

## New Adventures

Apologies for the delay in a seasonal adventures newsletter, we know you were eagerly checking your Inbox awaiting word from this exciting program! It was a busy summer to say the least (see *Summer by the Numbers* to get an

idea of just how busy!). Finally, school is back in session and we are back on track with a new "Notes" look and a ton of information to share, so feel free to pass along the "Notes"; we promise you won't get in trouble with the teacher!

## Summer By the Numbers

### Summer By the Numbers ~

It was a busy summer season at Glade Run Adventures, and we are happy to give you the results by the numbers:

**TWO** is the number of Boots and Roots summer camps that we hosted at school's end for typically developing kids from the community to come ride, play, and start the summer off with a bang.

**TWO** is also the number of Friday camps for these kids offered through CCBC.

**FIVE** is the number of weeks that we served **TWENTY FOUR** at-risk youth campers from the Pittsburgh area during the day and **EIGHT** campers from Pas-

savant Memorial Homes in the afternoons.

**THREE** is the number of weeks that our Specialized Adventures Camp provided fun camp activities for campers in need of social skills development .

**THREE** is also the number of boys employed through our CSA vocational training program to provide **FORTY-SEVEN** CSA members with weekly deliveries of fresh, local, organic produce. All of this happened in the **NINE** weeks of summer. **EIGHT** regular volunteers and **TWO**

interns helped to make it all happen, and you are the **ONE** who supports it all! Thanks!



## Sales Corner

*Support a great program and get your holiday shopping done at the same time!*

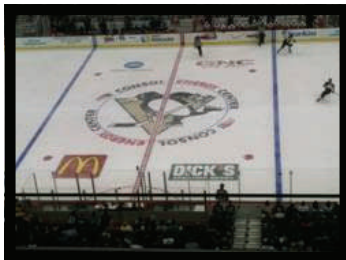
- Honey ~ 10.5 oz. jar \$7
- Farm Fresh Eggs ~ \$3 dozen
- Maple Syrup ~ 8oz. \$15
- Herbal Tea ~ \$2 / 5 pk.  
(Sunny Lemon, Chamomile, Mint, or Green Tea w/Quince)
- Potpourri ~ \$2 / bag
- Fresh Cut Herbs ~ \$2 /bunch  
(Basil, Rosemary, Mint, Bay Leaves, Cilantro, or Italian Parsley. Bundles can be all one herb or mix and match!)
- Anderson Chocolate Bars ~\$1 ea. assorted varieties
- Potted Perennials
- Compost Buckets ~ \$3 ea.
- Trail Ride and Lesson Gift Certificates!

### Adventures Program Penguin Ticket Raffle

*2 Penguin Tickets are being raffled to benefit Glade Run Adventures.*

**2 Tickets to January 6<sup>th</sup>, 2012 Game  
Penguins vs. Rangers**

**Seats Section 219 Row B Seats 1 and 2  
Raffle Tickets Price: \$5/each or 3 for \$12**



View from Seats

*Please email  
Carrie Moll at  
cmoll@gladerun.org  
for details*

**A Winner Will Be  
Drawn On  
December 1, 2011**

# Expanded Services!

**Carriage Rides, Sunday lessons, and field trips are all now a part of what Glade Run Adventures can offer the community.**

Anyone is welcome to participate in these expanded services, just get in touch for more info and to schedule your excellent adventure!

Carriage Rides have been a dream of the Program for years. Pulling the pieces together has taken time, but we are finally there; with a wheelchair lift on an Amish crafted carriage, two fine horses who love to pull, and competent staff eager to harness and drive! Several participants with limited mobility have been experiencing the exhilarating freedom of driving. Carriage rides are fun for everyone though, and the idea of taking a break from your workday to cruise scenic Zelienople courtesy of Coleena will make any day brighter.

The expansion of staffing to include Sunday riding instructor Sarah Chesky has opened up the opportunity for anyone from the community (8 years

or older) to learn to ride. Sarah's weekend lessons and trail rides fill up fast, but will be going on all winter long in our covered arena. Call Carrie Moll to schedule.

Several schools return year after year to expose their students to the unique opportunities in the Adventures Program. These field trips are tailored to the students who attend, making the experience special and worth every minute! All schools, special needs programs, and groups are invited to participate!



# Volunteer Program Given a New Focus

We LOVE our volunteers! It's simply amazing what generous people support this Program with their gift of time. We have learned over the years that volunteers want to be put to work, feel useful, and know that they are providing a service. With this in mind, we are focusing our volunteer efforts to not only expand the number of volunteers in the Program,

but to focus their efforts through direct involvement with Glade Run residents. The kids in our residential treatment program benefit immensely from exposure to the plants and animals right here in their own back yard. Unfortunately, there's just not enough time or funding to get them here as often as we would all like. Through training volunteers to

provide direct service at times when staff are not able to be here, more children and their families can benefit from working with the horses, small animals, in the greenhouse and gardens. If you are interested in learning more about our volunteer program, please get in touch! No experience is necessary, just the desire to see the amazing connections that happen everyday!

# Horticulture Sales

The Horticulture Program is hoping to make your holiday shopping easy. In addition to fresh cut herb bundles, and the poinsettia sale, healthy houseplants and windowsill herbs are available and make great gifts that keep on giving.

Houseplants: Shamrocks, Variegated Ivies, "Pink Plant" *Alternanthera ficoidea* 'Party Time', Swedish Ivy, Spider plants, Thanksgiving and Christmas cacti.

Windowsill Herbs: Rosemary, Bay, Lemongrass, Aloe, Lemon Verbena, Oregano, Tri-color Sage, Mints (Spear, Chocolate, Apple, Lavender, Orange), Basil, French and Spanish Lavenders.

Many of the plants are in 3 1/2" pots, selling for \$2.00 each. The larger potted plants increase in price accordingly. Please contact Joanie to check out what's growing in the greenhouse.



## Seasonal Recipe Sharing

### PUMPKIN AND GORGONZOLA SOUP

[www.theverybestbaking.com](http://www.theverybestbaking.com)

- 15oz. pure pumpkin puree
- 1 1/2 cups chicken stock
- 1 tsp ground sage
- 1 can (12oz) evaporated milk
- 3/4c crumbled Gorgonzola cheese
- 1 large scallion, finely chopped

Cook pumpkin, chicken stock and sage in large saucepan over medium-high heat, stirring frequently, until mixture comes to a boil. Stir in evaporated milk and cheese. Reduce heat to low; cook, stirring frequently until most of the cheese is melted. Sprinkle with scallion before serving. Season with ground black pepper, if desired.

### PUMPKIN FRITTERS

[allrecipes.com](http://allrecipes.com)

- 1 cup pumpkin puree
- 1 egg, lightly beaten
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon curry powder
- 1 teaspoon salt
- 4 cups vegetable oil for frying

In a medium bowl, combine pumpkin, egg, flour, baking powder, curry powder, and salt. Mix until smooth.

Heat oil in a deep saucepan to 325 degrees F (165 degrees C). Drop batter by spoonfuls into hot oil. Fry until golden brown, about 2 minutes. Remove with a slotted spoon,

**Horticulture Program  
Volunteers Wanted!**

**CALLING VOLUNTEERS  
AND VENDORS**

For the 13th annual  
**SPRING  
SYMPOSIUM**  
*and new*  
**NATURAL ARTS FAIR**

which will be hosted on  
Earth Day Weekend  
Saturday  
April 21st, 2012.

Planning for the event begins NOW!  
Please get in touch if you are interested in  
helping to make the event a success  
through volunteering, reserving a vendor ta-  
ble, or becoming a sponsor!

**SPRING  
SYMPOSIUM**  
*and*



**Poinsettia Sale**

All proceeds benefit the Specialized Adventures  
Summer Camp Scholarship Fund

SIZE	COST	# RED	# WHITE	# PINK
SMALL (4.5" Pixie)	\$4 EACH			
MEDIUM (6" Single stem)	\$8 EACH OR 2/\$15			
LARGE (8" 3 Stem)	\$18 EACH			
TOTAL PAYMENT:				
NAME:		EMAIL:		
		PHONE:		



Print this order form and return with payment  
(checks made payable to Glade Run Foundation)  
to Glade Run Adventures P.O. Box 70, Zelienople, PA 16063

**All orders must be received by December 1st**  
for pick up at Specialty Services on December 8th.  
Contact Julie Wahlenmayer (724) 452-4453 x.1236  
[JWahlenmayer@gladerun.org](mailto:JWahlenmayer@gladerun.org) for more information  
or to order by credit card over the phone.

# CSA Success!

A new adventure began this past June and continued throughout the summer till mid October. The Adventures Program hosted the first year of a Community Supported Agriculture (CSA) Program; selling weekly produce delivery "shares" to 47 subscribers. Three boys in residential treatment interviewed, accepted jobs, and learned valuable job skills through the growing, packing, and delivering of the weekly shares.

One subscriber, Cynthia, shared her feedback on the CSA; **"I loved the CSA! Feeding my family fresh, organic, local produce is important to me and the added benefit of knowing that I was supporting a voca-**

**tional training program for boys in need really made it special. We have tried other CSAs and were thrilled with the quality and quantity of the Adventures CSA. We have already subscribed for next year!"**

You can join Cynthia and the other 2012 subscribers by visiting the website and downloading the 2012 CSA brochure. Registration will be limited so be in touch for more details.



CSA boys on the first day of deliveries

# Worm Farmers



Our new three bin meal worm farm

Since the creation of weekly summer "worm races" and the purchase of a three tiered worm bin, we have been enjoying the many benefits that these little pink miracle workers.

Meal worms though, here's a new story! We inadvertently expanded our worm farming to include these tasty treats for our chickens when we were given a starter set in exchange for an adult hen. Quite different from earth-

worms, mealworms are the larvae of darkling ground beetles. St. Stephen's classes have really enjoyed learning the life cycle of the meal worm, and watching the transformation from egg to larvae to pupae happen in just a matter of weeks! The chickens couldn't be happier with our new harvest, and with any luck, we'll expand operations to eventually sell the worms to reptile owners and other chicken lovers!



Baby chicks hatched out 11/11/11

more heritage breeds to our flock and sold a few to other community members joining our backyard chicken movement. The new breeds are more frequent layers to help increase our profits from egg sales. Sostop by to meet the new babies and buy the best eggs you'll ever taste!

seem to connect with visitors who are in need of the special attention that they provide. We have one wheel chair bound participants to whom a few of the older girls will hop right up on, and then stay put as their feathers get raked backwards. It's an amazing thing to watch. The Adventures staff are all so enamored with these new additions that 3 out of the 4 of us have home coops with the fourth contemplating where to build hers! Carrie Bailey's new flock hatched this week in the office, allowing the kids to be a part of the amazing process. We have also just added a few

Vermiculture, or composting with worms, is nothing new to the Adventures Program.

# A New Flock

Who knew how therapeutic chickens could be? We took a guess that adding feathered egg-laying friends to the program would be a good thing, but the "girls" have offered more then even we imagined. In general, birds are very social animals, and chickens give us the opportunity to watch their interactions and antics up close. They are extremely friendly (don't be surprised when they rush up to you looking for treats), they don't mind being held (which is a fun and unusual experience for most folks), and they really

## Seasonal Recipe Sharing

### PUMPKIN BREAD PUDDING

from *Gourmet*, October 2007

- 1 cup heavy cream
- 1 cup cooked, mashed pumpkin
- 1/2 cup whole milk
- 1/2 cup sugar
- 2 large eggs plus 1 yolk
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground allspice
- Pinch of ground cloves
- 5 cups cubed (1-inch) day-old baguette or crusty bread
- 3/4 stick unsalted butter, melted

### Preparation

Preheat oven to 350 degrees with rack in middle.

Whisk together cream, pumpkin, milk, sugar, eggs, yolk, salt, and spices in a bowl.

Toss bread cubes with butter in another bowl, then add pumpkin mixture and toss to coat. Transfer to an ungreased 8-inch square baking dish and bake until custard is set, 25 to 30 minutes.



## GLADE RUN ADVENTURES

Glade Run Lutheran Services  
P.O. Box 70  
Zelienople, PA 16063

Phone: 724-452-4453 ext. 1236  
Fax: 724-452-6576  
Email: [jwahlenmayer@gladerun.org](mailto:jwahlenmayer@gladerun.org)

***Therapeutic Animal, Horticulture, and Agriculture Program***