

Course Calendar & Catalog | JANUARY—APRIL 2023

GROW

norfolk
botanical
garden



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COURSE COLOR KEY

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

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!

january

- 01/10 **Sumi-e: Japanese Ink Painting (5-week class)**
Winter Tree ID
- 01/12 **Owl Meet & Greet**
Origami: Orchids
- 01/17 **Wintering Water Birds**
DIY Suet Feeder Workshop
- 01/18 **Wednesday Oil Painting (8-week class)**
Moss Gardening
- 01/19 **Thursday Oil Painting (8-week class)**
DIY Tillandsia Wreath Workshop
- 01/21 **Absolute Beginner Watercolor Techniques**
Cedar Planter Box Arrangement
- 01/23 **Monday Yoga (4-week class)**

Birds and Plants of Winter Walk & Talk
- 01/24 **Landscaping with Natives-Zoom**
- 01/25 **Wednesday Yoga (4-Week Class)**
Winter Tree Pruning
DIY Suet Feeder Workshop
- 01/26 **Rustic Winter Centerpiece Floral Design**
Garden Stars
Digital Photography: Low Light
- 01/28 **Eco-Friendly Jewelry Workshop**
Botanical Beauty
Saturday Yoga
Watercolors: Orchids
- 01/31 **Mushroom Cultivation**
Introduction to Writing

SHARE YOUR LOVE OF NBG WITH OUR NEW GIFT CARDS!



Share your love of the Garden with someone special. Our new NBG gift cards are available in any amount you desire—just in time for Valentine's Day!



february

- 02/2 **Beginner T'ai Chi (8-week class)**
Intermediate T'ai Chi (8-week class)
Companion Planting
- 02/7 **Worm Composting**
Origami: Roses
Evening Yoga (4-Week Class)
Tools for Pruning
- 02/8 **Herbaceous Winter Pruning**
- 02/9 **Love is in the Air Centerpiece Floral Design**
Owl Meet & Greet
Digital Photography: Beginning Flash
- 02/11 **Watercolors: Great Blue Heron and Lenten Rose**
Plants for Plucked Nerves
Basic Bonsai History and Aesthetics
- 02/14 **Exploring Creativity Through Nature Witnessing**
(4-Week Class)
- 02/15 **Soils/Composting**
- 02/17 **Great Backyard Bird Count**
- 02/18 **Great Backyard Bird Count**
- 02/19 **Great Backyard Bird Count**
- 02/21 **Botanical Drawing (2-day class)**
Rose Pruning
Avian Reproductive Behavior-Zoom
- 02/22 **Southern Fire: History of Fire and Longleaf Pine**
Savannas
- 02/23 **Orchids 101**
- 02/25 **Winter Appreciation Walk & Talk**
Living Succulent Driftwood Arrangement
Saturday Yoga
- 02/27 **Monday Yoga (4-week class)**
- 02/28 **Cooking with Mushrooms**
Garden Stars



Introduction to Writing

In partnership with The MUSE Writer's Center
Tuesday, January 31 • 10 AM–12 PM
\$30 (\$35 for not-yet-members)

Join The Muse Writing Center of Norfolk for an introductory session on writing. Students will build a foundation for the 4-week class: Exploring Creativity Through Nature Witnessing (see below). **No art or writing experience required.**

Exploring Creativity Through
Nature Witnessing (4-week Class)
In partnership with The MUSE Writer's Center
Tuesdays, February 14–March 7
10 AM–12 PM
\$125 (\$150 for not-yet-members)

The ecological self is our broad, expansive sense of self, related to our home—the living earth—and to others. In this course, we will explore ways to express our creative sides through nature witnessing, journaling, simple art activities, and mindfulness practices. We will open ourselves to the possibility that nature heals and helps us to discover sides of ourselves that we never knew existed. **No art or writing experience necessary.**



march

03/1 Wednesday Yoga (4-Week Class)

03/3 Camellia Walk & Talk

03/7 Edible Natives
Backyard Critters

03/9 Owl Prowl
Origami: Dragonfly Mobile

03/11 Spring Apothecary
Eco-Friendly Jewelry Workshop
Intro to Cross Stitching
Into the Woods Adventure Day

03/14 Spring Succulent Wreath Workshop
Digital Photography: Advanced Flash
Botanical Watercolor (2-day class)

03/15 Kokedama: Japanese String Gardens

03/16 The Homebrewers Garden

03/17 Family Twilight Trek

03/18 Watercolors: Daffodils and Pansies
Spring Bloomers Walk & Talk
Jam, Jelly, and Canning 101

03/21 Wetlands of Hampton Roads
Mushroom Medicine

03/22 Shinrin Yoga

03/23 The Taste of Honey
Soils More Than Dirt-Zoom

03/25 Early Spring Bouquet Floral Design
Absolute Beginner Watercolor Techniques
Into the Wild Adventure Day
Saturday Yoga

03/28 How to Plant
Garden Stars
So you want a rain garden-Zoom

03/30 Art in the Garden Walk & Talk

03/31 Family Twilight Trek

Congratulations to Our 2022 Daffodil Photo Winners:

First Place — Peter Squicciarini (above left)

Second Place — Andrea Jamison (middle left)

Third Place — Scott R. Sechrist (bottom left)



Daffodil Daze

PEAK BLOOM

First 3 Weeks of March



april

- 04/1 **Guided Mindfulness Walk**
- 04/2 **Girl Scout Math in Nature Day**
- 04/3 **Monday Yoga (4-week class)**
- 04/4 **Cooking with Mushrooms**
Origami: Tulips
- 04/5 **Wednesday Yoga (4-Week Class)**
Lawn Reduction
- 04/6 **Beginner T'ai Chi (8-week class)**
Intermediate T'ai Chi (8-week class)
Easter Spring Arrangement Floral Design
Owl Prowl
- 04/11 **Deciduous Azaleas Walk & Talk**
- 04/12 **Creepy Crawlies**
- 04/13 **Rhododendron 101**
- 04/14 **Garden Highlights Walk & Talk**
Family Twilight Trek
NBG Homeschool Day
- 04/15 **Watercolors: Dogwood and Bluebird**
- 04/18 **Azalea Walk & Talk**
Hummingbird Container Workshop
Plant Sale Preview-Zoom
- 04/19 **Cut Flowers for the Home Gardener**
- 04/20 **Camellia Pruning and Care**
- 04/21 **Azalea Pruning**
- 04/27 **Garden Stars**
- 04/28 **Family Twilight Trek**



FREE GARDEN WALK & TALKS

INCLUDED WITH GARDEN ADMISSION

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

Winter Appreciation Walk & Talk

With Director of Horticulture Les Parks

Saturday, February 25 • 10–11:30 AM

Camellia Walk & Talk

With Director of Education Alexandra Cantwell

Friday, March 3 • 10–11:30 AM

Spring Bloomers Walk & Talk

With Director of Horticulture Les Parks

Saturday, March 18 • 10–11:30 AM

Art in the Garden Walk & Talk

With President and CEO Michael Desplaines

Thursday, March 30 • 10–11:30 AM

Deciduous Azaleas Walk & Talk

With Horticulturist Daniel Fulford

Tuesday, April 11 • 10–11:30 AM

Garden Highlights Walk & Talk

With Director of Education Alexandra Cantwell

Friday, April 14 • 10–11:30 AM

Azalea Walk & Talk

With Horticulturist Daniel Fulford

Tuesday, April 18 • 10–11:30 AM



garden

Grow your green thumb and learn how to keep your garden thriving.

Winter Tree ID

With Senior Horticulturist Scott Blair

Tuesday, January 10 • 1–3 PM

\$16 (\$21 for not–yet–members)

Learn how to identify trees during the winter! We'll discuss how and why bark is formed, where to look for clues, and what a bud can tell you.

Moss Gardening

With Senior Horticulturist Mary Toth

Wednesday, January 18 • 1–3 PM

\$40 (\$55 for not–yet–members)

Learn about the bryophyte benefits, growth patterns and the simple art of moss gardening. Participants will create their own living moss wall art piece.

Winter Tree Pruning

With Horticulturist Tyler Greenwell

Wednesday, January 25 • 9:30–11:30 AM

\$16 (\$21 for not–yet–members)

Pruning is necessary to shape, revitalize, and properly care for plants as they grow. Learn the proper practices and techniques for pruning trees and shrubs with some hands-on experience after the classroom instruction. Walking required.

Companion Planting

With Horticulturist Alex Dworetzky

Thursday, February 2 • 1–3 PM

\$16 (\$21 for not–yet–members)

For this class, Horticulturist Alex Dworetzky will help guide you in the right direction when it comes to plantings in an outdoor garden. Some plants grow larger and taller whereas others grow smaller and wider. Indoor presentation followed by an outdoor walking tour. Walking required.

Tools for Pruning

With Curator of Woody Plants Carl Simmons

Tuesday, February 7 • 9:30–11:30 AM

\$16 (\$21 for not–yet–members)

An in depth class on the tools that Horticulturists use here at NBG for all of our pruning needs.

Worm Composting

With Master Gardener Kandy Keith

Tuesday, February 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.

Herbaceous Winter Pruning

With Horticulturist Hunter Clark

Wednesday, February 8 • 9:30–11:30 AM

\$16 (\$21 for not–yet–members)

Come learn all about winter pruning and cutbacks of a variety of herbaceous plants. Starting with an indoor presentation, and following with an outdoor opportunity in the garden to practice those newly learned skills. Make sure to dress warm!

Soils/Composting

With Senior Horticulturist Mary Toth

Wednesday, February 15 • 1–3 PM

\$16 (\$21 for not–yet–members)

This class will teach you how to compost your food scraps and yard waste, which compost bin fits your needs and how to maximize the composting process along with gaining a basic knowledge of soil science and why soil should be the first thought prior to planting. Indoor presentation followed by an outdoor tour.

Orchids 101

With Curator of Herbaceous Plants Michelle Baudanza

Thursday, February 23 • 1–3 PM

\$25 (\$30 for not–yet–members)

Think you can't grow orchids? Come to this class and learn how easy it can be! You will receive an orchid to take home. Tropical Display House tour followed by indoor presentation. Walking required.

Rose Pruning

With Horticulturist Tensaie Fesshaye

Tuesday, February 21 • 9:30–11:30 AM

\$16 (\$21 for not–yet–members)

A demonstration and explanation of proper pruning techniques for various rose types. Indoor presentation followed by an outdoor field demonstration and practice. Walking required.



Edible Natives

With Senior Horticulturist Mary Toth

Tuesday, March 7 • 1–3 PM

\$16 (\$21 for not–yet–members)

Learn all about what the outdoors has to offer for wild edible plants here in Virginia. Indoor presentation followed by an outdoor tour. Walking required.



Kokedama: Japanese String Gardens

With Horticulturist Hunter Clark

Wednesday, March 15 • 9:30–11:30 AM

\$40 (\$45 for not–yet–members)

Create a hanging modern bonsai for your home or office. All supplies included.

The Homebrewers Garden

With Horticulturist Bailey Bunn

Thursday, March 16 • 12–1:30 PM

\$16 (\$21 for not–yet–members)

Discussion of edible plants, herbs, fruits, and vegetables to grow at home that can be included in your home beer brewing. I will include suggested beers for each type of plant as well as the best times of year to grow and brew.

How to Plant

With Horticulturist Andrew Earehart

Thursday, March 28 • 1–3 PM

\$16 (\$21 for not–yet–members)

In this class, we will cover the best horticultural practices for planting trees, shrubs, herbaceous perennials & annuals, and more! Beginning in the classroom with an overview of the science and techniques involved, we will end with a hands-on workshop to put what we learned into practice.

Lawn Reduction

With Horticulturist Tyler Greenwell

Wednesday, April 5 • 9:30–11:30 AM

\$16 (\$21 for not–yet–members)

Learn how to reduce your lawn to make a more ecologically beneficial garden and bring more wildlife to your property.

Rhododendron 101

With Horticulturist Bailey Bunn

Thursday, April 13 • 10–11:30 AM

\$16 (\$21 for not-yet-members)

Indoor presentation on Rhododendron basics – ID/characteristics, care/pruning, etc. – followed by a walk through the rhododendron garden to look at current blooms and discuss different varieties. Walking required.

Plant Sale Preview–Zoom

With Director of Horticulture Les Parks and Nursery Manager Pat Sisson

Tuesday, April 18 • 6–7 PM

\$5 (\$10 for not-yet-members)

Discover which hardy and rare plants will be offered at this year's plant sale. You'll want to have your shopping list handy for this class!

Hummingbird Container Workshop

With Horticulturist Danette Blevins

Tuesday, April 18 • 9:30–11:30 AM

\$40 (\$55 for not-yet-members)

Create a colorful and lush planter that will invite new friends to your yard. All supplies included.

Cut Flowers for the Home Gardener

With Senior Horticulturist Mary Toth

Wednesday, April 19 • 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.

explore

Let curiosity take root with our nature and wildlife programs.

Wintering Water Birds

With Horticulturist Sarah Davis

Tuesday, January 17 • 9:30–11:30 AM

\$16 (\$21 for not-yet-members)

Come learn which water birds frequent our area during winter. You will receive information on the more commonly seen birds, and then walk around the grounds and see what there is to find. Geared for beginning birders, please bring binoculars if you have them.

Backyard Critters

With Greenhouse Technician Kayla Hanse

Tuesday, March 7 • 1–3 PM

\$16 (\$21 for not-yet-members)

This class will be centered on the importance of wildlife who reside in, or pass through your yards. Learn safe and clever ways to discourage some of their mischievous behaviors and gain a new understanding on how to coexist peacefully with these critters as baby season approaches.

Creepy Crawlies

With Greenhouse Technician Kayla Hanse

Wednesday, April 12 • 1–3 PM

\$16 (\$21 for not-yet-members)

Snakes, Spiders, and Toads, OH MY! In this informative class, learn more about the many creepy crawlies that you will inevitably meet outdoors, the surprising benefits they bring, and whether or not fear is actually necessary.

Camellia Pruning and Care

With Senior Horticulturist Scott Blair

Thursday, April 20 • 1–3 PM

\$16 (\$21 for not-yet-members)

The southeast has a lot of love for Camellias, but we don't always know the best ways to care for them. This class will focus on proper pruning while also highlighting some general maintenance tips and things to look out for. We will start in the classroom and then head out into Norfolk Botanical Garden's Hofheimer Camellia Garden for a hands on show and tell.

Azalea Pruning

With Senior Horticulturist Mary Toth

Friday, April 21 • 9:30–11:30 AM

\$16 (\$21 for not-yet-members)

This class will focus on when and how to prune azaleas, and what you can do with those overgrown azaleas in your yard. The class will include hands-on training (weather permitting) and discuss choosing the right tools for the job. Walking required.



The Taste of Honey

With Apiarist/Greenhouse Technician Stephen Biela and

Horticulturist Bailey Bunn

Thursday, March 23 • 1–3 PM

\$16 (\$21 for not-yet-members)

Not all honey tastes the same. What was the weather like? Was it hot and dry or cold and wet? We will taste our way through various honey from different parts of the country and from local sources.

Garden Stars

In partnership with the Back Bay Amateur Astronomers

Thursday, January 26 • 7–8:30 PM

Tuesday, February 28 • 7–8:30 PM

Tuesday, March 28 • 8–9:30 PM

Thursday, April 27 • 8:30–10 PM

\$16 (\$26 for not-yet-members)

Come out for an evening under the stars with the Back Bay Amateur Astronomers and their powerful telescopes. Walking required.

Owl Meet & Greet

With Nature's Nanny Wildlife Rehab

Thursday, January 12 • 6:30–8:30 PM

Thursday, February 9 • 6:30–8:30 PM

\$16 (\$26 for not-yet-members)

Join us for an indoors-only presentation featuring a more expanded discussion on our feathered friends!

Owl Prowl

With Nature's Nanny Wildlife Rehab

Thursday, March 9 • 7–9 PM

Thursday, April 6 • 7–9 PM

\$21 (\$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.

create

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

DIY Suet Feeder Workshop

With Director of Adult Education Alexandra Cantwell

Tuesday, January 17 • 1–3 PM

Wednesday, January 25 • 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.

Wednesday Oil Painting (8–Week Class)

With Artist Adele Loomans

Wednesdays, January 18–March 8, March 22–May 10 •

9:45–11:45 AM

\$150 (\$175 for not–yet–members)

Thursday Oil Painting (8–Week Class)

With Artist Adele Loomans

Thursdays, January 19–March 9, March 23–May 11

9:45–11:45 AM

\$150 (\$175 for not–yet–members)

Watercolors

With Artist Diana Davis

Saturdays • 9 AM–1:30 PM

Orchids • January 28

Great Blue Heron and Lenten Rose • February 11

Daffodils and Pansies • March 18

Dogwood and Bluebird • April 15

\$60 (\$75 for not–yet–members)

Origami

With Paper Artist Rich Gray

Orchids • January 12 • 6:30–8:30 PM

Roses • February 7 • 6:30–8:30 PM

Dragonfly Mobile • March 9 • 6:30–8:30 PM

Tulips • April 4 • 6:30–8:30 PM

\$21 (\$26 for not–yet–members)

Digital Photography

With professional photographer Dee Akright

6:30–8:30 PM

Low Light Photography • January 26

Beginning Flash • February 9

Advanced Flash • March 14

\$40 (\$55 for not–yet–members)

Bring your DSLR camera and manual.

Eco–Friendly Jewelry Workshop

With Rhashida Bess

January 28 • 9:30–11 AM

March 11 • 9:30–11 AM

\$30 (\$40 for not–yet–members)

Join Rhashida Bess from Alodeuri Jewelry and learn how to make your own sustainable/eco–friendly piece of jewelry. All supplies included.

Intro to Cross Stitching

With Instructor Erin Smyth

March 11 • 9:30–11:30 AM

\$25 (\$35 for not–yet–members)

Students will learn the basic stitches to help get started on a project. All supplies included.

DIY Tillandsia Wreath Workshop

With Director of Adult Education Alexandra Cantwell

Thursday, January 19 • 1–2:30 PM

\$45 (\$55 for not–yet–members)

Design your own living décor by creating a wreath complete with a variety of air plants. All supplies included.

Floral Design Workshops

With Senior Horticulturist Mary Toth

Rustic Winter Centerpiece • January 26 • 1–2:30 PM

Love is in the Air Centerpiece • February 9 • 1–2:30 PM

Early Spring Bouquet • March 25 • 10–11:30 AM

Easter Spring Arrangement • April 6 • 1–2:30 PM

\$60/Workshop (\$75 for not–yet–members)

Introduction to Writing

In partnership with The MUSE Writer's Center

Tuesday, January 31 • 10 AM–12 PM

\$30 (\$35 for not–yet–members)

Join The Muse Writing Center of Norfolk for an introductory session on writing. Students will build a foundation for the 4-week class: Exploring Creativity Through Nature Witnessing (see below). No art or writing experience required.

Exploring Creativity Through Nature Witnessing (4-Week Class)

In partnership with The MUSE Writer's Center

Tuesday, February 14–March 7 • 10 AM–12 PM

\$125 (\$150 for not–yet–members)

The ecological self is our broad, expansive sense of self, related to our home—the living earth—and to others. Returning to nature creates pathways of creativity and expression. In this course, we will explore ways to express our creative sides through nature witnessing, journaling, simple art activities, and mindfulness practices. We will open ourselves to the possibility that nature heals and helps us to discover sides of ourselves that we never knew existed. No art or writing experience necessary.

Botanical Drawing (2–Day Class)

With Artist Lynne Frailing

February 21 and 23 • 9:30 AM–2:30 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.

Absolute Beginner Watercolor Techniques

With Artist Rowena Finn

Saturday, January 21 • 9:30 AM–1:30 PM

Saturday, March 25 • 9:30 AM–1:30 PM

\$70 (\$85 for not–yet–members)

In this workshop, you'll learn how to make sense of all the different watercolor supplies out there. You will practice the most used watercolor techniques and learn to judge how much water you need to use with every brushstroke. We'll even spend some time troubleshooting common watercolor problems. Student-grade supplies will be provided, but it's always better to invest in the best materials you can. Upon registration, students will be emailed a list of recommended supplies.

Botanical Watercolor (2–Day Class)

With Artist Lynne Frailing

March 14 and 16 • 9:30 AM–2:30 PM

\$125 (\$150 for not–yet–members)

Students to bring their own specimens or work in progress for guided, individualized instruction from instructor. Emphasis will be placed on use of line color and composition to create an interesting botanical painting.

Succulent Workshop

With Melissa Tebbenhoff

Cedar Planter Box Arrangement • January 21 • 9:30–11:30 AM

\$60 (\$65 for not–yet–members)

Living Succulent Driftwood Arrangement • February 25 • 9:30–11:30 AM

\$100 (\$105 for not–yet–members)

Spring Succulent Wreath • March 14 • 6–8 PM

\$80 (\$85 for not–yet–members)

Sumi–e: Japanese Ink Painting (5–Week Class)

With Artist Norene Spencer

Tuesdays • January 10–February 7 • 11 AM–1 PM

\$85 (\$110 for not–yet–members)

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

live well

Garden Yoga (4–Week Class)

**Mondays, January 23–February 13, February 27–March 20,
April 3–April 24 • 9:30–10:30 AM**

With Certified Instructor Ann Williams

Wednesdays, January 25–February 15, March 1–March 22,

April 5–April 26 • 9:30–10:30 AM

With Certified Instructor Carly Joelle

\$40 (\$55 for not–yet–members)

Saturday Yoga

In partnership with Sky's the Limit Yoga Co.

Saturdays, January 28, February 25, March 25 • 9:30–10:30 AM

\$11 (\$16 for not–yet–members)

Beginner T'ai Chi (8–Week Class)

In partnership with the Tidewater T'ai Chi Center

Thursdays, February 2–March 23, April 6–May 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, February 2–March 23, April 6–May 25 • 10:30–11:30 AM

\$100 (\$120 for not–yet–members)

Evening Yoga (4–Week Class)

With Certified Instructor Hailey Biscow

Tuesdays, February 7–February 28 • 6–7 PM

\$40 (\$55 for not–yet–members)

Shinrin Yoga

With Instructor Tricia York

Wednesday, March 22 • 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, April 1 • 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.

Botanical Beauty

With Herbalist Mary K Scott

Saturday, January 28 • 10:00 AM–1:00 PM

\$50 (\$60 for not–yet–members)

Make your own green beauty products from plants and flowers that are easy to grow. We will learn how to confidently select, source and blend flowers and herbs into oils for lip balms, creams and lotion bars.

Plants for Plucked Nerves

With Herbalist Mary K Scott

Saturday, February 11 • 10:00 AM–1:00 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. 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 you!

Spring Apothecary

With Herbalist Mary K Scott

Saturday, March 11 • 10:00 AM–1:00 PM

\$50 (\$60 for not–yet–members)

Explore the beneficial magic emerging from the soil in Spring! Lessons on how to harvest and extract the healing constituents through several different methods. Weather permitting, we will explore NBG grounds to identify our plant allies this special season. Everyone will take home a chickweed salve!

Jam, Jelly, and Canning 101

With Chef David Hannah

Saturday, March 18 • 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.

dig deeper

Go beyond the basics for a deeper understanding.

Birds and Plants of Winter Walk & Talk

With ODU graduate student, Devani Jolman

Tuesday, January 24 • 1–2:30 PM

\$11 (\$16 for not–yet–members)

We will be watching for birds and learning about the plants that they rely on in the winter! Also, we will learn about the plants that you can use to attract birds in the winter. Please bring binoculars, if you have them. Walking required.

Landscaping with Natives–Zoom

With Horticulture Associate of Virginia Tech Dr. Laurie Fox

Tuesday, January 24 • 6–7 PM

\$5 (\$10 for not–yet–members)

Everyone agrees that native plants have many benefits, but which ones, how many and where do you incorporate them into your landscape? Join Dr. Laurie Fox, Virginia Tech Horticulture Associate, to explore the answers to these and other questions about landscaping with native plants.

Mushroom Cultivation

With Ryan Staab of Capstone Mushroom

Tuesday, January 31 • 10 AM–12 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!

Basic Bonsai History and Aesthetics

With NBG Dedicated Bonsai Volunteers

Saturday, February 11 • 10 AM–12 PM

\$16 (\$21 for not–yet–members)

Bonsai basics and care will be discussed. Participants are encouraged to bring one or more of their own trees if they have any to discuss and present for this class.



Avian Reproductive Behavior–Zoom

With Dr. Shawn Dash of Hampton University

Tuesday, February 21 • 6–7 PM

\$5 (\$10 for not–yet–members)

A perfect lecture for around Valentine’s Day to welcome spring, this lecture covers some of the fundamental principles of bird reproductive behavior: sexual selection– why birds are colorful, mating displays, bird songs, nesting, and baby birds.

Southern Fire: History of Fire and Longleaf Pine Savannas

With ODU student Nathan Teel

Wednesday, February 22 • 1–2:30 PM

\$16 (\$21 for not–yet–members)

Learn about the key role fires have played in shaping the multiple and complex links between the cultural history of the South, ecology, and evolution of southern ecosystems.

Mushroom Medicine

With Ryan Staab of Capstone Mushroom

Tuesday, March 21 • 10 AM–12 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. 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.

Wetlands of Hampton Roads

With ODU graduate student, Devani Jolman

Tuesday, March 21 • 1–3 PM

\$11 (\$16 for not–yet–members)

What are wetlands and why are they important to Hampton Roads? Come and learn about the beautiful and essential ecosystem and how they impact the place you call home. We will then go into the garden to view a wetland in action! Indoor presentation, followed by outdoor walking tour.

Soils More Than Dirt–Zoom

With Dr. Shawn Dash of Hampton University

Thursday, March 23 • 6–7 PM

\$5 (\$10 for not–yet–members)

The world is dependent on soils to produce our food, hold our water, and act as places to build our homes but also a world onto themselves. During this talk, we will explore the biodiversity under our feet and discuss the formation of soils and the basics of soil science. This is a popular talk for plant clubs and societies as well as master naturalist groups.

So you want a rain garden–Zoom

With Horticulture Associate of Virginia Tech Dr. Laurie Fox

Tuesday, March 28 • 6–7 PM

\$5 (\$10 for not–yet–members)

While a rain garden can be a beautiful addition to a landscape, it is first and foremost a stormwater runoff management practice. Explore the why, where and how of incorporating a multifunctional and beneficial rain garden into your landscape with Dr. Laurie Fox, Virginia Tech Horticulture Associate.

Cooking with Mushrooms

With Ryan Staab of Capstone Mushroom

Tuesday, February 28 • 6–8 PM

Tuesday, April 4 • 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. 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 Capstone Mushrooms to go home with and show off your new skills.

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 all attending children and adults for all in-person programs. For additional information or to register for a class, visit our website or email us at: youthed@nbg.org.

SEASONAL SERIES 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

Learn about topics related to botany, water ecology, environmental science, and so much more! Most homeschool programs are recommended for 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! Most art classes are recommended for artists ages 4-12.



Into the Woods Adventure Day

Bring your Cub Scouts, Webelos and Arrow of Light Scouts to NBG to earn their Into the Woods Pin! This program includes self-guided and guided activities and an Into the Woods pin for each participating Scout.

Saturday, March 11 • 11 AM or 2 PM

\$18/Scout and \$14/adult and sibling tag-alongs.

(Adult NBG members may chaperone for free.)



Family Twilight Trek

Dissect an owl pellet and decorate a set of binoculars, 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 for this program.

Friday, March 17 • 6–7:30 PM

Friday, March 31 • 6:30–8 PM

Friday, April 14 • 6:30–8 PM

Friday, April 28 • 6:30–8 PM

\$10/child \$5/adult for NBG Members.

(\$15/person for not-yet-members.)

NEW! Into the Wild Adventure Day

Bring your Cub Scouts, Webelos and Arrow of Light Scouts to NBG to earn their Into the Wild Pin! This program includes self-guided and guided activities and an Into the Wild pin for each participating Scout.

Saturday, March 25 • 11 AM or 2 PM

\$18/Scout and \$14/adult and sibling tag-alongs.

(Adult NBG members may chaperone for free.)



GREAT BACKYARD BIRD COUNT



Join us at NBG to complete the *Great Backyard Bird Count* Citizen Science project! Whether you are a seasoned bird lover or just getting started, this is a fun and educational event for the whole family. By participating, you and your family can help scientists better understand bird populations before their annual migration. Each participant will be provided a science kit and information on where to submit their data. Recommended for ages 3+ with caregiver participation. Moderate walking required.

Friday, February 17 • 10 AM–12 PM, 2 PM–4 PM

Saturday, February 18 • 10 AM–12 PM, 2 PM–4 PM

Sunday, February 19 • 10 AM–12 PM, 2 PM–4 PM

\$10/child NBG Members. Adults may chaperone for free with a registered child.

(\$18/child and \$16/adult for not-yet-members.

Tickets include Garden admission.)



NEW! Girl Scout Math in Nature Day

Bring your Girl Scouts to NBG to earn their Daisy, Brownie, or Junior Shapes in Nature Badges. Girl Scout Math in Nature Day includes all needed program supplies, the corresponding program badges for each Scout level, and daytime Garden admission.

Sunday, April 2 • 11 AM or 2 PM

\$18/Scout and \$14/adult and sibling tag-alongs.

Adult NBG members may chaperone program for free.



NBG Homeschool Day!

Join us in the Garden to celebrate Earth Day, everyday! Complete guided and self-guided activities related to pollution, water conservation, ways to reduce your carbon footprint, and more! Recommended for children ages 5+ with significant chaperone participation.

Friday, April 14 • 10 AM–4 PM

\$10/child for NBG Members. Adults may chaperone for free with a registered child. (\$18/child and \$16/adult for not-yet-members. Tickets include Garden admission.)

INCLUDED WITH GARDEN ADMISSION

Join us in the WOW Children's Garden on Thursdays for free family programs! All activities are included with Garden admission and recommended for ages 3+ with chaperone participation.

Tunes for Tots

March • 10 AM

Play instruments and groove to nature tunes as you learn about music and rhythm!

Tales for Tots

April • 10 AM

Enjoy a themed story time, craft, and short tour through an area of the Garden!



Scavenger hunts, story times, crafts, walking tours, and discovery crafts are offered daily in the WOW Children's Garden!

2022—2023 SCHOOL PROGRAMS



Our school programs are back in full swing! 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, botany, environmental science, and so much more!



Scan the QR code to visit our School Programs website page for more information!

CHILDREN'S BIRTHDAY PARTIES

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

COMPLIMENTARY PARTY ADD-ON: January—March parties include our popular A Very Hungry Caterpillar rental upgrade with themed classroom decorations, a story time, and a craft!

DELUXE PARTY OPTION: 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-in activities are available. Deluxe parties include all the standard rental amenities.*

SPRING SCOUT PROGRAMS



Bring your Scouts to the Garden for a guided or self-guided program this spring! 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
Outdoor Art Badges
Math in Nature 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!
Pricing starts at \$270.



NATURE QUEST APP ACTIVITIES

Did you know we have an app specifically for fun activities you can do at the Garden?

Scan the QR code to unlock our Nature Quest activities on your phone browser, or download the app from the Google Play or App Store.

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



Your Adventure Starts Here!



Scan this QR code and choose your WOW Nature Quest