

The

DIG

& grow
COURSE CATALOG

norfolk
botanical
garden

SEPTEMBER—DECEMBER 2020

From the President

Printed on 100% recycled paper. NBG is powered by 100% renewable energy. 

What kind of world do we want on the other side of this? A post-COVID world? I for one would like a world that is more just and verdant, more green and regenerative. An economy based on regeneration as opposed to one based on simple extraction. A world where we as humans see ourselves as part of nature not just in charge of nature. Did you know that if every human on earth lived a modern western lifestyle we would need five planets worth of resources to support it? Sustainable? Hardly. So what will we do? Hide and wait for COVID to end and go back to the normal that brought us to this point in the first place? Hardly. Now is the time to vision, plan and act for the future we want. Some great resources to help us in this work can be found in the phenomenal book, “Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming” edited by Paul Hawken. Also check out the work of thought leader Carol Sanford on business, regeneration and leadership. Her TED Talk is a great place to start.



This fall consider planting a tree or trees! They provide cooling shade, food and habitat for living things and sequester tons of carbon. If you rent, ask your landlord or your property management company first. City dwellers with small lots can inquire about adopting a street tree planting. Offers to water any tree planted till it's established go a long way to get an otherwise skeptical landlord or City on board with your request. If you're a homeowner with a yard, consider lots of different kinds of trees. I look for ones that have multiple uses; shade, food for creatures, etc. Consider height and width and amount of sun the site gets. We will have lots of trees perfect for all spots at our new Fall Plant Sale this year. See sidebar on the opposite page for more info.

We at NBG have been very busy over the last two years planning for a better tomorrow for the Garden and our living collection. Our plans to build “The Garden of Tomorrow” will debut soon; expect to see and learn more about this ambitious project to transform the Garden later this fall and winter. Until then, be well and plan and plant a better world!

Meet our Chief Financial Officer, Peter Schmidt

Peter joined our NBG team in 2019. With a degree in Business Economics and Accounting from the University of California Santa Barbara, he's a CPA with 20+ years experience in business. He comes from a lengthy career in the wine industry where he led a global finance team, implemented new IT systems, and even picked grapes from the vineyards. He enjoys the Garden along with his wife Sasha and adopted dog Gus, who is learning his way around the Garden on Sundays. “I continue to be in awe of what this Garden brings to the community in education, environmental protection and personal wellness,” Peter said. “I can't think of a better organization to join nor a better group of people to support in my new role.”



Peter with Gus, his 68 lb. lap dog.

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Second Spring

Here in Coastal Virginia, we often associate flower-filled perennial gardens with spring. However for many perennials, fall is the season to shine, and it is also the best time of year to plant. Even better, gardeners can plant native, fall-blooming perennials that also provide pollinating insects and birds another opportunity to eat before winter arrives.

There are many asters native to North America, and one of our favorites is aromatic aster (*Symphotrichum oblongifolium*). This October bloomer has a low spreading habit, likes full sun, can be tolerant of dry soils, and attracts many pollinating insects and seed-eating birds.

Another prolific native is goldenrod (*Solidago* species), and the nice thing about having so many different species is that there is a goldenrod for every garden. Depending on the selection, you can have plants that like the sun, while some prefer shade. Especially good for Coastal Virginia, there is even a variety that doesn't mind a little salt water. Their golden yellow flowers appear in September, attracting a host of beneficial pollinators, followed by birds.

With a very long bloom time of July through October, blue mistflower (*Conoclinium coelestinum*) is one of our most colorful native perennials. Clouds of purplish-blue flowers are very attractive to butterflies. Blue mistflower will grow in sun to partial shade, prefers moist soil and will spread vigorously when happy.

Our native swamp sunflower (*Helianthus angustifolius*) dramatically towers up to 8' tall over the garden with bright yellow flowers in October, attracting songbirds, butterflies, and other pollinators. However, that size is more than most gardeners want. Fortunately, there are a few low-growing cultivars, all of which prefer moist to wet soils in full to partial sun.



Symphotrichum oblongifolium



Solidago



Conoclinium coelestinum



Helianthus angustifolius

Fall Plant Sale

Fall is the best time to plant and we'll have the best selection of bulbs, trees and plants for Coastal Virginia. Look for our online sale of bulbs in October, and plants and trees in November.

Member-only preview, early shopping and 10% discount.

More information coming soon!

Oak Trees

A Keystone Species



An oak supports over 550 species of butterflies and moths.

Leaves improve air quality by storing carbon dioxide and exhaling oxygen through the process of photosynthesis.

Over 100 species feed on acorns, including deer, squirrels, rabbits, raccoons and wood ducks.



Caterpillars are the protein of choice for hungry baby birds! A big, beautiful oak is like a grocery store to a mama bird.

The majesty of an oak tree far exceeds its grand stature and welcoming shade. Its magnificence is measured by the food and shelter it provides for us and local wildlife, its ability to clean the air, stabilize the soil, and moderate air temperature. Without all these services, the ecosystem, of which we're a part, would struggle and languish to the point of near collapse. The significant influence the oak has on its surroundings makes it a keystone species, critical for the survival of other species in its community.

Trees are a crucial weapon in the fight against global warming and climate change. If we continue to lose tropical forest cover, it will be nearly impossible to stop the global rise in temperature that is predicted. Tropical forests not only produce 20% of the planet's oxygen, they also help to moderate temperature. A single mature tree provides the cooling power of two air conditioning units. Through photosynthesis, trees take in CO₂ from the air and sequester or store it long-term in their wood. When tropical forests are destroyed, all that stored carbon is released back into the atmosphere attributing to 16-19% of the world's CO₂ emissions. Agriculture is responsible for 80% of tropical deforestation. To help protect these vital ecosystems, look for coffee and chocolate products that are certified by the Rainforest Alliance. Interested in a little citizen science? Check out the National Tree Benefits Calculator <http://www.treebenefits.com/calculator/> to learn the benefits of the trees in your yard.

Victory Gardening Continues All Year

2020 marks the 75th anniversary of the end of World War II, and here at Norfolk Botanical Garden we are remembering that time by promoting Victory Gardens. In order to boost the nation's food supply, ensuring enough for soldier and civilian alike, Americans were encouraged to grow as much of their own food as possible, converting lawns, parks and roadsides into production gardens.

If you want to start your own tribute to Victory Gardens, you need not have acres of plowed earth. You can simply have a small patch in your backyard, or you can tuck a few vegetables into the front garden among your ornamentals. A few can even be planted in large pots for the patio or balcony. All you need is sun, good soil and access to water.

Early fall is a great time to plant cool season selections such as lettuce, kale, broccoli, cauliflower, collards, spinach, onions, as well as others.

Our need for healthy fresh produce is just as great now as it was in the 1940s, but our current war is the battle against climate crisis. Today we are looking for fresh tasty produce that is locally home-grown. Planting a Victory Garden is also a great way to introduce children to the joys of gardening and to encourage a lifetime of healthy eating habits.

Edible plants can be found throughout campus. Additional history, information and inspiration can be found on our website: IDigNBG.org.





**“It’s a place to relax
and reconnect”
— Christine Williamson**

Funding provided by
The Galliford-Mulard Foundation

A heartfelt thank you to Christine Williamson and her brother Rick Galliford for their generous donation that provided funding for this beautiful garden. Christine’s reaction to seeing the new garden for the first time was emotional as the space is in memory of their late parents who shared an incredible love story. Both were educators and believed in giving back to the community. They are also providing funding for repairs on the connecting canal and new walkways in the conifer garden that can be seen from the Love garden. Though this garden doesn’t have an official name quite yet, referring to it as the Love garden seems fitting. “I couldn’t have chosen a more meaningful way to remember my parents and to add some beauty to the world,” Williamson said.

Visitors will enter this new garden through entry columns built of repurposed cobblestones that were once used to pave Norfolk’s streets. From the bluestone entry plaza, visitors descend turf steps to a bench beneath an arched metal arbor festooned with weeping Blue Atlas Cedars. Plantings of attractive trees, shrubs and perennials, many new to the Garden’s collections, fill curving beds where colored bark, berries and blooms predominate. This new garden holds particular interest in winter months when native switch grass contrasts with red twig dogwoods and coral-barked Japanese maples. Gold foliage is especially bright on cloudy days with yellow Japanese hollies, gold yuccas and variegated English hollies. Variegated Japanese sedges and black mondo grasses combine with the broad leaves of evergreen heartleaf bergenias which produce pink blooms in spring. Be sure to also visit the nearby Reflection Garden and The Glade where many new and interesting botanical treasures await discovery.

Christine Williamson, shown (right) with NBG Horticulture Staff including Les Parks, NBG Director of Horticulture and Brian O’Neil, NBG Director of Living Landscapes.



Green Scene

Because of the growing awareness of climate change, many folks are upping their eco-savviness by basing their decisions on how much greenhouse gas, like carbon dioxide and methane, is emitted by their own activities or that of an industry. It's no surprise that we all need to reduce our carbon footprint. An easy step in the right direction is to buy local. Supporting local farms reduces the amount of emissions generated from hauling produce across country as well as reducing the need for packaging, which translates into less plastic. Plus, the food is tastier and nutritious.



NBG guests and staff enjoying Fritillary Farm's fresh local produce and flowers.

When making changes to our daily lives, the first step in breaking a routine can be the most challenging. We decided to help out and bring the local produce to you! On Wednesdays, 9:00 a.m. — noon, we're proud to host Fritillary Farm's produce stand, boasting a variety of beautiful produce, herbs, and even cut flowers! Fritillary Farm is a recently established multi-faceted vegetable and fruit farm, owned and operated by David Carter (a former NBG horticulturist!), in Suffolk, Virginia. David uses agroecological principles and practices, such as planting a variety of pollinator friendly fields interspersed within production beds, including passionflower—the host plant for the farm's namesake, the Fritillary Butterfly! We're incredibly happy to provide point of access to fresh, local and sustainable food to not only our wonderful members and guests, but staff as well.



Inside Norfolk's first zero waste and refill shop, Less Than, where you can bring your own refillable containers to purchase products.

To build on this momentum of inspiring healthy lifestyle changes and helping promote the global movement of reducing single-use plastics in everyday life, we welcomed Norfolk's first zero waste and refill shop, *Less Than*, as a pop-up shop for the month of July. They offer sustainable alternatives to common goods and encourage a departure away from single-use plastic, which aligns with our strategic goals centered around environmental stewardship. We were thrilled to feature a local business and help store owner, Chris Simmonds, spread his message of sustainability. Be sure to check out his physical stores at 803 Shirley Ave. Norfolk, VA, 23517 and 4378 Holland Plaza Shopping Center, Virginia Beach, VA, 23452.



Busy Bees

Our beehives are growing! What started out as a couple of hives in 2019 has grown to seven. Thank you to our gracious donors who helped us with this endeavor and, of course, also to our own beekeeper, Horticulturist Stephen Biela.



Community Connections

COVID-19 may have profoundly impacted our public engagement opportunities but, as we settled into our new socially-distanced routines, we found ways to safely carry on building relationships with the community.



The NBG Youth Education Department partnered with the Armed Services YMCA of Hampton Roads to offer Day of Nature scholarship funding to Operation Little Learners – a parent-and-me pre-school readiness program open to all military dependents ages 18 mo. to 5 years, with a specific focus on junior enlisted families. During their visit, over fifty children and their families were able to ride the tram, explore the Garden and view the *Flamazing Flamingo* topiary exhibit.

In an effort to maintain a sense of normalcy in the current “new normal,” the NBG Youth Education Department has taken the limitations on in-person summer programs as an opportunity to offer to-go kit options for families to complete at home. The NatureKid To-Go Kit activities range from starting a vegetable garden to dissecting an owl pellet, with every kit providing supplement activities, materials, and/or instructional videos through Google Classroom.



The Garden’s natural beauty was the perfect setting for the talented teens of Teens with a Purpose to foster their creativity. Thanks to our Day of Nature scholarship fund, the teens made weekly field trips throughout July and August to tap into nature’s inspirational and transformative influence. During one of their visits, ODU’s Assistant Professor of Theatre Brittney S. Harris, led a fun and energetic performance workshop.



Our Horticulture staff were thrilled to receive a sizable donation of battery-powered equipment from Stihl. Today’s battery-powered equipment blends power with a quiet effectiveness allowing staff to get the job done without unnecessarily disturbing the Garden’s serenity. Plus, the lack of exhaust is better all around.



Earlier this year, Kitchen Garden volunteers welcomed a bounty of beautiful, ready-to-harvest vegetables. Master Gardener Volunteer Peter Hatchard (left) was one of several volunteers to assist in the harvest effort. Over the course of several weeks, they were able to donate nearly 200 lbs. of produce to the Foodbank of Southeastern Virginia and the Eastern Shore. Thank you to our amazing volunteers for helping us provide the community with healthy food.

FREE year-round admission to the Garden and much more!

Membership Perks



Reduced or FREE admission at over 330+ botanical gardens throughout North America with the American Horticultural Society Reciprocal Admissions Program



10% discount at the Garden's Gift Shop, Garden Cafe and Garden's Annual Plant Sales



Member's dogs visit FREE EVERY SUNDAY

Member discounted rates on educational classes and tickets for special events

Subscription to *GROW* program guide, quarterly newsletter *DIG*, the Garden's *Annual Report*, and borrowing privileges at the Heutte Horticultural Library

Fun, FREE exhibits including this year's NatureConnects® Art with LEGO® Bricks and Flamazing Flamingos — 70 Pink Flamingo Topiaries

As a nonprofit organization, your memberships, admissions and donations to the Garden help us fulfill our mission:

Immerse visitors in a world of beauty

Lead through environmental action

Inspire through education and connection to nature

Flamazing

Flamingos!



#FlamazingFlamingos —
The flock flies out this October!

PARADISE FOUND

Journalist David Schleck Cherishes the Garden's Treasures

Serenity washes over me as I pass under the trees lining Norfolk Botanical Garden's entrance. By immersing me in a world of beauty, NBG calms the mind and surprises the soul. I'm sharing a handful of my favorite spots, hoping you find solace in them as well.



Subtropical Garden

Near NATO Tower, stepping stones meander through lush, leafy plants. The canal reflects ripples of sunlight against the feather-like branches of a mimosa tree. Supersized banana leaves reach toward the sky. But who plucked their fruit? The answer may be down the path, where a stone monkey strikes a suspiciously serene pose. I breathe in the sweet scent of the ginger lilies, reveling in my brief escape to the tropics.



Rhododendron Garden

I exit the paved walkway near Lake Whitehurst and venture onto the green, mossy paths among the rhododendrons. What better way to social distance than by walking on one of the many less-traveled paths inside the garden? The emerald trails cut an enchanting path through the dogwoods, maples and pines.



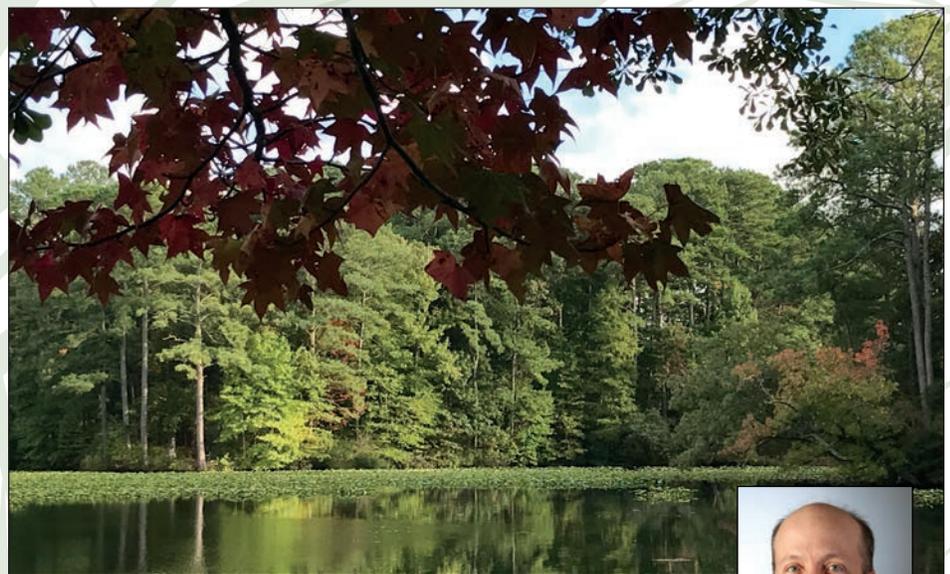
Fern Glade

Near the children's garden, a little girl greets me at the entrance of the Fern Glade. Her concrete form supports a pair of bird baths above a pebbled path. Ferns blanket the forest of red maples, sweetgums, hollies and pines. Find one of the benches and rest in the shade. What a great place to cool off!

Picnic in my car

On an especially crazy day, I pack a light snack at home and take my lunch break at the Garden. I pull my car between tree trunks in the parking lot near the entrance, roll down the windows, and feel the breeze coming off Lake Whitehurst. This is much better than eating in front of the TV.

When lunch is over, I take a walk. Life can be hard, but the Garden is here to help sort things out. I trust the trees with my troubles, and leave feeling refreshed and ready to face the next challenge.



A Hampton Roads native, David Schleck has spent most of his life covering the community as a professional journalist, including serving 11 years as editor of the Beacon section of The Virginian-Pilot. David is a frequent visitor and member of Norfolk Botanical Garden.



Nature Quests: Mobile Garden Games

On your next visit, we invite you to experience the Garden through our Nature Quests App. Scan the code (right) to unlock the adventure on your phone by using your phone camera/QR code reader or download the App on Google Play or the App Store. In conjunction with our summer theme, Victory Gardens, our Youth Education Team hopes to encourage visitors to explore the WOW Children's Garden to learn about the benefits of edible gardening at home. With our first Quest, Victory Gardens on Discovery Peak, you will create a team, share photos, test your plant knowledge, find recipes, and more!



The Nature Quests App was made possible through funding from the Julian Haden Gary and Margaret Savage Gary Fund of the Hampton Roads Community Foundation.

Online Videos & Blog Posts

LEARN ← Click on the LEARN tab at IDigNBG.org

As a supplement to your Garden experience, we've expanded our website to include Do-It-Yourself videos, virtual tours and a new blog titled *Sow it Grows*. Explore topics from garden tips to environmental insights and everything in between. Read whimsical and informative articles from our great Garden staff, and be sure to send ideas for articles you'd like us to write about to SowitGrows@nbgs.org.

**SOW
IT
GROWS**

Topics:
Environment, Vegetable Gardening,
Design Tips & How-To's, Biology,
History and more!



ART in BAKER HALL

Included with Garden Admission

Gathered Blessings
SEPTEMBER—OCTOBER



Acrylic Paintings
by Glenda Shulleeta

Heaven's Garden
NOVEMBER—DECEMBER



Acrylic Nature Paintings
by Tonya Hopson



Leaving a Legacy

Evergreen Society Members

The Evergreen Society recognizes and celebrates an outstanding group of friends who generously support the Garden beyond their lifetimes. If you are interested in learning more about the Evergreen Society, methods for making a planned gift, or alerting the Garden to a gift in your estate plan, please contact us.

Dan Allison, Annette Averitt, I.M. & Sarah Lee Baker, Ty & Martha Brown, Elizabeth Bruce, Blanche C. Chappell, Robert & Janie Creecy, Cindy Cutler & Craig Haines, Sandra L. Dashney, William W. Eley, Richard & Eleanor Evans, Cathy Fitzgerald, Joe Foreman, Jane Frazier, Robert M. Gostel, Randy Harrison, June Hoye, Kit E. Johnson, Karen S. Gershman, Karen L. Hines, Edward C. & Betty Lou Johnston, Sr., Patricia A. Kiefer, Patty L. Landrum, Eleanor Marshall, Bee McLeod & Goody Tyler, Rick Morsink, Susan Elise Morton, Nancy Nelson, Edward & Gayle Nichols, Susan L. Oldridge, Brian O'Neil, Dana Parker, Stephanie Pope, Mildred Amsinger Powers, Judy Pravecek, Ann Rathbone, Pamela Read, Alan Rohanna, Kurt & Debbie Schroeder, Sam Strickland, George & Nancy Sutcliffe, Sylvia E. Simons Trembelas, Jim & Christiane Valone, Richard & Ann Weber, Pearl Windle, 3 anonymous.



Tribute Opportunities

The beauty, wonder and serenity of the Garden combine to create a perfect setting to honor a loved one, pay tribute to a friend, or mark a special anniversary or milestone. Select from a number of sites in the Garden to place your teakwood bench, complete with commemorative plaque. Please call Cathy Fitzgerald at 757-441-5830 ext. 319 or email her at cathy.fitzgerald@nbgs.org to make an appointment or discuss all tribute opportunities.



GARDEN *of* LIGHTS



Due to continuing social distancing requirements and CDC recommendations, our holiday events will look a little different for 2020. The Dominion Energy Garden of Lights drive through is scheduled to begin November 13 — January 2, 2021. However, the Million Bulb Walk is postponed and will return next holiday season. Our very popular family holiday programs are continuing, with safety changes including social distancing. For the very latest on all of our most updated information on programs & events as it pertains to COVID-19, please visit norfolkbotanicalgarden.org.

Gift Shop Member Appreciation

Holiday Sale

December 2 — 6



Members receive a 20% discount on all regular price merchandise for a one-time shopping spree in the gift shop.

norfolk botanical garden

6700 Azalea Garden Road • Norfolk, VA 23518

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LanternAsia FantaSEA

Art by Day, Magic by Night



coming spring 2021