

NEWS RELEASE

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(RIDGELY, MD—February 11, 2013)

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, and fleeting ephemeral flowers on a guided walk through the Arboretum woodland, meadows and wetland. Following the walk, enjoy a delicious and hearty lunch along with a brief lesson about the meal's nutritional value. Copies of recipes are provided. Offerings include:

Seeking Snow and Winter Warmth

Sat., Feb. 23, 11 a.m.–1:30 p.m.

Search out green plants that cherish the warm winter sun, and possibly snow-covered plants, on this wintry walk. Plants of interest include mosses, crane-fly orchid, magnolia and holly leaves, pine and red cedar needles, Christmas fern and the stems of strawberry bush and greenbrier. Menu (gluten free): Caldo verde with kale, roasted winter vegetables with fresh herbs, quinoa, green bean, and tomato salad, and almond cake with lemon frosting.



Buds and Early Blooms

Sat., March 23, 11 a.m.–1:30 p.m.

Many trees and shrubs are sporting new spring buds, fiddleheads are emerging on Christmas fern, and early pink and purple blooms are beginning to appear. Register for a one-hour or two-hour walk to check out skunk cabbage, spring beauty, and bloodroot blooms and the soft buds of paw paw, hickory and tulip tree. Menu: Beet and cabbage soup, black-eyed pea salad, dill rye bread with strawberry jam, and raspberry rhubarb cobbler.

Docent Julianna Pax, at right, points to a spot of green in the winter landscape during a Soup 'n Walk program at Adkins Arboretum. The Arboretum's winter Soup 'n Walk series begins Sat. Feb. 23.

Fleeting Ephemerals

Sat., April 27, 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 one-hour or two-hour 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. Menu: Chicken rice vegetable soup, cabbage and carrot slaw with nuts, ancient grain bread with buckwheat honey, and baked pineapple.

Each Soup 'n Walk program is \$20 per person for members, \$25 per person for the general public. 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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