COURSE CALENDAR & CATALOG | MAY — AUGUST 2022

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

Family & Youth Programs
Phone:  757-441-5830 ext. 463
Email: youthed@nbgs.org

REGISTRATION INFORMATION
Preregistration is required for all classes and programs unless otherwise indicated. Register online, in person, or by phone. Become a member and receive a discount on classes & much more! Membership fees can be included with your registration. All class prices include Garden admission.

MEMBER DISCOUNT POLICY
Members with an individual membership receive a discount on 1 ticket per class. Members with a family membership receive a discount on up to 2 tickets per class for adult classes and up to 6 tickets per program for youth and family programs.

CLASS REFUND POLICY
Cancellations five or more business days prior to the program start date, refunds less 20% processing fee (min. $5). No refunds for cancellations one to four business days prior to program start date. Courses canceled by the Garden due to low enrollment or hazardous weather conditions are fully refunded.

SUSTAINABILITY
This catalog is printed on paper made with 100% recycled fiber. Please recycle this catalog or pass it on!

COURSE COLOR KEY
GARDEN
EXPLORE
CREATE
LIVE WELL
DIG DEEPER
SPROUTS/FAMILY FUN
SPECIAL EVENT

05/04  Storybook Tea Party
05/05  Beginner T’ai Chi (8–Week Class)
        Intermediate T’ai Chi (8–Week Class)
05/06  Mother’s Day Floral Arrangement Workshop
        Family Twilight Trek
05/10  Dig and Divide in Statuary Vista
        Luminous Colored Pencils (4—Week Class)
        Backyard Bluebirds
        Sunset Kayaking
05/12  Garden Stars
        Hummingbirds - Zoom
05/14  Saturday Yoga
        Backyard Bluebirds
        Nature Journaling
05/17  Rose Garden Walk & Talk
        Mushroom Medicine
        Sunset Kayaking
05/18  Canal Walk & Talk
        Native Plant Seed Project
05/19  Camellia Pruning Walk & Talk
        Batty for Bats
05/20  Family Twilight Trek
05/21  Garden Highlights Walk & Talk
        Watercolors
        Quilling
05/23  Monday Yoga (4—week class)
05/24  Wildflower Meadow Walk & Talk
        Mushroom Cultivation
        Sunset Kayaking
05/25  Wednesday Yoga (4—week class)
05/26  Intro to Edible Weeds
        Natural Soapmaking Workshop
        Owl Prowl
05/27  Fairy & Gnome Summer Homes
05/28  Color Mixing Essentials (Watercolor)
05/31  Sunset Kayaking
## June

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**Home Gardener Day**

**Sunday, June 26, 2022**

Home Gardener Day brings together gardening enthusiasts of all backgrounds for a day of thought provoking and informative programs. This year’s theme centers on plants as problem solvers with nature and native plants as the common thread throughout the day. This all-day event includes lunch and educational booths to enjoy from like-minded organizations.

### Guest Speakers

**David Mizejewski**  
Naturalist and television host with the National Wildlife Federation speaking on natural gardening in an era of climate change.

**Kim Eierman**  
Founder of EcoBeneficial LLC speaking on pollinator gardens and native plant alternatives to turf grass.

**Kathleen Wellington**  
A Licensed Professional Counselor in Virginia who has spent 40+ years working in the behavioral health field, speaking on the beneficial connection between nature and mental health.

For more details, registration information, and program updates, please scan the QR code to visit our website.
Saturday, July 16
10 AM — 4 PM
Free with Garden Admission

Join NBG and the Butterfly Society of Virginia for the 2022 Butterfly Festival! Enjoy educational booths and demonstrations, as well as lots of activities for butterfly enthusiasts of all ages. Guests are encouraged to dress up in their best butterfly costume.

Butterfly House Opens This Summer

Join NBG and the Butterfly Society of Virginia for the 2022 Butterfly Festival! Enjoy educational booths and demonstrations, as well as lots of activities for butterfly enthusiasts of all ages. Guests are encouraged to dress up in their best butterfly costume.

Butterfly Garden Walk & Talk
Capturing the Light in Flowers Watercolors (4-week class)
Sunset Kayaking
Garden Stars

Living Life Less Plastic
Storybook Tea Party

Hardy Ferns
Beginner T’ai Chi (8–Week Class)
Intermediate T’ai Chi (8–Week Class)
Flower Power

Family Twilight Trek

Butterfly Garden Walk & Talk
Origami - Water Lilies
Sunset Kayaking
Owl Prowl
Moth Night at NBG

Crape Myrtle Walk & Talk
Summer Elegance Floral Design
Frames & Games: DIY Picture Frames

Summer Blooms Walk & Talk

Cooking with Mushrooms
Sunset Kayaking

Plant Breeding and Cultivation
Frames & Games: Tree Cookie Tic-Tac-Toe

Beyond Butterfly Bush
Plants for Plucked Nerves
Bike Packing and Planning

Family Twilight Trek

Beyond Butterfly Bush
Clay Jewelry Workshop
Watercolors

All Ages Jellyfish Sculpture Workshop
Evening Yoga (6–Week Class)
Sunset Kayaking

Living Life Less Plastic

Natural Soapmaking Workshop

Garden Highlights Walk & Talk
Fairy & Gnome Summer Homes

Hanging Macramé Planter Workshop
Quilling
Color Mixing Essentials (Watercolor)
august

08/02  Sunset Kayaking
  Digital Photography
  Watercolors - Landscape
  Garden Stars

08/03  Storybook Tea Party

08/05  Family Twilight Trek

08/09  Sustainable Gardening 101
  In the Kitchen with Invasive Species
  Sunset Kayaking

08/10  Frames & Games: DIY Picture Frames

08/11  Wildflower Meadow Walk & Talk
  Origami - Flowering Vine

08/13  Backyard Bluebirds
  Nature Journaling
  Watercolors

08/15  Monday Yoga (4—week class)

08/16  Wildflower Meadow Walk & Talk
  Sunset Kayaking
  Natural Soapmaking Workshop
  Owl Prowl

08/17  Wednesday Yoga (4—week class)
  What Do Bees Do All Day?
  Frames & Games: Tree Cookie Tic-Tac-Toe

08/18  Backyard Bluebirds
  Basic Tune Up Concepts
  Blooming Letter Centerpiece Floral Design

08/19  Family Twilight Trek

08/23  Succulent Frame Workshop
  Sunset Kayaking

08/24  Succulent Frame Workshop

08/25  Gardening for the Home Brewer

08/26  Garden Highlights Walk & Talk
  WOW End of Summer Celebration

08/27  Small Trees for Today’s Gardens
  Color Mixing Essentials (Watercolor)

08/30  Sunset Kayaking

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VIRGINIA HONEY BEE FESTIVAL

Saturday, August 20
10 AM — 4 PM
Free with Garden Admission

Join the Beekeepers Guild of Southeast Virginia and Norfolk Botanical Garden again this year for a fun-filled day with bee products, activities, vendors and great information. Learn how to raise bees and purchase “bee” plants to create a bee-friendly yard. Taste honey samples, look inside a bee hive and participate in great activities for the entire family! Kids that come dressed as a bee get a free honey stick! Special activities also in the Children’s Garden.
Dig and Divide in Statuary Vista  
With Nursery Manager Pat Sisson  
Tuesday, May 10 • 9:30–11 AM  
$25 ($35 for not-yet-members)  
Learn the proper way to divide and transplant a variety of perennial plants that participants will then take home. Walking required.

Hydrangeas—The Big Leaf and the Beautiful  
With Horticulturist Scott Blair  
Thursday, June 16 • 1–3 PM  
$16 (21 for not-yet-members)  
In this class we will discuss the different species and their role in the garden. Indoor presentation followed by an outdoor walking tour.

Intro to Edible Weeds  
With Senior Horticulturist Mary Toth  
Wednesday, May 25 • 1–3 PM  
$16 (21 for not-yet-members)  
Learn how to identify, prepare and get familiar with the nutritional wonders of the wild weeds that are growing in your own backyard. Indoor presentation followed by an outdoor tour.

Building a Pollinator Habitat  
With Adult Education Manager Alexandra Cantwell  
Tuesday, June 21 • 2–3 PM  
Free with Garden Admission!  
Celebrate pollinator week by learning how you can help them at home! This free program will cover the basics of building a better habitat for home gardeners. Pre-registration required.

Herb Container Workshop  
With Horticulturist Hunter Clark  
Wednesday, June 1 • 9:30–11:30 AM  
$40 ($55 for not-yet-members)  
Make and take! Learn all about various herbs, including those we’ll be planting. Then take home a container of herbs that will last you through the summer. All materials included.

Worm Composting  
With Master Gardener Kandy Keith  
Tuesday, June 7 • 6:30–8:30 PM  
$40 ($55 for not-yet-members)  
Turn your kitchen waste into a dark rich soil conditioner. Each participant will make a worm compost bin, complete with starter worms! All supplies included.

Hardy Ferns  
With Senior Horticulturist Mary Toth  
Thursday, July 7 • 1–3 PM  
$16 (21 for not-yet-members)  
Learn about the best ferns to use in your home landscape—including design elements and plant care. Indoor presentation followed by an outdoor tour.

Monarch Waystation Workshop  
With Senior Horticulturist Linda Saunders and Butterfly Expert Lauren Tafoya  
Saturday, June 11 • 9 AM–12 PM  
$50 ($65 for not-yet-members)  
Learn the basics of monarch butterflies and their life cycles, migration, and what it takes to be certified as a Monarch Waystation during this lecture and walking tour.

Sustainable Gardening 101  
With Horticulturist Scott Blair  
Tuesday, August 23 • 9:30–11:30 AM  
$16 (21 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.

Succulent Frame Workshop  
With Horticulturist Danette Blevins  
Wednesday, August 24 • 1–3 PM  
$50 ($65 for not-yet-members)  
Learn how to care for succulents while creating your own beautiful succulent frame masterpiece. All supplies included.

Plant Breeding and Cultivation  
With Plant Recorder Ray Volkin  
Wednesday, July 20 • 1–3 PM  
$16 (21 for not-yet-members)  
Celebrate Gregor Mendel's 200th birthday with us by learning about plant breeding! Find out what techniques the father of genetics used and how they are still pertinent today. Experience it here at NBG's very own rose garden.

Beyond Butterfly Bush—Attracting Butterflies to your Garden Using Native Plants  
With Senior Horticulturist Tom Houser  
Saturday, July 23 • 10 AM–12 PM  
$16/class ($21/class for not-yet-members)  
Senior Horticulturist Tom Houser will give a presentation on plants native to the Eastern United States that will not only attract butterflies to your garden but also be useful to the Birds and the Bees! Presentation will be followed by tour of plants currently in bloom.
FREE WITH GARDEN ADMISSION
Walking required, weather permitting. These casual informative walks will allow plenty of time for questions and photos.

Rose Garden Walk & Talk
With Curator of Woody Plants Carl Simmons
Tuesday, May 17 • 9:30–11 AM

Canal Walk & Talk
With Director of Living Landscapes Brian O’Neil
Wednesday, May 18 • 10–11:30 AM

Camellia Pruning Walk & Talk
With Horticulturist Scott Blair
Thursday, May 19 • 1–3:00 PM

Garden Highlights Walk and Talks
With Director of Horticulture Les Parks
Saturday, May 21 • 10–11:30 AM
With Adult Education Manager Alexandra Cantwell
Friday, June 24 • 10–11:30 AM
Friday, July 29 • 10–11:30 AM
Friday, August 26 • 10–11:30 AM

Art in the Garden Walk & Talk
With President and CEO Michael Desplaines
Thursday, June 9 • 10–11:30 AM

Hydrangea Walk & Talk
With Horticulturist Scott Blair
Tuesday, June 14 • 1–2:30 PM

Wildflower Meadow Walk & Talk
With Senior Horticulturist Tom Houser
Tuesday, May 24 • 9:30–11 AM
Thursday, June 2 • 9:30–11 AM
Thursday, August 11 • 9:30–11 AM
Tuesday, August 16 • 9:30–11 AM

Crape Myrtle Walk & Talk
With Horticulturist Daniel Fulford
Wednesday, July 13 • 10–11:30 AM

Summer Blooms Walk & Talk
With Curator of Herbaceous Plants Michelle Baudanza
Thursday, July 14 • 9:30–11 AM

Butterfly Garden Walk & Talk
With Senior Horticulturist Linda Saunders
Tuesday, July 5 • 10–11:30 AM
Tuesday, July 12 • 10–11:30 AM

Backyard Bluebirds
With Senior Horticulturist Tom Houser
Tuesday, May 10 • 1–3 PM
Saturday, May 14 • 9:30–11:30 AM
Saturday, August 13 • 9:30–11:30 AM
Thursday, August 18 • 9:30–11:30 AM
$16 ($21 for not–yet–members)
Senior Horticulturist Tom Houser will give you tips on how to attract Eastern Bluebirds to your yard based on his experiences here at NBG as well as his own back yard. This class will start with a short classroom presentation followed by a tour of nesting activity in our 16–box Bluebird Trail.

Sunset Kayaking
In partnership with Kayak Nature Tours
Tuesday, May 10, 17, 24, 31 • 6 PM–Sunset
Tuesday, June 7, 14, 21, 28 • 6:30 PM–Sunset
Tuesday, July 5, 12, 19, 26 • 6:30 PM–Sunset
Tuesday, August 2, 9, 16, 23, 30 • 6 PM–Sunset
$50 ($65 for not–yet–members)
Enjoy a relaxing paddle on Lake Whitehurst with experienced guides. No experience necessary.

Garden Stars
In partnership with the Back Bay Astronomers
Thursday, May 12 • 8:30–10 PM
Tuesday, June 7 • 8:30–10 PM
Tuesday, July 5 • 8:30–10 PM
Tuesday, August 2 • 8:30–10 PM
$16 ($26 for not–yet–members)
Come out for an evening under the stars with the Back Bay Astronomers and their powerful telescopes. Walking required.

Owl Prowl
With Wildlife Rehabber Dana Lusher
Thursday, May 26 • 7–9 PM
Thursday, June 9 • 7–9 PM
Tuesday, July 12 • 7–9 PM
Tuesday, August 16 • 7–9 PM
$16 ($26 for not–yet–members)
Join us for a guided tour of the Garden in search of these magnificent night hunters—after meeting them in person! Walking required.

What Do Bees Do All Day?
With Assistant Horticulturist Stephen Biela
Wednesday, August 17 • 1–3 PM
$16 ($21 for not–yet–members)
Learn fun facts and trivia about the hard working honeybee. There’s more to do besides gathering nectar and pollen—we’ll find out with very special guests.
create

Cultivate your creativity with these garden-inspired workshops. All supplies included.

**Wednesday Oil Painting (8–Week Class)**
With Artist Adele Loomans
Wednesdays • 9:45–11:45 AM
April 20–June 8, June 22–August 10
$150 ($175 for not–yet–members)

**Thursday Oil Painting (8–Week Class)**
With Artist Adele Loomans
Thursdays • 9:45–11:45 AM
April 21–June 9, June 23–August 11
$150 ($175 for not–yet–members)

**Watercolors**
With Artist Diana Davis
Saturdays • 9 AM–1:30 PM
Seashells and the Beach • May 21
Hydrangeas and Butterflies • June 11
Pagoda from Japanese Garden • July 23
Sunflowers • August 13
$60 ($75 for not–yet–members)

**Origami**
With Paper Artist Rich Gray
**Butterfly Mobile** • June 14 • 6:30–8:30 PM
**Water Lilies** • July 12 • 6:30–8:30 PM
**Flowering Vine** • August 11 • 6:30–8:30 PM
$16 ($26 for not–yet–members)

**Digital Photography**
With professional photographer Dee Akright
6:30–8:30 PM
**Beginning Photography** • Tuesday, June 14
**Intermediate Photography** • Tuesday, August 2
$40 ($55 for not–yet–members)
Bring your camera and manual.

**Floral Design Workshops**
With Senior Horticulturist Mary Toth
**Mother's Day Floral Arrangement**
May 6 • 9:30–11 AM or 12–1:30 PM
**Summer Hanging Bouquet Floral Design**
June 23 • 11 AM–12:30 PM or 1:30–3 PM
**Summer Elegance Floral Design**
July 13 • 11 AM–12:30 PM or 1:30–3 PM
**Blooming Letter Centerpiece Floral Design**
August 18 • 11 AM–12:30 PM or 1:30–3 PM
$60/Workshop ($75 for not–yet–members)

**Hanging Macramé Planter Workshop**
With Katie Hunt of BoHome Style
Saturday, July 30 • 10 AM–12 PM
$55 ($65 for not–yet–members)
In this workshop, you’ll learn the basic macramé knots in a fun, relaxed environment. All of the supplies will be provided, including beads and fabric dye if you want to get really wild!

**Natural Soapmaking Workshop**
With instructor Kollyn Zeder
6:30–8:30 PM
May 26 • June 16 • July 28 • August 16
$50 ($65 for not–yet–members)

**Quilling**
With instructor Kollyn Zeder
Saturdays • 9:30–11:30 AM
May 21 • July 30
$25 ($35 for not–yet–members)

**Luminous Colored Pencils (4–Week Class)**
With Instructor Alisha Brown
Tuesdays, May 10–May 31 • 10 AM–12 PM
$70 ($85 for not–yet–members)
Students learn the techniques involved in creating their own colored pencil masterpiece over this comprehensive 4 week course. Students bring a reference photo of their choice.

**Clay Jewelry Workshop**
With Artist Danielle Shindledecker of Bayside Clay
Saturday, July 23 • 9:30 AM–12 PM
$60 ($75 for not–yet–members)
Lightweight, durable and trendy. In this workshop, you will design & create your own garden-themed polymer clay earrings with Bayside Clay.

**Color Mixing Essentials (Watercolor)**
With Instructor Rowena Finn
Saturdays • 9:30 AM–12:30 PM
May 28 • June 25 • July 30 • August 27
$60/class ($75/class for not–yet–members)
Working with a limited palette (only 6 colors), students will learn the three components of color and how to mix exactly the color you need to match what we see in nature.

**Capturing the Light in Flowers Watercolor (4–Week Class)**
With Instructor Rowena Finn
Tuesdays • 9:30 –11:30 AM
July 5–July 26
$150 ($175 for not–yet–members)
This weekly class is ideal for both beginning and experienced watercolorists. Students will draw and paint botanicals from life, with special emphasis on mastering value and capturing the light that glows on top of and through petals and leaves.

**Native Plant Seed Project**
With 757 Creative ReUse Center
Wednesday, May 18 • 1–2:30 PM
$11 ($16 for not–yet–members)
Participants will use discarded paper products like egg cartons, newspapers, and used printer paper and to make new colorful handmade paper with a special surprise! This paper will have wildflower seeds inside, so it can be gifted and then planted to help grow beautiful flowers to support birds and pollinators.

**All Ages Jellyfish Sculpture Workshop**
With 757 Creative ReUse Center
Tuesday, July 26 • 11 AM–12 PM
$11 ($16 for not–yet–members)
Participants will use clean soda bottles and other plastic waste as materials to create colorful jellyfish sculptures.
### Garden Yoga (4–Week Class)

With Certified Instructor Julie Paddock  
**Mondays, May 23–June 20 (Memorial Day week off), June 27–July 25, August 15–September 12 (Labor Day week off)**  
9:30–10:30 AM  
**June 29—July 27, August 17–September 14 (Labor Day week off)**  
9:30–10:30 AM  
$40 ($55 for not–yet–members)

### Saturday Yoga

With Certified Instructor Carolyn Boucher  
**Saturdays • 9:30–10:30 AM**  
May 14 • June 11 • June 25  
$11 ($16 for not–yet–members)

### Evening Yoga

With Certified Instructor Karen Babcock  
**4–Week Class, Tuesdays, June 7–June 28 • 6–7 PM**  
$40 ($55 for not–yet–members)  
**6–Week Class, Tuesdays, July 26–August 30 • 6–7 PM**  
$60 ($75 for not–yet–members)

### Beginner T’ai Chi (8–Week Class)

In partnership with the Tidewater T’ai Chi Center  
**Thursdays, May 5–June 23, July 7–August 25**  
9:30–10:30 AM  
$100 ($120 for not–yet–members)

### Intermediate T’ai Chi (8–Week Class)

In partnership with the Tidewater T’ai Chi Center  
**Thursdays, May 5–June 23, July 7–August 25**  
10:30–11:30 AM  
$100 ($120 for not–yet–members)

### Nature Journaling

With Horticulturist Erin Caricofe  
**Saturday, May 14 • 9–10:30 AM or Saturday, August 13 • 9–10:30 AM**  
$20 ($25 for not–yet–members)

### Botanical Beauty

With Herbalist Mary K Scott  
**Saturday, June 11 • 10 AM–1 PM**  
$60 ($75 for not–yet–members)

### Summer Apothecary

With Herbalist Mary K Scott  
**Wednesday, June 15 • 1–4 PM**  
$50 ($60 for not–yet–members)

Join us as we walk through the Garden (weather permitting) identifying and foraging summer weeds and flowers that support good health and vigor. We’ll begin in the classroom and end at the tea garden by the greenhouse to sample our selections!

### Get to Know Your Bike!

With Local Bike Shop NFK  
**Thursdays, 5:30–7:30 PM**  
**Basic Bike Anatomy • June 16**  
**Bike Packing and Planning • July 21**  
**Basic Tune Up Concepts • August 18**  
$20 ($25 for not–yet–members)

Join the LBS NFK team for an educational session followed by a casual group ride through the Garden. Don’t forget to bring your bike!

### Homegrown Tea

With Herbalist Mary K Scott  
**Wednesday, June 22 • 1–4 PM**  
$50 ($60 for not–yet–members)

Design a medicinal plant garden specific to the Tidewater area. Class includes harvesting tips and nutritious recipes designed to support your health and wellbeing. Weather permitting, we will stroll to the tea garden for a hands on experience meant to inspire your own home apothecary.

### Flower Power

With Herbalist Mary K Scott  
**Thursday, July 7 • 1–4 PM**  
$50 ($60 for not–yet–members)

Experience different seasonal flowers and their potent power for keeping us cool this season! Lavender lemonade, blackberry vinegar shrubs, elder flower tea, rose elixirs and much more for a summer pick–me–up with many demonstrations and tastings!

### Plants for Plucked Nerves

With Herbalist Mary K Scott  
**Thursday, July 21 • 1–4 PM**  
$50 ($60 for not–yet–members)

We will explore plants that can soothe frayed nerves, help promote sleep, provide calm throughout the day and address the spiraling mind that can sometimes lead to panic! Instructions on how to grow, harvest and process for a natural remedy to many nervous conditions. Lots of sampling and demonstrations in the hopes that you will find the plant allies most suited to your constitution!

### In the Kitchen with Invasive Species

With Instructor Devani Jolman  
**Tuesday, August 9 • 9:30–11 AM**  
$35 ($45 for not–yet–members)

Invasive species are a major topic of conversation at the table of ecology. Why not eat them as we discuss? Join me in making recipes using local invasive plants while learning about the role that invasive species have in our environment. This class will be an interactive eating and learning experience. Recipes will use a multitude of ingredients, some including dairy and gluten, but options will be available without.
Hummingbirds
With Dr. Shawn Dash of Hampton University
Thursday, May 12 • 6:30–7:30 PM
$5 ($10 not-yet-members)
Via Zoom
This lecture will provide insights into the complex ecology of these jeweled pollinators. Examining their evolution, their important role in the natural history of the communities they live. We will chat about their life, their roles, and some identification points, and of course how to attract them to your home and yard.

Moth Night at the Norfolk Botanical Garden
With Maurice A. Cullen, Russ Halverson, Nate Gilbert of the Butterfly Society of Virginia
Tuesday, July 12 • 8:30–10:30 PM
$16 ($21 for not–yet–members)
Come learn about moths beginning with an indoor presentation of mounted specimens of both local and tropical moths, with a Q and A session. Participants will then move outside to see what species of moths are attracted to sheets using both UV and mercury vapor lights. Bait stations will also be set up for moths that are not particularly attracted to lights

Batty for Bats
With Dr. Tatyana Lobova of Old Dominion University
Thursday, May 19 • 7–9 PM
$16 ($26 for not–yet–members)
Should you be frightened or delighted if you see bats in your backyard? Learn about common misconceptions and exciting facts about these unique mammals while trying to spot some in the night sky with the bat detector. Want to invite bats in your neighborhood? Learn about installation of bat houses from ODU biology professor Tatyana Lobova.

50 Shades of Pollination
With Dr. Shawn Dash of Hampton University
Thursday, June 2 • 6:30–7:30 PM
$5 ($10 not-yet-members)
Via Zoom
Learn about the evolution of species interactions, the mutualistic relationships of pollination, our local pollinators, and tips on gardening for them!

Mushroom Medicine
With Ryan Staab of Capstone Mushroom
Tuesday, May 17 • 6–8 PM
$16 ($21 for not–yet–members)
From antibiotics to anti-cancer drugs, mushrooms have considerably contributed and even revolutionized medicine of the 20th and 21st century. Come explore the world of medicinal fungi with Ryan Staab, owner of Capstone Mushroom, as he shares how mushrooms can lead to a healthier and happier life for you and your families. You will be taught basic identification methods, how to make your own mushroom medicines, as well as the most up to date science of the how and why mushrooms can help heal our planet and families during this pivotal time in history.

Mushroom Cultivation
With Ryan Staab of Capstone Mushroom
Tuesday, May 24 • 6–8 PM
$35 ($45 for not–yet–members)
Ryan Staab, owner of Capstone Mushroom farm, grows thousands of pounds of mushrooms a year. He wishes to share his knowledge and some of his trade secrets to help you get started growing your own mushrooms in no time. Hands on demonstrations, your own take home workbook, and more, including your very own mushroom “grow kit” to go home with. You are not going to want to miss this one!

Steps Towards Solar– Zoom
With Nolie Diakoulas of Convert Solar
Thursday, June 23 • 6–7 PM
Free Program. Registration Required.
Via Zoom
Join Virginia’s local solar provider to learn how solar works and how you could benefit by making the switch, and why you should choose energy independence for your home or business. And of course, be sure to check out our install at NBG when you visit.

Cooking with Mushrooms
With Ryan Staab of Capstone Mushroom
Tuesday, July 19 • 6–8 PM
$35 ($45 for not–yet–members)
Curious about the world of wild and cultivated mushrooms? Find out not only how to procure the finest fungal delicacies, but also how to prepare them to dazzle the entire family. In this class we have Ryan Staab, owner of Capstone Mushroom, preparing gourmet mushrooms directly from his farm in Virginia Beach. King Trumpet Jerky, Lion’s Mane “crab” cakes, beer battered fried oyster mushrooms and more. After class ends you will depart with your very own Capstone Mushrooms to go home with and show off your new skills.

Living Life Less Plastic
With Christina Trapani of Eco Maniac Company
Wednesday, July 6 • 1–2 PM or
Wednesday, July 27 • 1–2 PM
Included with Garden Admission.
Learn about steps you can take for a plastic free life.
**IN-PERSON SUMMER PROGRAMS**

**Little Sprout Explorers**
Introduce your 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 Garden Science**
Review topics relating to botany, water ecology, environmental science, and so much more! Homeschool programs are generally recommended for students ages 6-11.

**Critter Club**
Learn about the animals who call the Garden home through habitat investigation, crafts, and other hands-on, scientific activities.

**Garden Artists**
Let the Garden inspire you as you create nature-themed art! Programs will be offered throughout the summer for elementary and middle school-aged artists.

**INCLUDED WITH GARDEN ADMISSION**

Join us in the Garden for free family programs! All activities are included with Garden admission, and are recommended for ages 3+. Adult chaperones attendance for all programs is required.

**Busy Bees**
**Thursdays in May • 10 AM**
Meet in the Butterfly Garden to learn all about the pollinator pals that live in the Garden!

**Pond Pals**
**Thursdays in June • 10 AM**
**Thursdays in August • 10 AM**
Meet at Friendship Pond to test your pond dipping skills!

**Caterpillar Club**
**Thursdays in July • 9:30 AM**
Meet at the Butterfly House to say good morning to the caterpillars and butterflies!

**Frames & Games: DIY Picture Frames**
Decorate your own wooden picture frame, and then go out into the Garden to take photos! Recommended for ages 4+.

**Nature Journaling Kids' Club - Member Exclusive!**
Join us on June 4 in the WOW Children’s Garden for an introduction to nature journaling for kids! Each club member will receive a messenger tote bag, a paper journal, and six double-sided colored pencils. Throughout the summer, club members will additionally receive lessons on Google Classroom to continue their summer journaling adventures. Recommended for ages 7-13.

**Other activities included with Garden admission such as scavenger hunts, story times, crafts, walking tours, and discovery carts are offered daily in the WOW Children's Garden!**
BACKYARD BIRD BUDS

Join us this summer in the WOW Children’s Garden to see what colorful combinations of flowers you can plant to invite birds to where you live. Complete quizzes, scavenger hunts, games, and more to help you become a best bud to your backyard birds.

SUMMER FIELD TRIPS

Bring your summer groups and campers to play, splash, and learn with us this summer!

All summer field trips to the Garden include scheduled access to the WOW Splash Fountains, the Butterfly House, and our Frames & Games summer activities!

CHILDERN’S BIRTHDAY PARTIES

Book a birthday party in the WOW Children’s Garden! Pricing starts at $250 and includes a WOW classroom rental, themed table decorations, Garden admission for party guests, and paperware for the party.

NEW! ADD-ON ACTIVITY: For $5/child, upgrade your rental to include A Very Hungry Caterpillar themed decorations, story time, and craft!

DELUXE PARTY OPTION: The Deluxe Dinosaur Party option includes dinosaur decorations for the classroom, and a dinosaur-themed terrarium and goodie bag for up to 10 children. The Deluxe Dinosaur Party pricing starts at $350. Additional terrarium and goodie bag kits can be added for an additional fee. Deluxe parties include all the standard rental amenities.

WOW End of Summer Celebration

Join us in the WOW Children’s Garden after hours to complete crafts, games, and other fun activities! Make sure to come out early to play in the fountains! Recommended for ages 3+ with caregiver participation.

Friday, August 26 • 7–8:30 PM
$10/child and $5/adult for NBG members.
($15/person for not-yet-members.)

SUMMER SCOUT PROGRAMS

Bring your Scouts to the Garden for a guided or self-guided program this summer! Each offered program allows participating Scouts to earn the corresponding badge, patch, pin, or loop!

Some options include:
GSCCC Explore NBG Patch
Brownie Bug Badge
Junior Flower Badge
Various Outdoor Art Badges
Lions “Ready, Set, Grow”
Tigers “My Tiger Jungle”
Wolves “Grow Something”
Bears “Fur, Feather, & Fern”
Into the Woods Adventure
Into the Wild Adventure

BRIDGING CEREMONIES

Book a guided or self-guided Girl Scout program, and then visit Friendship Pond to complete your bridging ceremony!

DELUXE OPTION: Add a one-hour WOW classroom rental to your bridging ceremony to celebrate with your Troop!!

NATURE QUEST APP ACTIVITIES

Did you know we have an app? Scan the QR code to unlock our Nature Quest activities on your phone web browser, or download the app from the Google Play or App Store.

Activities are regularly added and updated, so make sure to visit often!