

NATURE



*A comprehensive nature
guide for Swarthmore
College students*



**THE SCOTT ARBORETUM
OF SWARTHMORE COLLEGE**

Content by Alexandra Simon and Sue MacQueen
Adapted from Nature Rx: Guide for First Year College and
University Students

Photos by The Scott Arboretum and Canva

Copyright © 2022 Families in Nature
and Cornell University

Original content by Jordan Joly, Heather Kuhlken, and
Don Rakow

All rights reserved. No portion of this book may be reproduced in any form
without permission from the publisher, except as permitted by U.S. copyright
law. For permissions contact: Info@FamiliesinNature.org

<https://naturerx.cornell.edu>

<https://familiesinnature.org>

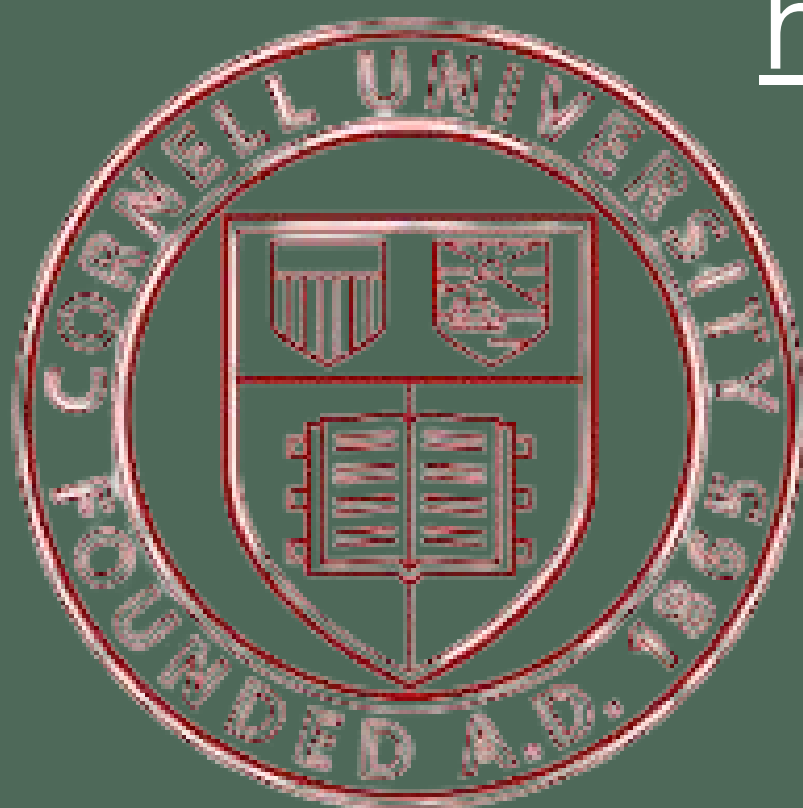


TABLE OF CONTENTS

Why Nature?	4
Getting Outside	8
Clubs	11
The Scott Arboretum	13
The Crum Woods	17
Seasonal Fun	20
Campus Contacts	25
Outside Swat	27
Other Ways to Connect	30



**THE SCOTT ARBORETUM
OF SWARTHMORE COLLEGE**

WHY NATURE?



Being outside does more for your body and mind than you might think...

NATURE AND WELL-BEING

Psychological

- Increases happiness
- Decreases stress levels
- Decreases anxiety and depression
- Improves outlook on life



Physiological

- Improves general health
- Improves the body's cancer fighting ability
- Improves problem solving skills
- Improves memory and reasoning

Behavioral

- Improved mood and mindset
- Improved outlook on social interactions
- Lessened sense of loneliness
- More appreciation for life



Social

- More opportunities to meet new people
- Better time spent with friends
- Increased appreciation for social connections

Want to learn more? Read [Your Brain on Nature: The Science of Nature's Influence on Your Health, Happiness, and Vitality](#).

BEING OUTSIDE...

5

FOR 5 MINUTES CAN BOOST
YOUR SELF-ESTEEM

FOR 10 MINUTES BOOSTS
YOUR VITAMIN D LEVELS

10

20

FOR 20 MINUTES DECREASES
STRESS LEVELS





GETTING OUTSIDE

*THERE ARE PLENTY OF WAYS TO GET
OUTSIDE, EVEN ON YOUR BUSIEST OF DAYS*



Walking to class



Walking to class, instead of taking the shuttle or driving, allows you to spend more time in nature. Try looking for familiar plants on your walk or try and learn new ones!





Eating meals outside

Instead of eating in the dining hall, get take out options and sit on the lawn. There is plenty of green space on campus waiting for you!

Studying outside

Feeling stressed about your work? Try studying outside! The dining hall offers outdoor terrace seating.



Taking courses that involve nature

Swarthmore offers courses in the environmental studies, english, biology, and religion departments that get you outdoors. Observe nature through an academic lens!



Go to school-sponsored events that are hosted outside



The Scott Arboretum and the Be Well Initiative host outdoor nature-related events frequently throughout the semester. Remember to check your email and the [Be Well event page](#) to know when the next one is happening.

Get involved in outdoor hobbies



Try hiking in the Crum Woods or playing frisbee on Parrish lawn! There are so many outdoor hobbies which can be curated through student-run clubs.



CLUBS

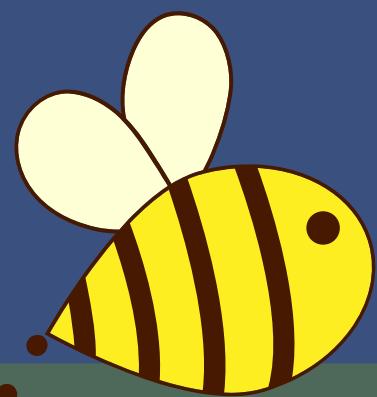


From Environmental Justice to Beekeeping to Gardening, Swarthmore's student-run clubs offer a variety of ways to get outside and interact with nature in a way that best suits you!

Don't see a club that is involved in a nature topic you want to pursue? Start it yourself by contacting ose@swarthmore.edu

Find the list of Swarthmore student run clubs and organizations at:

[Clubs at Swat](#)



Ultimate Frisbee

A great way to get outside and stay fit. Swarthmore offers both a men's and women's division with an active social scene and the ability to travel for tournaments.

Outsiders

Outsiders is Swarthmore's student-run outdoors club; they run hikes, workshops, kayaking trips, and other outdoors activities, including the fall/spring break backpacking trips, and weekly indoor rock climbing trips.

The Campus Coalition Concerning Chester (C-4)

Through education and advocacy, C-4 works to bring forward serious discussions about environmental injustice in pursuit of equity and justice to marginalized communities.

Alvéole

Swarthmore's campus offers an active bee hive maintained by Alveole, an urban beekeeping company. Workshops include honey collecting and general hive maintenance.

Birding

The Birding club is dedicated to observing birds in Crum Woods. Other activities include guest speakers and field trips.



THE SCOTT ARBORETUM

**Thankfully, getting outside isn't hard.
Swarthmore's campus is an
Arboretum!**

Swarthmore's campus is a living, breathing tree museum!



The mission of Scott Arboretum is...



to delight, educate, and inspire visitors to enjoy the many benefits of horticulture whatever their resources or expertise. Our “garden of ideas” features plant varieties that thrive in this region, encouraging wise stewardship as well as the cultivation of plants to sustain the body, enchant the eye, and soothe the spirit.

**None of this could happen without
our Arboretum employees and
Grounds Crew!**



**Thanks to the Scott Arboretum
curator, each woody plant on
campus has been labeled for easy
identification.**

PLANT AWARENESS DISPARITY



What is it?

“Human inability to see or notice plants in one's everyday life”

How do I combat it?

Observe the world around you with fresh eyes.

- How are the plants unique?
- What sets them apart, from their leaf shapes and sizes, to their vibrant colors?
- Can you spot any similarities among them?

Challenge yourself to name the most common plants you see, like the majestic swamp white oaks (*Quercus bicolor*) that tower over Magill Walk.

Searching for a tree? Use the Arboretum Explorer to find any woody plant on campus!



THE CRUM WOODS

**A natural treasure on campus and
another part of the Scott Arboretum**



Accessible to both on-campus and off-campus individuals, the Crum Woods is an expanse of restored, natural forest managed by the Scott Arboretum



Using your senses, take note of what you are feeling. What do you see, smell, feel, and hear?



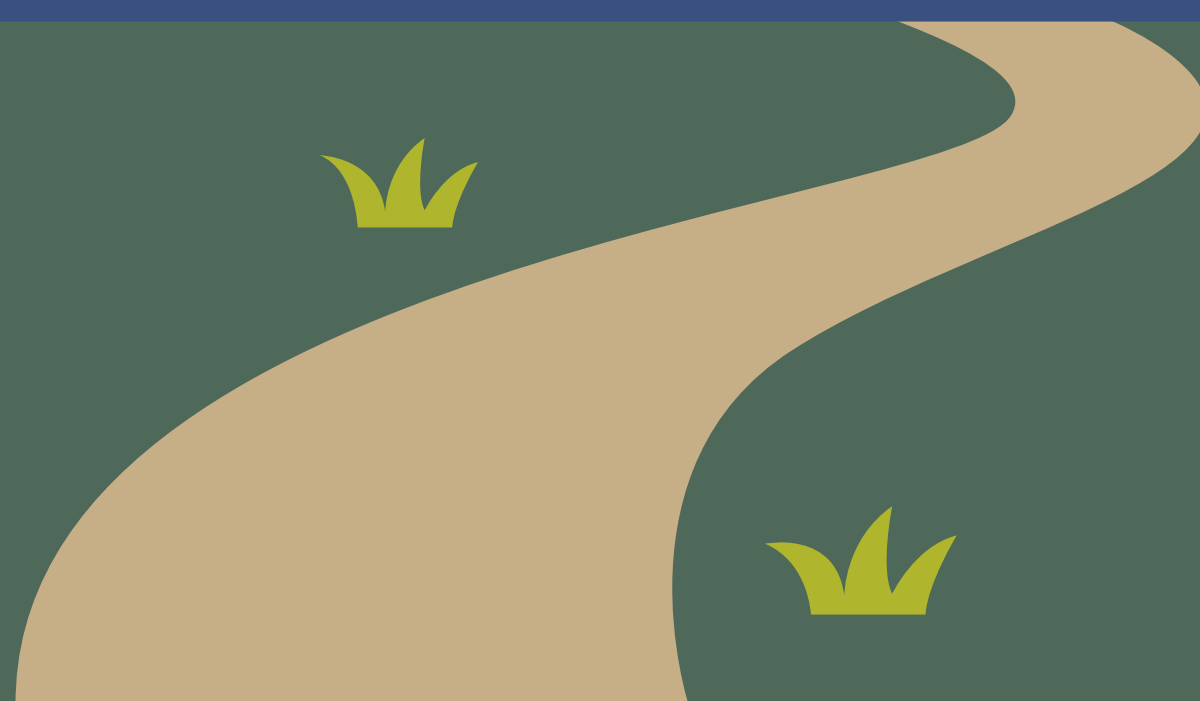
This spot is a hiker's paradise, with a dozen trails to explore. Trail markers and virtual maps make it hard to get lost! Find the [trail map](#) on the Swarthmore College website

Crum Woods

User Guide



- **The Crum Woods is open from sunup to sundown.**
- **Leave no trace! Nothing should be removed and nothing should be left behind.**
- **Stay on the trails to help prevent erosion and loss of native habitat.**
- **Dogs must be leashed.**
- **Fires, bicycles, alcohol, and motorvehicles are prohibited.**



Crum Woods provides access to roughly 3.5 miles of walking trails spanning 220 acres of natural lands. Visit the [Crum Woods website](#) for more information.

SEASONAL FUN

Located in the suburbs of Delaware County, Swarthmore experiences each season in a beautifully unique way.

Do you find it difficult to venture outside in the face of harsh weather conditions? Check out these tips to make the most of your time outside, no matter the weather.

Fall Activities

Give yourself a proper welcome to campus by exploring the beauties of campus in the fall. There is plenty to do and it's not limited to these ideas:

1

Find local fall festivals hosted by the Scott Arboretum and the town of Swarthmore.

2

Enjoy a free plant at the Scott Arboretum Welcome Back Plant Giveaway.

3

Go apple and pumpkin picking at local orchards like Linvilla.

4

Take notice of the changing leaves on every tree and use this as an opportunity for creative inspiration and fall photography.

5

Watch for the big leaf piles created by gardeners for students to jump in.

Winter Activities

Despite the snow and ice, there are numerous ways to stay engaged with the natural environment during this season. Here are some tips to get you started:

1

Go ice skating at Dilworth Park rink, an outdoor rink that is accessible by the SEPTA train.

2

When there's a lot of snow on campus, grab your friends and have a snowball fight or go sledding.

3

Check out Crumhenge and, with a fire permit from the Office of Student Engagement, make a bonfire with your friends!

Spring Activities

The spring is the time most students are outside enjoying the blooms of campus. Here are some ways to get outside while campus is warming up:

1

Get involved in the Garden Collective, a campus gathering place.

2

Check the Scott Arboretum website and look for arboretum walks held by gardeners.

3

As campus warms up, it's the perfect time to go for hikes in the Crum Woods.

Summer Activities

Many students stay on campus during the summer for employment and research opportunities. Here are some ways you can stay connected with nature during your summer at Swarthmore:

1

Cool off and sit near the Crum Creek.

2

Get to know the wonderful trees of campus and the shade they provide.

3

Sunbathe in the Adirondack chairs on campus and don't forget sunscreen.

CAMPUS CONTACTS

If you need help finding ways to stay connected, visit [Be Well](#) at Swarthmore College to find programming events.



CAMPUS CONTACTS

Other campus resources that can help your environmental well-being include:

Sue MacQueen, Campus Engagement Manager of the Scott Arboretum
smacque1@swarthmore.edu

Josh Elow, AOD Counselor, Be Well
jellow1@swarthmore.edu

Clare Hyre, Associate Director of Sustainability
chyre1@swarthmore.edu



OUTSIDE SWAT



Exploring Nature's Best
Beyond Campus Boundaries

Swarthmore is nestled within America's garden capital of the United States. There are limitless opportunities to discover the great outdoors when you're not buried in books.





The Gardens

Brandywine Valley

- 1 Brandywine River Museum of Art
- 2 Hagley Museum and Library
- 3 Longwood Gardens
- 4 Mt. Cuba Center
- 5 Nemours Estate
- 6 Welkinweir
- 7 Winterthur Museum, Garden & Library

Bucks County

- 8 Andalusia Historic House and Gardens
- 9 Bowman's Hill Wildflower Preserve
- 10 The Gardens at Mill Fleurs
- 11 Henry Schmieler Arboretum
- 12 Hortulus Farm
- 13 Tyler Formal Gardens

Main Line & Delaware County

- 14 Arboretum of the Barnes Foundation at Saint Joseph's University
- 15 Chanticleer
- 16 Haverford College Arboretum
- 17 Henry Botanic Garden
- 18 Jenkins Arboretum & Gardens
- 19 Scott Arboretum
- 20 Stoneleigh: a natural garden
- 21 Tyler Arboretum

New Jersey

- 22 Barton Arboretum and Nature Preserve of Medford Leas
- 23 Grounds For Sculpture
- 24 Camden Children's Garden

Northwest Philadelphia

- 25 Ambler Arboretum of Temple University
- 26 Awbury Arboretum
- 27 The Highlands Mansion & Gardens
- 28 Morris Arboretum of the University of Pennsylvania
- 29 PHS Meadowbrook Farm
- 30 Wyck Historic House, Garden, Farm

Philadelphia County

- 31 The Arboretum at Laurel Hill & West Laurel Hill Cemeteries
- 32 Bartram's Garden
- 33 James G. Kaskey Memorial Park
- 34 Philadelphia Zoo
- 35 Shofuso
- 36 The Woodlands

OUTSIDE SWAT



Visit the [State Park website](#) to find more information on natural areas to visit



Visit the [National Park website](#) to find more information on local parks like Valley Forge and Independence National Historic Park

OTHER WAYS TO CONNECT

Bring nature indoors: three low-maintenance
house plants to invest in

Spathiphyllum
sp.

peace lily.



Epipremnum

aureum

pothos



Dracaena
trifasciata
snake plant



Having plant troubles? Contact Sue MacQueen at
smacque1@swarthmore.edu for advice!

OTHER WAYS TO CONNECT

Enjoy connecting to nature in the comfort of your own dorm. Find these books using the [Swarthmore Tripod book request system](#)

