



## **MEDIA RELEASE**

The Nature Institute  
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### **SWEET TREAT FOR VALENTINE'S DAY WEEKEND**

*The Nature Institute and LaVista CSA team up for maple tree tapping*

#### **FOR IMMEDIATE RELEASE**

**February 2, 2016**

Godfrey, Ill– The Nature Institute (TNI) and LaVista Community Supported Agriculture Farm team up to bring another year of maple tree tapping. “Maple Tapping with LaVista CSA Farm” is an event for those interested in learning with a hands-on approach about the process of making tasty maple syrup and its history. “Maple Tapping with LaVista CSA Farm” will be on Saturday, Feb. 13 at 1 p.m. The event will begin at the entrance to the Oblates, 4350 Levis Lane in Godfrey, Ill.

Join Eric and Crystal Stevens, LaVista CSA, and Ramona Puskar, TNI, as they walk through the biology and history of maple trees, tapping with everyday items, boiling and even tasting syrup. This event is \$10 per person or \$8 for current TNI members, which will benefit the missions of both TNI and LaVista.

Guests will first be led by TNI on a hike through maples trees with a background of tapping and the biology of the trees. Then, LaVista CSA will demonstrate how to tap the tree and collect the sweet water and how to boil the water off. With over five gallons of syrup already tapped, there will be plenty to end with tasting the newly created syrup.

Those attending should dress for the weather as we the group will be outside for the majority of the course. There is a limited amount of registration remaining. To register, please call (618) 466-9930 or email [info@thenatureinstitute.org](mailto:info@thenatureinstitute.org) with the names and the number of those planning to attend.

The Community Supported Garden at La Vista, located at 4350 Levis Lane in Godfrey, Ill, serves as a source of renewal for human, social and physical health by providing healthy and nutritious food, by the building of a diverse community, and through the practice of social justice. Community Supported Agriculture (CSA) is a relationship of mutual support and commitment between local farmers and community members who pay the farmer an annual membership fee to cover the production costs of the farm. In turn, members receive a weekly share of the harvest during the local growing season. To learn more about LaVista CSA Farm, visit [www.LaVistaCSA.org](http://www.LaVistaCSA.org).

The Nature Institute, located at 2213 South Levis Lane in Godfrey, Ill, is a conservation and environmental organization with a mission of raising awareness of the natural world through preservation, restoration and education. TNI owns over 450 acres of protected land, much of which have hiking trails. Those trails will reopen to the public on April 1 after a period of rest for the winter. To learn about TNI and other events, visit [www.TheNatureInstitute.org](http://www.TheNatureInstitute.org).

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