

NEWS RELEASE

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Adkins Arboretum Offers Soup 'n Walk Programs

Adkins Arboretum has announced the winter and spring lineup for its popular Soup 'n Walk programs. Discover green plants in winter, early blooms, 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 lesson 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. 22.

Seeking Sun and Winter Warmth **Sat., Feb. 22, 11 a.m.–1:30 p.m.**

On this wintry 90-minute walk, seek out green plants that cherish the warm winter sun. 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: caldo verde with turkey sausage, pasta primavera, pumpkin bread with spinach spread, cranberry nut bread.

Early Purple and Pink Blooms **Sat., March 22, 11 a.m.–1:30 p.m.**

Early pink and purple blooms are beginning to appear. Look for skunk cabbage, paw paw, spring beauty and bloodroot on this 90-minute early-spring walk. Menu: chicken soup with greens and sweet potatoes, broccoli bud salad, dill rye bread with mint jelly, gingerbread carrot cake with lemon sauce.

Fleeting Ephemerals

Sun., April 6, 12:30–3 p.m.

Appearing in early spring, ephemerals flower, fruit and die back in a short period of time. Join a 90-minute walk 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. Vegetarian menu: spring lentil soup, ginger carrot salad with cranberries, ancient grain bread with orange marmalade, fudge cake brownies.

Tuckahoe Creek

Sat., May 3, 11 a.m.–1:30 p.m.

Enjoy the beautiful view along Tuckahoe Creek on this 90-minute walk. See mountain laurel, beech and tulip trees, black cherry tree blossoms, pink lady's slipper and Solomon's seal, and Mayapple fruit. Menu: Scallop and vegetable soup, roasted red beets and carrots, apple date walnut bread with apple jelly, fruity nutty oatmeal bars.

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 or call 410.634.2847, ext. 0. Sweet Bay Gifts, 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.

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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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