



sprouts

Children & Family Programs

online programs

Lectures via Zoom

SEPTEMBER — DECEMBER 2020

W O R D

YOUTH PROGRAM REGISTRATION

Unless otherwise noted, NBG Member adults may chaperone youth programs free of charge with a registered child. Not-yet-members tickets must be purchased for both children and adults, and include Garden admission. For additional information or to register for a program, visit our website or email us at: youthed@nbg.org.

Pre-registration is required for all programs.

PROGRAM DESCRIPTIONS

Little Sprout Explorers

The Little Sprout Explorers programs introduce pre-k aged children to nature and science concepts through crafts, hands-on exploration, walking tours, and a story time to support the topic of each themed program.

Homeschool in the Garden

Bring your homeschool students to the Garden to learn about botany, water ecology, environmental science, and so much more! Homeschool in the Garden is recommended for ages 5-10.

Garden Artists

Our Jr. Garden Artists and Tween Garden Artists allow participants to create themed nature-inspired art using a variety of art supplies and natural materials.



Intro to Carnivorous Plants

With Adult Education Manager Alexandra Cantwell

Tuesday, September 15 • 6–7 PM

\$10

Explore the eerie world of carnivorous plants, and learn how they came to be, to how to successfully grow them at home!

Intro to Indoor Plants

With Adult Education Manager Alexandra Cantwell

Tuesday, November 10 • 6–7 PM

\$10

Learn the basics of houseplant care, and the benefits of adding them to your home.

Garden Myths Debunked!

With Adult Education Manager Alexandra Cantwell

Tuesday, December 1 • 6–7 PM

\$10

Eggshells in the garden? Banana peel tea? Learn the science behind many common garden myths, what works, and what doesn't.

In an effort to make education available while staying safe and social distancing, we've got exciting new offerings, from take home creative projects on floral design and living art, to online programs.

For education at your own pace, explore our new blog *Sow it Grows*, as well as our educational videos found on our webpage, visit IDigNBG.org

NATUREKID TO-GO KITS



Our NatureKid To-Go Kits offer families the opportunity to complete themed activities from the comfort of home!

Kits are available for pre-purchase online, and then can be picked up from the Garden at a designated date and time. Some previously offered kits included veggie garden starter kits, owl pellets to dissect, fairy and gnome gardens, wooden bird houses, and nature journals. Each kit also includes instructions on how to access extra materials on Google Classroom.

HOLIDAY FAMILY PROGRAMMING



ANNOUNCEMENTS COMING SOON!

Changes to Adult Education Class Registration

Due to the uncertain nature of these times, registration for our programs will be done on a month-to-month basis. This allows us time to adapt to any changes in COVID-19 safety guidelines.

Please call (757) 441-5830 ext 338 with any questions. For the most up to date information regarding programs, please check our website and Facebook pages. We appreciate your understanding and support.

Changes to Youth & Family Programs

In an effort to balance a “new normal” with the uncertainties that lay ahead of us, some of our more regularly offered fall and winter family programs may be modified as on-site programs, offered as a “to-go” option, or not offered this season. We recommend frequently checking our website and/or Facebook page for all up-to-date information on our scheduled programs.

For a full listing of class offerings and information, visit our website!

norfolk botanical garden

CONTACT
Adult Programs
Phone: 757-441-5830 ext. 338
Email: registrar@nbgs.org

Family & Youth Programs
Phone: 757-441-5830 ext. 463
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COURSE COLOR KEY
GARDEN
EXPLORE
CREATE
LIVE WELL
DIG DEEPER
SPROUTS/FAMILY FUN
ONLINE PROGRAMS

september

- 09/08Digital Photography
- 09/09Guided Mindfulness Walk
- 09/10Owl Prowl
- 09/12Watercolors
Roots, Bark, Berries & Seed Medicine
- 09/15The Subtropical Garden
Intro to Carnivorous Plants — Online Only
- 09/19Guided Mindfulness Walk
Essential Oils
- 09/22Sustainable Gardening 101
Advanced Quilling
Native Orchid
- 09/24Water Works Walk & Talk
Garden Stars
- 09/25Floral Design Workshop
- 09/29Herb Basics
Unique Trees in the Glade Walk & Talk
Intro to Ikebana

october

- 10/01Art in the Garden Walk & Talk
- 10/03All About Mushrooms
Essential Oils
- 10/06Sumi-e Japanese Ink Painting (5-Week Class)
- 10/08Rose Garden Walk & Talk
Owl Prowl
- 10/13Meet the Designer Walk & Talk
Digital Photography
Design Your Own Bluebird Box
- 10/15Cut Flowers for the Home Gardener
Water Works Walk & Talk
Worm Composting
- 10/16Floral Design Workshop
DGOL Behind the Scenes Walk & Talk
- 10/17Selecting and Growing the Best
Spring-Blooming Bulbs for Coastal Virginia
Watercolors
- 10/22Floral Design: Burst of Color Autumn Bouquet
- 10/27Bizarre Botanicals
Meet the Designer Walk & Talk
Garden Stars
- 10/29Beginning T'ai Chi (8-Week Class)
Intermediate T'ai Chi (8-Week Class)

garden HIGHLIGHTS

Sustainable Gardening 101

With Horticulturist Scott Blair

Tuesday, September 22 • 1–3 PM

\$10 (\$15 for not–yet–members)

Learn how developing a more interactive relationship with nature can benefit you. This class will teach you the basics of utilizing natural conditions, optimizing outdoor space, and learning how to integrate edible plants into your yard.

All About Mushrooms

With Director of Environmental Engagement & Outreach Theresa Augustin

Saturday, October 3 • 11 AM–1 PM

\$10 (\$15 for not–yet–members)

Curious about mushrooms? In this introductory class, we'll cover the basics of mushroom biology, how to identify them, and which ones are common in our area. This class will be held outdoors. Walking required.

GARDEN WALK & TALKS

These casual informative walks allow plenty of time for questions and photos. Walking required.
\$10 (\$15 for not–yet–members)

Water Works

With Adult Education Assistant Jeff Lysko

Thursday, September 24 or October 15 • 1–2 PM

Unique Trees in the Glade

With Director of Facilities Don Brown

Tuesday, September 29 • 10–11 AM

Art in the Garden

With President & CEO Michael Desplaines

Thursday, October 1 • 10–11 AM

Rose Garden

With Horticulturist Allen Carter

Thursday, October 8 • 10–11 AM

Meet the Designer

With Director of Living Landscapes Brian O'Neil

Tuesday, October 13 • 1–2:30 PM

Tuesday, October 27 • 10–11:30 AM

Garden of Lights Behind the Scenes

With Director of Facilities Don Brown

Friday, October 16 • 10–11:30 AM

Native Plant Garden

With Senior Horticulturist Tom Houser

Thursday, November 5 • 1–2:30 PM

The Beauty of Fall in the Garden

With Director of Horticulture Les Parks

Saturday, November 14 • 10–11:30 AM

Japanese Maple Walk & Talk

With Horticulturist Mary Toth

Thursday, November 19 • 9:30-11 AM

live well & create HIGHLIGHTS

Guided Mindfulness Walk

With Instructor Tricia York

Wednesday, September 9 • 10:00–11:30 AM

Saturday, September 19 • 10:00–11:30 AM

\$10 (\$15 for not–yet–members)

Join us for a 90-minute walk through the garden bringing awareness to your senses by immersing yourself in nature in a mindful way. You will focus on awakening your senses, which leads to a whole range of benefits for your physical, mental, emotional and social health.

Roots, Bark, Berries & Seed Medicine

With Herbalist Mary K Scott

Saturday, September 12 • 9:00 AM–12:00 PM

\$35 (\$45 for not–yet–members)

Explore and identify some of the most medicinally-beneficial winter/fall offerings that nature provides to add to your home apothecary! Learn different methods of extraction to capture those benefits for home use. Take home a 1 oz tincture!

Intro to Ikebana

With Instructor Rie Russo

Tuesday, September 29 • 1–3 PM

\$45 (\$60 for not–yet–members)

This is an introductory class to the Japanese art of floral arranging. Learn to balance, space and the techniques to fasten the flowers without holders.

Zero Waste Living Workshop

With Horticulturist Mary Toth and Greenhouse Technician Meredith Simmons

Wednesday, December 2 • 1–3 PM

\$35 (\$45 for not–yet–members)

Take empowering steps toward reducing personal and household waste along with minimizing your carbon footprint and environmental impact. Learn that your choices matter when it comes to making decisions, even when it's challenging. Participants will take home a zero waste tool to begin their journey.



november

- 11/03Digital Photography
Botanical Ink and Pen
- 11/05Native Plant Garden Walk & Talk
- 11/10Luminous Colored Pencils (4-Week Class)
Garden Planning-The Framework for Design
Intro to Indoor Plants
- 11/12Intro to Invasive Plants
- 11/14The Beauty of Fall in the Garden Walk & Talk
Essential Oils
Quilling 101
Watercolors
- 11/15Fall Color Walk & Talk
- 11/18Fall Color Walk & Talk
- 11/19Japanese Maple Walk & Talk
- 11/21Winter Wellness from the Home Apothecary
- 11/24Floral Design Workshop



december

- 12/01Garden Myths Debunked!
- 12/02Zero Waste Living Workshop
- 12/05The Tidewater Garden in Winter
Origami
Watercolors
- 12/10Outdoor Holiday Container Workshop
- 12/11Botanical Art
- 12/12Essential Oils
- 12/15Mysterious Mushrooms
- 12/17Floral Design Workshop
- 12/18Della Robbia Wreath Workshop