**Online Fall Plant Sales**

**GARDEN TO-GO KITS**  
September 2—4  
(Members only Access Sept. 1)  
Curated Kits with Native Perennials  
- Sun  
- Partial Shade  
- Shade  
- Pollinator Friendly  
- Banquet for Birds  
- Hummingbird Haven

**BULBS**  
October 7—9  
(Members only Access Oct. 6)

**TREES & SHRUBS**  
October 21—23  
(Members only Access Oct. 20)

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In a special lecture for Norfolk Botanical Garden, Shaleigh Howells, Cultural Resource Director and Museum Director for the Pamunkey Indian Tribe, will discuss the history of the Pamunkey Indian Tribe in Virginia, as well as her work managing cultural resources for the Tribe and the Pamunkey Indian Museum & Cultural Center. She will also speak about contemporary issues Native Americans face today and ways to support indigenous communities. Registration required - see Digging Deeper on page 10 for details.
October

10/04  Trunk History
      Sumi-e Japanese Ink Painting (4-week class)
      Managing Stormwater with Your Landscape - Zoom
      Sunset Kayaking
      Garden Stars

10/05  Cut Flowers for the Home Gardener
      Storybook Tea Party

10/06  10 Great Trees and 10 to Avoid

10/09  Girl Scout Outdoor Art Day

10/11  Sunset Kayaking

10/12  Autumn Pumpkin Arrangement

10/13  Yoga Nidra
      Mushroom Medicine
      Owl Prowl

10/14  WOW Harvest Party

10/15  Watercolors: Landscape
      Saturday Yoga
      Mindfulness Walk

10/18  Native Plant Walk & Talk

10/19  Rose Garden Walk & Talk
      Garden Artists: DIY Scarecrows

10/20  Transform Your Lawn
      Pumpkin Succulent Workshop

10/21  Trick 'r Trees

10/22  Saturday Yoga

10/25  Flower ID from A to Z
      Origami: Bats and Owls
      Digital Photography: Light Painting
      and Light Writing Photography

10/26  Wednesday Oil Painting (8—Week Class)
      13 Plants of Halloween
      Ghoul & Goblin Gardens

10/27  Thursday Oil Painting (8—Week Class)
      Bird Biology Walk & Talk
      Creepy Carnivores

10/28  Haunted Cookie Houses

10/31  Monday Yoga (4—Week Class)
November

11/01  Capturing the Light in Flowers with Watercolor (4—Week Class)
       Cooking with Mushrooms

11/02  Wednesday Yoga (4—Week Class)
       Dried Floral Wreath
       Storybook Tea Party

11/03  The Mixed Blessing of Garden Insects - Zoom
       Origami: Pandas
       Owl Prowl

11/05  Watercolors: Harvest
       Saturday Yoga
       Winter Wellness

11/08  Selecting and Growing Japanese Maples
       Fall Color Walk & Talk

11/10  Honeybees, What are They Good For?
       Beginner T’ai Chi (8—Week Class)
       Intermediate T’ai Chi (8—Week Class)
       Flower Power

11/12  Fall Color Walk & Talk
       Saturday Yoga
       Living Wreath Succulent Workshop
       Nature Journaling

11/15  Capturing Shape and Form Botanical Art (3—Day Class)
       Coffee Tasting

11/17  The Giving Tree Disease
       Japanese Maple Walk & Talk

11/18  Fall Color Walk & Talk

11/19  Thanksgiving Plates

11/21  Thanksgiving Centerpiece Floral Design

Gift Shop Member Appreciation

Holiday Sale

Nov. 5th & 6th

Purchase a unique gift for someone special this holiday season. Members receive a 20% Discount on all regular price merchandise for a one time shopping spree in the Gift Shop.

Go natural this holiday season and give the gift that keeps on blooming. Membership also includes multiple discounts, special event invitations and reduced or free admission to more than 300 U.S. botanical gardens. To order a gift membership, visit: norfolkbotanicalgarden.org/support/ or call 757-441-5830, ext. 324.
december

12/01  Wreath Making Workshop
12/03  **Saturday Yoga**  
   Jam, Jelly, and Canning 101  
   Holiday Clay Jewelry Workshop
12/04  Cookie Plates & Cocoa Mugs
12/05  **Monday Yoga (4—Week Class)**
12/06  Winter Sowing for Pollinators  
   Botanical Watercolor Skill Level 2  
   (3—Day Class)
12/07  **Wednesday Yoga (4—Week Class)**  
   Outdoor Holiday Container Workshop
12/10  Watercolors: Strawberry Bush and Cardinal  
   Origami: Holiday Ornaments  
   **Saturday Yoga**
12/11  **Holiday Nature Ornaments**
12/13  Mulching: All You Need to Know to  
   Maximize Plant and Soil Vitality
12/15  **12 Plants of Christmas**
12/18  **Holiday Cookie Houses**
12/22  Christmas Centerpiece Floral Design

Tickets On-Sale Oct. 1st  
NBGLights.org
Planting a Natural Dye Garden
With Senior Horticulturist Mary Toth
Tuesday, September 6 • 1–3 PM
$16 ($21 for not–yet–members)
Learn how to design a color dye garden along with what plants to incorporate for certain colors and how to naturally dye your clothing.

Worm Composting
With Master Gardener Kandy Keith
Thursday, September 15 • 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.

Coffee & Conversation-Sow it Begins
With Greenhouse Manager Meredith Simmons
Wednesday, September 21 • 1–3 PM
$21 ($26 for not–yet–members)
Begin your seed starting adventure from the ground up with the help of Meredith Simmons, greenhouse manager. We will talk all things seedy in this 101 class.

All About Mushrooms
With Vice President of Education Theresa Augustin
Thursday, September 22 • 9:30–11:30 AM
$16 ($21 for not–yet–members)
Curious about mushrooms? Learn which ones are common to our area, how to identify them, and the role they play in nature. This class will be held outdoors. Walking required.

Trunk History
With Plant Recorder Ray Volkin
Tuesday, October 4 • 1–3 PM
$16 ($21 for not–yet–members)
Learn about the rich history of Hampton Roads and its role in the timber trade. How does this affect the landscape today? Witness history preserved here and possibly in your own backyard. Indoor presentation followed by an outdoor tour. Walking required.

Cut Flowers for the Home Gardener
With Senior Horticulturist Mary Toth
Wednesday, October 5 • 1–3 PM
$21 ($26 for not–yet–members)
Discover what varieties of cut flowers you can easily grow in your own backyard. Learn when and how to plant along with when to harvest each variety. Participants will take home seeds to start their own cutting garden. Indoor presentation followed by outdoor tour. Walking required.

10 Great Trees and 10 to Avoid
With Director of Horticulture Les Parks
Thursday, October 6 • 1–3 PM
$16 ($21 for not–yet–members)
This class will cover great trees for Coastal Virginia and which ones to avoid. It will also cover selecting healthy trees from garden centers and proper planting techniques. Indoor presentation followed by an outdoor tour. Walking required.

13 Plants of Halloween
With Greenhouse Assistant Kayla Hanse
Wednesday, October 26 • 1–3 PM
$16 ($21 for not–yet–members)
Ranging from spooky to freaky, even plants can get into the Halloween spirit! Come and enjoy this horticultural Trick or Treat where we will discuss the creepy and fantastic members of the plant kingdom and their Halloween histories. Indoor presentation followed with outdoor tour. Walking required.

Flower ID from A to Z
With Senior Horticulturist Mary Toth
Tuesday, October 25 • 1–3 PM
$16 ($21 for not–yet–members)
There are many types of flowers available in the florist industry from locally grown to tropical imports. Learn to identify old favorites, new varieties and various foliage’s along with their special needs and design styles of the many flower types. Indoor presentation followed by outdoor tour. Walking required.

Creepy Carnivores
With Director of Adult Education Alexandra Cantwell
Thursday, October 27 • 10–11:30 AM
$16 ($21 for not–yet–members)
Learn about the mysterious and mesmerizing world of carnivorous plants, as well as how to care for them at home!

Selecting and Growing Japanese Maples
With Director of Horticulture Les Parks
Tuesday, November 8 • 9:30–11:30 AM
$16 ($21 for not–yet–members)

Honeybees, What Are They Good For?
With Assistant Horticulturist Stephen Biela
Thursday, November 10 • 9:30–11:30 AM
$16 ($21 for not–yet–members)
Where did the honeybee come from? How was honey first harvested? We’ll learn the history of the modern hives we have today along with the variety of hives that you can have.

The Giving Tree Disease
With Plant Recorder Ray Volkin
Thursday, November 17 • 9:30–11:30 AM
$16 ($21 for not–yet–members)
How did one nasty bacterial disease revolutionize life as we know it? Discover how scientists have hacked the hacker and bred our crops more efficiently. Decide for yourself if this bacterium has done more harm than good, and use your imagination to decide what it could do for us next.

Winter Sowing for Pollinators
With Greenhouse Manager Meredith Simmons
Tuesday, December 6 • 1–2:30 PM
$16 ($21 for not–yet–members)
This family friendly class will have you gardening even in the dead of winter. Turn recycled milk jugs into mini-greenhouses to produce tough, hardy seedlings for your pollinator-friendly garden in spring.

Outdoor Holiday Container Workshop
With Senior Horticulturist Mary Toth
Wednesday, December 7 • 1–3 PM
$50 ($65 for not–yet–members)
Conquer the holidays by creating a beautiful outdoor, evergreen filled container with holiday themed decorations and natural ornaments.

Mulching-Maximize Plant and Soil Vitality
With Horticulturist Bailey Bunn
Tuesday, December 13 • 10–11:30 AM
$16 ($21 for not–yet–members)
What is mulch, and why do we mulch? We’ll discuss the benefits of mulching, the pros and cons of different types of mulch, and common issues with mulch.

12 Plants of Christmas
With Greenhouse Assistant Kayla Hanse
Thursday, December 15 • 1–3 PM
$16 ($21 for not–yet–members)
Get into the Holiday Spirit by exploring the 12 Plants of Christmas! Indoor presentation followed with outdoor tour. Walking required.
FREE GARDEN WALK & TALKS

FREE WITH GARDEN ADMISSION
Walking required, weather permitting. These casual informative walks will allow plenty of time for questions and photos.

Garden Highlights Walk & Talk
With Director of Adult Education Alexandra Cantwell
Friday, September 16 • 10–11:30 AM

Native Plant Walk & Talk
With Horticulturist Tyler Greenwell
Tuesday, October 18 • 10–11:30 AM

Rose Garden Walk & Talk
With Horticulturist-Rosarian Andrew Earehart
Wednesday, October 19 • 10–11:30 AM

Bird Biology Walk & Talk
With Dr. Shawn Dash of Hampton University
Thursday, October 27 • 1–2:30 PM

Japanese Maple Walk & Talk
With Senior Horticulturist Mary Toth
Thursday, November 17 • 9:30–11 AM

Fall Color Walk & Talks
With Director of Adult Education Alexandra Cantwell
Tuesday, November 8 • 10–11:30 AM
Friday, November 18 • 10–11:30 AM
With Director of Horticulture Les Parks
Saturday, November 12 • 10–11:30 AM

Sunset Kayaking
In partnership with Kayak Nature Tours
Tuesday, September 6, 13, 20, 27 • 5:30–7:30 PM
Tuesday, October 4, 11 • 5–7 PM
$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, September 8 • 8–9:30 PM
Tuesday, October 4 • 7:30–9 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 Nature’s Nanny Wildlife Rehabilitation
Thursday, September 29 • 7–9 PM
Thursday, October 13 • 7–9 PM
Thursday, November 3 • 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.

NBG Horticulturist-Rosarian Andrew Earehart was interviewed by WVEC 13News Now this past summer.
create
Cultivate your creativity with these garden-inspired workshops. All supplies included.

**Wednesday Oil Painting (8-Week Class)**
With Artist Adele Loomans
Wednesdays, October 26–January 4 • 9:45–11:45 AM
$150 ($175 for not-yet-members)

**Thursday Oil Painting (8-Week Class)**
With Artist Adele Loomans
Thursdays, October 27–January 5 • 9:45–11:45 AM
$150 ($175 for not-yet-members)

**Classical Watercolor**
With Artist Diana Davis
Saturdays • 9 AM–1:30 PM
Pansies and Monarch • September 17
Landscape • October 15
Harvest • November 5
Strawberry Bush and Cardinal • December 10
$60 ($75 for not-yet-members)

**Origami**
With Paper Artist Rich Gray
Bats and Owls • October 25 • 6:30–8:30 PM
Pandas • November 3 • 6:30–8:30 PM
Holiday Ornaments • December 10 • 9:30–11:30 AM
$16 ($26 for not-yet-members)

**Digital Photography**
With professional photographer Dee Akright
6:30–8:30 PM
How to Take Better Portraits of Friends and Family • September 22
Light Painting and Light Writing
Photography • October 25
$40 ($55 for not-yet-members)
Bring your camera and manual.

**Botanical Drawing (3-Day Class)**
With Artist Lynne Frailing
September 27, 28 and 29 • 9:30 AM–12:30 PM
$125 ($150 for not-yet-members)
Botanical art is a classic form of still life drawing and relates well to nature journaling as well as other mediums that rely on observational skills. This class, taught by a certificate-holding botanical illustrator, will teach observational drawing techniques to enable each student to draw from a botanical specimen.

**Capturing Shape and Form Botanical Art (3-Day Class)**
With Artist Lynne Frailing
November 15, 16 and 17
9:30 AM–12:30 PM
$125 ($150 for not-yet-members)
Leaves, stems, pods of fall are wonderful subjects for capturing texture, form and color. Students will choose to work in ink, graphite or watercolor. We will look hard at our natural subjects and copy what we see. This Class is taught by a certificate-holding nature illustrator.

**Capturing the Light in Flowers (4-Week Class)**
With Artist Rowena Finn
Tuesdays, November 1–22
9:30 AM–11:30 AM
$150 ($175 for not-yet-members)
Students will draw and paint botanicals with special emphasis on mastering value and capturing the light that glows on top of and through petals and leaves. Participants are encouraged to bring in photos of a flower or plant they would like to paint. Supplies are provided but students may bring their own in if they wish.

**Botanical Watercolor Skill Level 2 (3-Day Class)**
With Artist Lynne Frailing
December 6, 7, and 8
9:30 AM–12:30 PM
$125 ($150 for not-yet-members)
Defining different values is a key to any realist painting. Students will paint from a botanical subject carefully observing highlights and shadows. Students will be encouraged to do a second painting recreating their first sepia painting in full watercolor. This method enhances an artist ability to paint a subject so it seems to lift off the page.

**Nature Journaling**
With Artist Karen Spaulding
November 12 • 9 AM–12 PM
$40 ($45 for not-yet-members)
Learning to see is part of enjoying the natural world. This course will offer basic techniques to develop your ability to make a visual and written journal of what we find in various gardens of NBG.

**Painting with Sumi-e: Japanese Ink Painting (5-Week Class)**
With Artist Adele Loomans
Tuesdays, November 1–22
9:30 AM–11:30 AM
$150 ($175 for not-yet-members)
Painting recreating their first sepia painting in full watercolor. This method enhances an artist ability to paint a subject so it seems to lift off the page.

**DIY Suet Feeder Workshop**
With Director of Adult Education Alexandra Cantwell
Wednesday, December 14 • 1–3 PM
$30 ($35 for not-yet-members)
Become your backyard bird's best friend when you learn how to make your own suet blocks! Participants will create custom blends to attract a variety of feathered friends, and take home several blocks themselves, complete with a suet holder and reusable molds! All supplies included.

**Wreath Making Workshop**
With Horticulturist Mary Toth
Thursday • December 1
9:30–11 AM or 1:30–3 PM
$100 ($115 for not-yet-members)

**Succulent Workshop**
With Melissa Tebbenhoff
Planter Box Workshop
September 10 • 9:30–11:30 AM
$60 ($65 for not-yet-members)
Pumpkin Succulent Workshop
October 20 • 6–8 PM
$70 ($75 for not-yet-members)
Living Wreath Workshop
November 12 • 9:30–11:30 AM
$75 ($80 for not-yet-members)

**DIY Suet Feeder Workshop**
With Director of Adult Education Alexandra Cantwell
Wednesday, December 14 • 1–3 PM
$30 ($35 for not-yet-members)

**Holiday Clay Jewelry Workshop**
With Artist Danielle Shindledecker of Bayside Clay
Saturday, December 3
9:30–11 AM or 1:30–3 PM
$100 ($115 for not-yet-members)
Polymer clay earrings are lightweight, durable and trendy. In this workshop, you will design & create your own holiday-themed polymer clay earrings. No experience is necessary and all supplies and equipment will be provided. You will learn the basics of polymer clay and how to turn a simple block of clay into a masterpiece. You will leave with your very own handmade earrings to wear for the holidays!
live well

Sow the seeds for your healthy lifestyle. All supplies included.

Garden Yoga (4–Week Class)
Monday Programs with Certified Instructor Ann Williams
Mondays, September 26–October 17, October 31–November 28 (no class on Nov. 21), December 5–January 9 (no class on Dec. 19 or 26) 9:30–10:30 AM
Wednesday Programs with Certified Instructor Carly Joelle
Wednesdays, September 28–October 19, November 2–30 (no class on Nov. 23), December 7–January 11 (no class Dec. 21 or 28) 9:30–10:30 AM
$40 ($55 for not–yet–members)

Saturday Yoga
With Certified Instructor Carolyn Boucher
Saturdays • 9:30–10:30 AM
September 17, October 15, October 22, November 5, November 12, December 3, December 10
$11 ($16 for not–yet–members)

Evening Yoga (4–Week Class)
With Certified Instructor Karen Babcock
Thursdays, September 8–29 • 6–7 PM
$40 ($55 for not–yet–members)

Yoga Nidra
With Certified Instructor Carolyn Boucher
October 13 • 6–7 PM
$11 ($16 for not–yet–members)
Yoga Nidra is one of the easiest yoga practices to cultivate. Practiced lying down or in a seated position, participants will be guided through layers of energetic awareness taking us to a place between sleep and wakefulness. This class is a fun and unique way to access the many health benefits of deep relaxation.

Beginner T’ai Chi (8–Week Class)
In partnership with the Tidewater T’ai Chi Center
Thursdays, September 8–October 27, November 10-January 19 • 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, September 8–October 27, November 10-January 19 • 10:30–11:30 AM
$100 ($120 for not–yet–members)

Shinrin Yoga
With Instructor Tricia York
Tuesday, September 20 • 10–11:30 AM
$11 ($16 for not–yet–members)
Combining the mental and physical health benefits of Shinrin Yoku (Japanese for “Forest Bathing” or “taking in the forest through our senses”) and Yoga, this one-hour gentle flow class led by a Certified Yoga Instructor and NBG Mindfulness Guide will provide you with a unique opportunity to experience yoga in direct connection with nature. This class will be held outdoors. Please bring your own yoga mat or towel.

Guided Mindfulness Walk
With Instructor Tricia York
Saturday, October 15 • 10–11:30 AM
$11 ($16 for not–yet–members)
Join us for a walk through the garden practicing mindful meditation and heightening your awareness to your senses while immersing yourself in nature. Mindfulness leads to a whole range of benefits for your physical and emotional wellbeing. The 1 mile walk is not on the paved area of the garden, so please wear appropriate shoes.

Roots, Bark, Berries & Seed Medicine
With Herbalist Mary K Scott
Saturday, September 17 • 10:00 AM–1 PM
$50 ($60 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!

Winter Wellness
With Herbalist Mary K Scott
Saturday, November 5 • 10:00 AM–1 PM
$55 ($65 for not–yet–members)
Explore herbal folk methods to ensure a healthy season with plant power! Experience a wonderful afternoon learning how to concoct fire cider, teas, syrups, onion plasters and an overview of many beneficial tinctures specific for cold and flu prevention. Each participant will receive a bottle of elderberry syrup.

Coffee Tasting
With Bear House Coffee Roasters
Tuesday, November 15 • 1:30–3 PM
$21 ($26 for not–yet–members)
Learn about the nuances of coffee, from roasts to regions, complete with a coffee tasting featuring 3 different roasts. Bear House coffee is locally roasted and supports organic, shade grown, fair trade coffee.

Jam, Jelly, and Canning 101
With Chef David Hannah
Saturday, December 3 • 10 AM–12 PM
$35 ($45 for not–yet–members)
Learn the basic fundamentals of canning as you make and take home your own jars of pepper jelly. You’ll learn various skills and techniques to take your jelly from basic to the high end bistro sandwich. We will be sampling foods that compliment pepper jelly recipe so save room for snacks.
Go beyond the basics for a deeper understanding.

**Basic Turf/Landscape Weed ID & Management-Zoom**
With Horticulture Associate of Virginia Tech Dr. Laurie Fox
**Tuesday, September 13 • 6–7 PM**
$5 ($10 for not–yet–members)
Learn how to identify the most common turf/landscape weeds in Hampton Roads and how to manage them with Dr. Laurie Fox from the Virginia Tech Hampton Roads Agricultural Research & Extension Center.

**Moth Night**
With Maurice A. Cullen, Russ Halvorsen, Nate Gilbert of the Butterfly Society of Virginia
**Tuesday, September 13 • 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. 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.

**Pamunkey Tribe: Tribal History**
With Cultural Resource Director and Museum Director for the Pamunkey Indian Tribe Shaleigh Howells
**Thursday, September 15 • 6–7 PM**
$16 ($26 for not–yet–members)
In a special lecture for the Norfolk Botanical Garden, Shaleigh Howells (Cultural Resource Director and Museum Director for the Pamunkey Tribe) will be discussing tribal history of the Pamunkey Indian Tribe in Virginia, as well as how to manage cultural resources for the Tribe and the Pamunkey Indian Museum & Cultural Center. She will also speak about contemporary issues Native Americans face today and ways to support indigenous communities.

**What's That Plant?-Zoom**
With Dr. Lisa Wallace of Old Dominion University
**Thursday, September 22 • 6–7 PM**
$5 ($10 for not–yet–members)
In this class we’ll cover the basics of plant identification and learn how to use keys, field guides, and digital apps to identify plants in the garden and beyond.

**Plants, Defend Yourselves!**
With ODU graduate student, Devani Jolman
**Tuesday, September 27 • 10–11:30 AM**
$11 ($16 for not–yet–members)
In this walk and talk, we will explore the various ways that plants have defended themselves, both now and over time. Form a new appreciation for the ways that plants have survived over the years. Outdoor tour, walking required.

**Mushroom Cultivation**
With Ryan Staab of Capstone Mushroom
**Tuesday, September 27 • 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 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.”

**Mesmerizing Monarchs and their Migration**
With Butterfly House Curator Lauren Tafoya of the Butterfly Society of Virginia
**Thursday, September 29 • 6–7 PM**
$16 ($21 for not–yet–members)
Learn about the basics of the North American Monarch Butterfly and it’s lifecycle, as well as the phenomena of it’s migration to Mexico! Students will also discuss the conservation efforts of the species and how they can help.

**Managing Stormwater with your Landscape-Zoom**
With Horticulture Associate of Virginia Tech Dr. Laurie Fox
**Tuesday, October 4 • 6–7 PM**
$5 ($10 for not–yet–members)
Whether it’s runoff from your roof, water from an adjacent property or flood water, there are many ways you can use your landscape to manage the water. Dr. Laurie Fox will cover a variety of practices and tips.

**Mushroom Medicine**
With Ryan Staab of Capstone Mushroom
**Thursday, October 13 • 6–8 PM**
$16 ($21 for not–yet–members)
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.

**Transform Your Lawn**
With ODU graduate student, Devani Jolman
**Thursday, October 20 • 2–4 PM**
$11 ($16 for not–yet–members)
There are many alternatives for a lawn that are both beautiful and ecologically beneficial. These lawn alternatives save water, money, and time, while encouraging visits by pollinators and birds. This class will explain why you should transform your lawn and how to begin!

**Cooking with Mushrooms**
With Ryan Staab of Capstone Mushroom
**Tuesday, November 1 • 6–8 PM**
$35 ($45 for not–yet–members)
In this class Ryan Staab, owner of Capstone Mushroom, prepares 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 mushrooms to go home with and show off your new skills.

**The Mixed Blessing of Garden Insects -Zoom**
With Dr. Shawn Dash of Hampton University
**Thursday, November 3 • 6:30–7:30 PM**
$5 ($10 for not–yet–members)
This lecture focuses on introducing participates to the wild world of insects that inhabit their yard and garden. We spend some time discussing biodiversity and move on to the important players related to insect, plant, bird, and human interactions.
sprouts
Programs and events for the whole family.

YOUTH PROGRAM REGISTRATION
Unless otherwise noted, NBG Member adults may register a free chaperone ticket with a registered child participant for in-person programs. Not-yet-members tickets must be purchased for children and adults for all in-person programs. For additional information on all our offered programs or to register for a class, visit our website or email us at: youthed@nbgs.org.

PROGRAM DESCRIPTIONS

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.

Garden Artists
Let the Garden inspire you as you create nature-themed art! Most art classes recommended for artists ages 4-12.

INCLUDED WITH GARDEN ADMISSION
Join us in the Garden on Thursdays for free family programs! All activities are included with Garden admission, and are recommended for ages 3+.

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

Tunes for Tots
October • 10 AM
Meet in the WOW Children’s Garden to play instruments and groove to nature tunes!

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!

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.

Storybook Tea Party
Join us in the WOW Children’s Garden for a tea party and story time. Don’t forget to bring your favorite stuffed animal! Recommended for ages 3+. Light refreshments included for participating children.

Wednesday, September 7 • 10–11 AM
Wednesday, October 5 • 10–11 AM
Wednesday, November 2 • 10–11 AM
$10/child for NBG Members.
($18/child and $16/adult for not-yet-members.)

Family Twilight Trek
Dissect an owl pellet, decorate a set of binoculars, and then go on a sunset walk through the Garden. Recommended for ages 5+ with caregiver participation. Moderate walking required. All child and adult participants must have a registered ticket.

Friday, September 16 • 7–8:30 PM
$10/child and $5/adult for NBG members.
($15/person for not-yet-members.)

Girl Scout Outdoor Art Day
Bring your Daisy, Brownie, and Junior Girl Scouts to the Garden to earn their Outdoor Art Badges!

Sunday, October 9 • 11 AM or 2 PM
$18/Girl Scout.
($14/adult and sibling tag-alongs for not-yet-members.)

WOW Harvest Party
Celebrate all things fall with a scarecrow scavenger hunt, crafts, and other fun and festive activities! Recommended for ages 3+ with caregiver participation.

Friday, October 14 • 5:30—7 PM
$15/child for NBG Members.
($20/person for not-yet-members.)

Garden Artists: DIY Scarecrows
Decorate your own corn husk scarecrow, and then plant veggie seeds for your scarecrow’s garden. Recommended for ages 3+.

$10/child for NBG Members.
($18/child and $16/adult for not-yet-members.)
CHILDREN’S BIRTHDAY PARTIES

Book a birthday party in the WOW Children’s Garden! Pricing starts at $270 and includes a WOW classroom rental, themed table decorations, and tablecloths, Garden admission for party guests, and paperware for the party.

DELUXE PARTY OPTIONS
For $5/child, upgrade your rental to include A Very Hungry Caterpillar themed decorations, story time, and craft!

For $15/child, upgrade to the Deluxe Dinosaur Party to include dinosaur decorations for the classroom, and a dinosaur-themed terrarium and goodie bag for each attending child. Options for terrarium only or goodie bag only add-on activities are available. Deluxe parties include all the standard rental amenities.

GHUL & GOLIBN GARDENS
Design your own spooky Halloween home for the friendly ghouls and goblins in your garden. Recommended for ages 4+.

Haunted Cookie Houses
Use graham crackers, candies, and other spooky goodies to create your own haunted cookie house just in time for Halloween! Recommended for ages 3+ with caregiver participation.

Thanksgiving Plates
Paint the perfect decorative plates for your Thanksgiving table. Set includes 2 plates. Ages 3+ with caregiver participation. Program does not include Garden of Lights tickets.

Cookie Plates & Cocoa Mugs
Get ready for the holidays with your own festive plate and mug set. Recommended for ages 3+ with caregiver participation. Program does not include Garden of Lights tickets.

Holiday Nature Ornaments
Make a set of nature-inspired ornaments for your tree. Recommended for ages 3+ with caregiver participation. Program does not include Garden of Lights tickets.

Holiday Cookie Houses
Use graham crackers, candies, and other festive goodies to create your own holiday cookie house. Recommended for ages 3+ with caregiver participation. Program does not include Million Bulb Walk tickets.

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!

FIELD TRIPS & OUTREACHES

For the 2022—2023 school year, we are offering self-guided or guided field trips to the Garden, as well as in-person and virtual outreach opportunities.

All of our programs are Virginia Standards of Learning (SOL) aligned, and are a great way to reinforce concepts relating to nature, environmental science, ecology, water conservation and so much more!