

NEWS RELEASE

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Enjoy Nature, Nurturing and Nutrition March 22 with Adkins Soup 'n Walk Program

Learn about spring's early pink and purple blooms when Adkins Arboretum offers a popular Soup 'n Walk program on Sat., March 22. Following a guided walk through the Arboretum's woodland, meadows and wetland, enjoy a delicious and hearty lunch along with a brief lesson about the meal's nutritional value. Copies of recipes are provided.

Led by an Arboretum docent, the 90-minute walk will focus on skunk cabbage, spring beauty and bloodroot blooms and the soft buds of paw paw. The menu includes chicken soup with greens and sweet potatoes, broccoli bud salad, dill rye bread with mint jelly, and gingerbread carrot cake with lemon sauce.

The Soup 'n Walk program is \$20 per person for members, \$25 per person for non-members. Walks often fill to capacity, so early registration is recommended. 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.



Docent Julianna Pax, at right, points out mountain laurel during a Soup 'n Walk program at Adkins Arboretum. The next Soup 'n Walk program is Sat., March 22.

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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 is the region's resource for native plants and education programs about nature, ecology and wildlife conservation 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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