for early songbirds and spring frogs on this 90-minute early-spring walk. Menu: pasta and garbanzo bean soup, potato salad with red beans and orange carrots, wheat bread with blackberry jam, and blueberry peach smoothies.

### **Fleeting Ephemerals**

**Sat., April 18, 11 a.m.–1:30 p.m.**

Appearing in early spring, ephemerals flower, fruit and die back in a short period of time. Join a 90-minute walk to look for pollinators and to catch glimpses of pink spring beauty, mayapple, and dogwood blossoms, yellow trout lily, golden groundsel, sassafras and spicebush blooms, and white beech tree blossoms. Menu: carrot and ginger soup, berry almond spinach salad, ancient grain bread with goat cheese and orange marmalade, and yellow cake with red and blue berry sauce.

### **Tuckahoe Creek and Beyond**

**Sat., May 16, 11 a.m.–1:30 p.m.**

Tuckahoe Creek is a beautiful, tranquil spot that provides views of a wide variety of flowering plants. On this 90-minute walk, look for box turtles in addition to mountain laurel, beech and tulip trees, black cherry tree blossoms, pink lady's slipper orchid and Solomon's seal blooms, and mayapple fruit. Menu: zucchini apple soup, green bean salad with mango dressing, apple date wheat bread with cherry jam, and berry cobbler.

Each Soup 'n Walk program is \$20 per person for members, \$25 per person for non-members. Advance registration is required. Register at [adkinsarboretum.org](http://adkinsarboretum.org) or call 410.634.2847, ext. 0. The Arboretum gift and book shop is open during the program and offers a 20% discount to program participants.

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](mailto: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](http://www.adkinsarboretum.org) or call 410-634-2847, ext. 0.*

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