

Future events at a glance

- National Public Gardens Day: free admission**
May 6
- Shore Shakespeare Co. presents Macbeth**
May 13, 14, & 15
- Bird Migration Walks**
May 7 & September 10
- Native Garden Tour**
May 21
- Blue Moon Walk**
May 28
- Forest Music**
June 17
- Members' Nursery Fall Open House**
September 10
- Magic Weekend**
September 24
- Smithsonian Museum Day: free admission**
September 24
- Holiday Open House**
December 3
- Candlelit Caroling Celebration**
December 10

key Trips
Stewardship
Arts
Walks
Youth


ADKINS ARBORETUM
12610 Eveland Road
Ridgely, MD 21660

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Watermarks





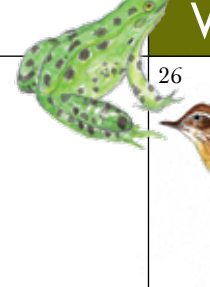




Marilyn Banner, *Under Water*, encaustic on wood, 8" x 8"


art shows

Marilyn Banner
On view April 5 through May 27

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January			<i>The Art of Nature</i> , work by students in Adkins Arboretum's Botanical Art Program, on view through January 29			1 First Saturday Guided Walk 10 a.m.
3	4	5 	6 Nature as Muse 9-11 a.m.	7 Dog Walking 10 a.m.	8 PLANT OF THE WEEK <i>Lycopodium</i> (sp.) princess pine	9
10 PLANT OF THE WEEK <i>Pinus taeda</i> loblolly pine	11	12 Early Morning Walks	13 Early Morning Members' Walk 8-9:30 a.m.	14 Dog Walking 10 a.m.	15 	16
17 	18 	19 	20 PLANT OF THE WEEK <i>Pinus virginiana</i> Virginia pine	21 Dog Walking 10 a.m.	22 Botanical Art: Composition & Painting 10 a.m.-1 p.m.	23 botanical art
24 31 PLANT OF THE WEEK <i>Alnus serrulata</i> swamp alder	25 	26	27	28 Dog Walking 10 a.m.	29 Botanical Art: Composition & Painting 10 a.m.-1 p.m.	30 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February		2 Nature Preschool: Groundhogs Galore 10-11:15 a.m. Winter Naturalists homeschool program 1-2:30 p.m.	3 Nature as Muse 9-11 a.m.	4 Dog Walking 10 a.m.	5 PLANT OF THE WEEK <i>Packera aurea</i> golden groundsel	6 First Saturday Guided Walk 10 a.m.
7 Natural Building Design 1-2:30 p.m.	8 PLANT OF THE WEEK <i>Cornus stolonifera</i> redtwig dogwood	9 Nature Preschool: Journey of a Snowflake 10-11:15 a.m. Winter Naturalists homeschool program 1-2:30 p.m.	10 Early Morning Members' Walk 8-9:30 a.m.	11 Dog Walking 10 a.m.	12 Botanical Art: Composition & Painting 10 a.m.-1 p.m.	13 Art Reception: 2016 Juried Art Show 3-5 p.m.
14 PLANT OF THE WEEK <i>Mitella repens</i> partridge berry	15	16 Nature Preschool: Mitten Magic 10-11:15 a.m. Winter Naturalists homeschool program 1-2:30 p.m.	17 	18 Dog Walking 10 a.m.	19 Paintbrush Party 7-9 p.m. at QAC Centre for the Arts	20 Winter Greens Soup 'n Walk 11 a.m.-1:30 p.m. SOUP 'N WALKS
21	22 	23 Nature Preschool: Antlers Away 10-11:15 a.m. Winter Naturalists homeschool program 1-2:30 p.m.	24 PLANT OF THE WEEK <i>Ilex opaca</i> American holly	25 Dog Walking 10 a.m.	26	27 iPhone Photography Basics 1-4 p.m.
28	29	2016 Juried Art Show on view beginning February 2		Paintbrush Party		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March		2 Nature Preschool: Fox Trot 10-11:15 a.m. Winter Naturalists homeschool program 1-2:30 p.m.	3 Nature as Muse 9-11 a.m.	4 Color Pencil Introduction 9:30 a.m.-3:30 p.m. Dog Walking 10 a.m.	5 First Saturday Guided Walk 10 a.m.	6 The Art of iPhoneography 1-4 p.m.
6	7 PLANT OF THE WEEK <i>Asimina triloba</i> pawpaw	8 Nature Preschool: Seed Starters 10-11:15 a.m. Winter Naturalists homeschool program 1-2:30 p.m.	9 Early Morning Members' Walk 8-9:30 a.m.	10 Color Pencil Introduction 9:30 a.m.-3:30 p.m. Dog Walking 10 a.m.	11 Museum Day Live!	12 Museum Day Live! Free admission
13 PLANT OF THE WEEK <i>Cornus florida</i> flowering dogwood	14	15 	16	17 Dog Walking 10 a.m.	18	19 Early Songbirds & Spring Frogs Soup 'n Walk 11 a.m.-1:30 p.m. SOUP 'N WALKS
20	21 PLANT OF THE WEEK <i>Lindera benzoin</i> spice bush	22 	23	24 Advanced Painting Workshop: Evergreens 10 a.m.-4 p.m. Dog Walking 10 a.m.	25 	26 
27 	28 	29 	30 PLANT OF THE WEEK <i>Claytonia virginiana</i> spring beauty	31 Advanced Painting Workshop: Evergreens 10 a.m.-4 p.m. Dog Walking 10 a.m.	2016 Juried Art Show on view through April 1	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April		<i>Watermarks</i> , works by Marilyn Banner, on view beginning April 5			1 	2 Landscape Design Workshop 8:30 a.m.-4:30 p.m. First Saturday Guided Walk 10 a.m.
3 PLANT OF THE WEEK <i>Sanguinaria canadensis</i> bloodroot	4	5 Nature Preschool program 10-11:15 a.m. Science of the Garden homeschool program 1-2:30 p.m.	6 Nature as Muse 9-11 a.m.	7 Dog Walking 10 a.m.	8 	9 Arbor Day Run Registration begins at 8 a.m.
10	11 PLANT OF THE WEEK <i>Amelanchier canadensis</i> serviceberry	12 Nature Preschool program 10-11:15 a.m. Science of the Garden homeschool program 1-2:30 p.m.	13 Early Morning Members' Walk 8-9:30 a.m.	14 Dog Walking 10 a.m.	15 	16 Designed Plant Communities 10-11 a.m.
17 Understanding Your Camera noon-4 p.m.	18	19 Nature Preschool program 10-11:15 a.m. Science of the Garden homeschool program 1-2:30 p.m.	20 PLANT OF THE WEEK <i>Vaccinium corymbosum</i> blueberry	21 Dog Walking 10 a.m.	22	23 Spring Ephemerals Soup 'n Walk 11 a.m.-1:30 p.m. SOUP 'N WALKS
24 Nature's Interconnections: Spring Ephemerals 1-2:30 p.m.	25 PLANT OF THE WEEK <i>Mertensia virginica</i> Virginia bluebells	26 Nature Preschool program 10-11:15 a.m. Science of the Garden homeschool program 1-2:30 p.m.	27 Nursery Opening	28 Dog Walking 10 a.m.	29	30 Nursery Opening—Member's Day Art Reception: Marilyn Banner 3-5 p.m.

ARTS • CRAFTS • WRITING • EXHIBITS

BOTANICAL ART PROGRAMS

Botanical Art: Composition & Painting
Thursdays, January 21 & 28 and February 4 & 11,
10 a.m.–1 p.m.

Fee: \$125 members/\$155 non-members
Join **Kelly Sverduk** to complete a series of small botanical studies using watercolor techniques introduced in previous classes. Each study will feature a different subject and will focus on a principle of composition, color range, and watercolor application.

Color Pencil Introduction
Thursdays, March 3 & 10, 9:30 a.m.–3:30 p.m.

Fee: \$125 members/\$155 non-members
Learn basic color pencil techniques in this workshop led by **Lee D'Zmura**. Sessions include demonstrations of techniques, exercises that explore application and tonal effects, and individual projects.

Advanced Painting Workshop: Evergreens
Thursdays, March 24 & 31, 10 a.m.–4 p.m.
Fee: \$125 members/\$155 non-members
Paint a sprig from one of the Arboretum's evergreen trees in this workshop taught by **Kelly Sverduk**. Instruction will focus on drawing and watercolor work, with focus on detail work for leaves, needles, scales, berries, and small cones.

Journaling Workshop
Saturday and Sunday, May 13 & 14, 10 a.m.–3 p.m.

Fee: \$105 members/\$130 non-members
Nature and travel journaling have become popular pastimes. Join **Lee D'Zmura** to learn techniques to record plants, animals, places, and experiences quickly and spiritedly, from initial sketches to final renderings.

Botanical Drawing I
Thursdays, September 15, 22, & 29 and October 6,
9:30 a.m.–12:30 p.m.

Fee: \$125 members/\$155 non-members
Drawing is the backbone of botanical art. Led by **Lee D'Zmura**, this introduction to botanical drawing focuses on developing skills and techniques for capturing the essence of flowers, fruits, pods, and leaves. Each student will produce a detailed botanical study in pencil.

Illuminated Letters I
Saturday, October 8, 10 a.m.–3:30 p.m.

Fee: \$65 members/\$80 non-members
Illumination is the centuries-old art of painting decorative letters adorned with gold. This workshop led by **Lee D'Zmura** will focus on the processes and skills of creating illuminated letters. Based on historic style, the project will be completed using gold paint.

Color Pencil II
Thursdays, October 13 & 20, 9:30 a.m.–3:30 p.m.

Fee: \$125 members/\$155 non-members
Learn advanced techniques and create a botanical piece in this workshop with **Lee D'Zmura**. Sessions include composition and techniques, color blending and detailing, and individual projects.

Botanical Drawing II
Thursdays, October 27 and November 3, 10, & 17,
9:30 a.m.–1:30 p.m.

Fee: \$155 members/\$190 non-members
In drawing, light and shade communicate the three dimensionality of a plant, with highlights and shadows introducing depth and form. This series taught by **Lee D'Zmura** emphasizes the principles of light and shadow and techniques for adding tonal shading to graphite drawing. Prerequisite: Botanical Drawing I.

Illuminated Letters II
Saturday, November 5, 10 a.m.–3:30 p.m.

Fee: \$65 members/\$80 non-members
Building on skills learned in Illuminated Letters I, this workshop taught by **Lee D'Zmura** features two new styles of illumination developed in the Celtic and Renaissance traditions. Additional techniques will be introduced as students complete the two projects.

Lee D'Zmura is an award-winning botanical artist whose experience as a landscape architect enriches her watercolors. She received her certificate in botanical art from the Brookside Gardens School of Botanical Art and Illustration. Her work is in collections throughout the country. She maintains a studio in St. Michaels, MD, where she draws inspiration from her neighbors' gardens and from the native wildflowers of Maryland's Eastern Shore.

Botanical artist **Kelly Sverduk** specializes in watercolor and is passionate about making and teaching art. With a background in both art and natural sciences, she finds the field of botanical illustration to be a perfect combination of her interests. Kelly holds a B.A. in studio art from Messiah College and a certificate in botanical art from the Brookside Gardens School of Botanical Art and Illustration. She lives with her family in Greenwood, DE.

Nature as Muse
Wednesdays, January 6, February 3, March 2, April 6,
9–11 a.m.

Free for members/free with \$5 admission for non-members
Enjoy writing as a way of exploring nature. The group is open to anyone who enjoys scribbling lines of thought across parts of trees now bound with rings or glue.

Paintbrush Party: Friend and FUNdraiser
Friday, February 19, 7–9 p.m.

Fee: \$45
Uncork your inner artist and support Adkins Arboretum! Delight in making your very own masterpiece, all while enjoying music, refreshments, and good company. Bring your friends and enjoy step-by-step instruction by a local artist to complete a painting to take home at the end of the night. No experience is necessary. **The Paintbrush Party will be held at Queen Anne's County Centre for the Arts, 206 S. Commerce St., Centreville.**



Karen Klinedinst

iPhone Photography Basics
Saturday, February 27, 1–4 p.m.

Fee: \$45 members/\$55 non-members
Are you interested in getting the most from your iPhone's camera? In this workshop with landscape photographer and graphic designer **Karen Klinedinst**, you'll learn camera techniques that are exclusive to iPhone photography and discover which apps are best for image capture. You'll also learn basic tips for editing and fine-tuning photos directly on your iPhone.

The Art of iPhoneography: iPhone Photography Next Steps
Saturday, March 5, 1–4 p.m.

Fee: \$45 members/\$55 non-members
Learn to edit, fine-tune, and perfect your photos directly on your iPhone and/or iPad. Join **Karen Klinedinst** to study combinations of iOS apps that can transform your images into photo-based digital art.

Understanding Your Camera
Sunday, April 17, noon–4 p.m.

Fee: \$45 members/\$55 non-members
Learn how to get the best images possible from your camera! Join instructor **Josh Taylor** in the classroom to reacquaint yourself with your camera's settings and features, and then practice your skills in the Arboretum's spring landscape. Josh is a professional garden photographer, workshop leader, and Canon camera instructor.



Marilyn Banner, Approach, encaustic on wood, 14" x 14"



Anna Harding, Magnolia Leaf, colored pencil, 11" x 13" (from the botanical art student show)

ART EXHIBITS

The Arboretum sponsors art exhibitions throughout the year, including an annual juried show and outdoor environmental art. For gallery hours: 410-634-2847, ext. 0 or info@adkinsarboretum.org.

The works of students in the Arboretum's Botanical Art Program are featured in *The Art of Nature*, on view through January 29. Focusing on plant diversity of the Eastern Shore, this show presents a range of botanical art from beginning drawings through advanced botanical art pieces. Working in a variety of mediums, students in the program learn to observe and accurately document native species.

The 2016 Juried Art Show, *Discovering the Native Landscapes of Maryland's Eastern Shore*, will be on view February 2 through April 1. Celebrating the Arboretum's mission of conservation, this annual show is now in its seventeenth year. It draws entries in a wide variety of mediums by artists from the Mid-Atlantic region and beyond. This year's juror, Anke Van Wagenberg, formerly of the National Gallery, the Walters Art Museum, and Salisbury University, is senior curator at Easton's Academy Art Museum. There will be a reception Saturday, February 13 from 3 to 5 p.m.

In *Watermarks*, her second show at Adkins Arboretum, encaustic painter **Marilyn Banner** explores the sea's shore. On view April 5 through May 27, her new paintings are just as lush and seductive as the landscapes she has become known for, but now she is lowering her gaze from the horizon to explore what is underfoot, just at the water's edge. Each of her works is layered with intricate textures and colors interwoven with traces of seaweed, shells, footprints, and the marks left by tidal waters in the sand. There will be a reception to meet this Takoma Park artist and learn about her process of working on Saturday, April 30 from 3 to 5 p.m.



Josh Taylor

STEWARDSHIP

Natural Building Design
Sunday, February 7, 1–2:30 p.m.

Fee: \$15 members/\$20 non-members
Architectural designer and civil engineer **Steve Layden** is building a small home in Centreville, MD, using sustainable practices. Join Steve to learn about energy efficiency, natural building, and compact living. Visit dumbhome.com for more information about Steve's building process.

Landscape Design Workshop
Saturday, April 2, 8:30 a.m.–4:30 p.m.

Fee: \$95 members/\$120 non-members/\$150 member couples
This all-day intensive design workshop addresses typical challenges of Chesapeake Bay-region homeowners. With help from landscape designer **Chris Pax** and landscape architects **Barbara McClinton** and **Meredith Watters**, you will leave the workshop with a landscape plan, ideas, and confidence to transform your home landscape for your enjoyment and pride.

Designed Plant Communities for the Chesapeake: Perennials That Can Take It!
Saturday, April 16, 10–11 a.m.

Fee: \$15 members/\$20 non-members
Low maintenance...drought proof...deer resilient...larval host...beauty. We ask a lot of our landscapes these days. How can one group of plants provide interest year round yet meet all these other requirements? In their book *Planting in a Post-Wild World*, **Thomas Rainer** and **Claudia West** present concepts for creating landscapes that require fewer resources to maintain and are resilient to weather and other stresses. Join us to learn about Chesapeake perennials that fit the bill and how they relate to the concepts in Tom and Claudia's book.

Museum Day Live!
Saturday, March 12

A celebration of culture, learning, and knowledge, Museum Day Live! reflects the free-admission policy of the Smithsonian Institution's museums. Enjoy free Arboretum admission along with a self-guided walk or audio tour.

Arbor Day Run

Saturday, April 9. Registration begins at 8 a.m.
5K Ages 16 and up: \$20 if registered by March 26/\$25 day of race
5K Ages 15 and under: \$10 if registered by March 26/\$15 day of race
The Fun Run and Healthy Kids Dash are free.
Join fellow runners and nature enthusiasts for the eleventh annual Arbor Day Run. Featuring a 5K Run/Walk and a one-mile Family Fun Run/Walk, this popular event kicks off with a Healthy Kids Dash at 8:50 a.m. Catch glimpses of spring on a cross-country course along the Arboretum's network of forest and meadow paths. Refreshments, awards, and a native tree raffle follow. All registered 5K participants will receive an "Arbor Day 5K" T-shirt. Fun Run and Kids Dash participants may purchase a shirt for \$10. Register at adkinsarboretum.org or at the front desk. Chip timing by BluePoint Race Management.

Nursery Opening—Member's Day
Saturday, April 30, 10 a.m.–4 p.m.

Welcome spring with a special members' day at the Native Plant Nursery! One perk of Arboretum membership is advance access to the Nursery's wide and varied selection of plants. Join fellow members (or join that day) to celebrate the Nursery's opening day for the 2016 season. Following the members' day, in response to overwhelming requests for weekend hours, the Nursery will be open Fridays and Saturdays throughout the growing season for both members and the public.

Members receive a significant discount on plants. Join at adkinsarboretum.org or contact Joanne Murphy at 410-634-2847, ext. 34 or jmurphy@adkinsarboretum.org.



Bartram's Garden and Architecture Tour and Schuylkill River Cruise

TRIPS

Bartram's Garden and Architecture Tour and Schuylkill River Cruise
Wednesday, June 22

Fee: \$130 members/\$160 non-members includes transportation, driver gratuity, river cruise, lunch, and guided tour of garden and home. Register by May 6 to reserve your seat and ensure trip will proceed. River cruise is currently limited to 35, so register early.
Join a yacht cruise along the Schuylkill River, learn the fascinating history of Philadelphia's "Hidden River" and its significance to Bartram's Garden, and explore the fascinating story of the Bartram family of botanists, explorers, and eighteenth century pioneers. Lunch in Bartram's Barn before enjoying a guided walk featuring seasonal blooms, the carved stone cider press, and stunning examples of colonial architecture.

SAVE THE DATE

Duke Farms
Tuesday, October 4

Located on 2,740 acres in Hillsborough, NJ, Duke Farms is one of the largest privately owned parcels of undeveloped land in the state. Through the beauty of its natural setting and the scope of its educational programming and research, Duke Farms inspires visitors to become informed stewards of the land. **Mark your calendar—details forthcoming this spring.**

YOUTH AND FAMILY

Acorn Academy Nature Preschool
Tuesdays, February 2–March 8, 10–11:15 a.m.

Fee: \$5 per class members/\$7 per class non-members
Free for Caroline County residents
This series of six classes is open to children ages 3 to 5 and includes nature walks, stories, songs, snacks, and an art project to take home. An instant play group for moms and tots alike, nature preschool helps children learn socialization skills while exploring the wonders of the great outdoors. Nature ABCs, 123s, and nursery rhymes are part of the fun. Advance registration is required.

Science for Homeschool Students: Winter Naturalists
Tuesdays, February 2–March 8, 1–2:30 p.m.

Fee: \$45 members/\$60 non-members
Got cabin fever? Beat the winter doldrums by joining fellow homeschoolers for hands-on science fun! In this engaging six-week program, students ages 8 to 12 will learn how local wildlife adapts to winter weather, conduct insulation experiments, track wild animals, identify trees by their twigs, and make ice cream as part of a lesson on snowflake formation. Advance registration is required.

GUIDED WALKS

Thursday Dog Walks
Thursdays, 10–11 a.m.

Free for members/free with \$5 admission for non-members
Join Arboretum staff and/or volunteers for a stroll along the best paths for exploring with your furry friend.

First Saturday Walks

January 2, February 6, March 5, April 2, 10 a.m.
Free for members/free with \$5 admission for non-members
Join a docent naturalist to discover the Arboretum's rich and unique native plant habitats. Explore mature and young native forests, meadows, a wetland, rain and pollinator gardens, the Native Plant Nursery, and the Children's teaching garden. Tours begin at the Visitor's Center and last approximately one hour.

Early Morning Members' Walk
January 13, February 10, March 9, April 13,
8–9:30 a.m. **Must be a member—join today!**

The Arboretum woods are a magical place early in the morning. Join Nursery Manager **Joanne Healey** and guest guides for an early morning walk. Explore your guide's favorite trails, talk about animal tracks they've come upon, stop to identify bird calls, or search for emerging plants of spring. The focus of each walk will change with the seasons. Dress for the weather. Cancellations only in extreme weather.

Nature's Interconnections: Spring Ephemerals
Sunday, April 24, 1–2:30 p.m.

Free for members/free with \$5 admission for non-members. All ages are welcome.
Spring at Adkins Arboretum offers a dazzling diversity of flowers that emerge and are gone in the blink of an eye. Join Arboretum docent and Maryland Master Naturalist **Margan Glover** in to look for early spring's botanical treasures: trout lilies, Virginia bluebells, spring beauties, pink lady's slipper, and more.

FUTURE DATES

June 26	Summer Wildflowers
October 16	Fall Color, Seeds, and Bark
December 4	Winter Woodland Architecture

LOOKING AHEAD

Acorn Academy Nature Preschool Spring Session
Tuesdays, April 5–May 10, 10–11:15 a.m.

Preschoolers will discover the wonders of nests, spring blooms, pollywogs, and more in a six-week program brimming with hands-on fun.

The Science of the Garden for Homeschool Students
Tuesdays, April 5–May 10, 1–2:30 p.m.

Fee: \$45 members/\$60 non-members
Students ages 8 to 12 will install a brand new pumpkin patch alongside the Arboretum's Sunshine Garden. Along the way, they'll use math to measure their garden plot, create a sun dial, keep a garden journal, and use microscopes to investigate soil composition and filtration.

Summer Nature Camps
Beginning June 13

Campers will make new friends and lifelong memories while exploring the Arboretum's woodland, meadow, stream, and wetland habitats. Registration begins in March.

SOUP 'N WALKS

Nature, Nurture, and Nutrition

Fee: \$20 members/
\$25 non-members

Following a guided walk with a docent naturalist, enjoy a delicious and nutritious lunch along with a brief talk about nutrition. Copies of recipes are provided.

Gift shop purchases are 20% off on Soup 'n Walk days.

WINTER GREENS

Saturday, February 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, cranefly orchid, magnolia and holly leaves, and the green stems of strawberry bush and greenbrier.

Menu

- Barty chili
- Sweet & tangy sauerkraut salad
- Brown rice bread with spinach dip
- Dark chocolate chewy cookies

SPRING EPHEMERALS

Saturday, 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
- Spiced pumpkin bread with apple butter
- Cinnamon crunch apple cake

EARLYSONGBIRDS & SPRING FROGS

Saturday, 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 broodroot while listening for early songbirds and spring frogs.

Menu (vegetarian)

- Birscht beet & cabbage soup
- Waldorf apple salad
- Pumpernickel bread with strawberry jam
- Anaranth date bars, orange glaze

TUCKAHOE CREEK & BOXTURTLES

Sunday, 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 & vegetarian)

- Kale, apple, & lentil soup
- Roasted red beets & carrots
- Quinoa, green bean, & tomato salad
- Almond coconut cupcakes with lemon frosting