

NEWS RELEASE

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(RIDGELY, MD—January 19, 2016)

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:

Winter Greens

Sat., Feb. 20, 11 a.m.–1:30 p.m.

Seek out green plants that cherish the warm winter sun and trees with distinctive bark. Plants of interest include mosses, crane-fly orchid, magnolia and holly leaves, and the green stems of strawberry bush and greenbrier. Menu: hearty chili, sweet and tangy sauerkraut salad, brown rice bread with spinach dip, dark chocolate chewy cookies.



Winter Greens, focusing on plants that provide greenery in the winter landscape, is the year's first program in Adkins Arboretum's popular Soup 'n Walk series. Photo by Kellen McCluskey.

Early Songbirds & Spring Frogs

Sat., March 19, 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. Menu (vegetarian): borscht beet and cabbage soup, Waldorf apple salad, pumpernickel bread with strawberry jam, amaranth date bars with orange glaze.

Spring Ephemerals

Sat., April 23, 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 walk to look for pollinators and to catch glimpses of pink spring beauty, may apple and dogwood blossoms, golden groundsel, sassafras and spicebush blossoms, and white beech tree blossoms. Menu (vegetarian): ginger sweet potato soup, Eastern Shore crunchy coleslaw, spice pumpkin bread with apple butter, cinnamon crunch apple cake.

Tuckahoe Creek & Box Turtles

Sun., May 22, 11 a.m.–1:30 p.m.

Tuckahoe Creek is a beautiful, tranquil spot that provides views of many flowering plants. Look for box turtles along with mountain laurel, beech and tulip tree blossoms, pink lady's slipper and Solomon's seal blooms, and may apple fruit. Menu (gluten free and vegetarian): kale, apple and lentil soup, roasted red beets and carrots, quinoa, green bean and tomato salad, almond coconut cupcakes with lemon frosting.

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. 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 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, conservation and gardening. For more information about programs, visit adkinsarboretum.org or call 410-634-2847, ext. 0.

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