

# GROW

norfolk  
botanical  
garden





# september

## 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

## 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 deemed to be responsibly managed by the Forest Stewardship Council and is made with 30% or more Post-Consumer Fiber. Please recycle this catalog or pass it on!

NBG is powered 100% by renewable energy.



## NEW! FLORAL DESIGN CERTIFICATION

with Horticulturist IV  
Mary Toth  
Tuesdays & Thursdays  
Sept. 5–Nov. 7  
6–8 PM

- 08/28 **Monday Yoga (4-Week Class)**
- 08/30 **Wednesday Yoga (4-Week Class)**
- 09/01 **Friday Yoga (4-Week Class)**
- 09/05 **Sunset Kayaking**  
**Floral Design Certification Course (9-Week Class)**  
**Evening Yoga (6-Week Class)**
- 09/07 **Digital Photography: Low Light Photography**  
**Better Breathing (4-Week Class)**
- 09/09 **10 Great Trees and 10 to Avoid**
- 09/11 **Family Twilight Trek**
- 09/12 **Sunset Kayaking**
- 09/14 **Rose Garden Walk & Talk**
- 09/15 **Storybook Tea Party**
- 09/19 **Sunset Kayaking**
- 09/20 **Tree ID Walk & Talk**
- 09/21 **Garden Highlights Walk & Talk**  
**Sow it Begins**  
**Garden Stars**
- 09/22 **Family Twilight Trek**
- 09/23 **Watercolors: Monarch and Black-eyed Susans**  
**Bonsai: Overwintering Your Trees and**  
**Fall Bonsai Work**  
**Introduction to Knitting**  
**Girl Scout Shapes in Nature Day**
- 09/26 **Garden Planning**  
**Sunset Kayaking**  
**Cooking with Mushrooms**
- 09/27 **Wednesday Oil Painting (8-Week Class)**
- 09/28 **Trunk History**  
**Thursday Oil Painting (9-Week Class)**  
**Owl Prowl**
- 09/30 **Into the Woods Cub Scout Day**

# october

- 10/03 Under the Scope: The Tomatoes in Your Vegetable Garden  
Mushroom Cultivation
- 10/04 Pumpkin Centerpiece Floral Design Workshop
- 10/05 Nature in the Classroom Teacher Professional Development
- 10/06 All About Mushrooms  
NBG Homeschool Day
- 10/09 Monday Yoga (4-Week Class)
- 10/10 Invasive Plant Management
- 10/11 Wednesday Yoga (4-Week Class)
- 10/12 Cooking with Mushrooms  
Beginner T'ai Chi (8-Week Class)  
Intermediate T'ai Chi (8-Week Class)  
Origami: Bats
- 10/13 Friday Yoga (4-Week Class)  
Garden Highlights Walk & Talk  
Storybook Tea Party
- 10/14 Succulent Pumpkin Workshop  
Jam, Jelly, and Canning 101
- 10/17 Worm Composting  
The Fundamentals of Pizza Making
- 10/19 Dig and Divide in Statuary Vista  
Garden Stars  
Trick 'r Trees
- 10/20 Birding Walk & Talk  
Trick 'r Trees
- 10/21 Watercolors: Whimsical Chickens  
Roots, Bark, Berries & Seed Medicine
- 10/24 The Importance of Winter Bird Feeding  
Digital Photography:  
Light Painting Photography
- 10/25 13 Plants of Halloween  
Jr. Garden Artists: Cornhusk Scarecrows
- 10/26 Owl Prowl
- 10/27 Ghoul and Goblin Gardens



## GARDEN TO-GO KITS

September 7 – 10

Pickup September 14 – 16

[Learn More](#)

## ONLINE BULB SALE

October 6, 7 & 8

Pickup Oct. 12, 13 & 14



## IN-PERSON TREE/SHRUB SALE

Friday, Oct. 27 – Sunday, Oct. 29

## Seminar: The Importance of Winter Bird Feeding

October 24 • 1 PM – 3 PM

in partnership with:



Join Wild Birds Unlimited of South Hampton Roads and Norfolk Botanical Garden for our seminar about the Importance of feeding birds throughout the colder months. We will discuss how feeding and watering birds is essential for their survival in harsher climates. We will also educate on being seasonally savvy with backyard birding. We will talk about the seasonal birds that over winter with us, that you won't see during warmer months and we will discuss the importance of keeping housing up all year round. We will also have a discussion to include our "Saving The Song Birds" initiative and also getting your yard certified by the National Wildlife Federation through their partnership with Wild Birds Unlimited. See page 7 for registration details.

# november

## Call for Volunteers: Dominion Energy Garden of Lights



Be like Hampton University Campus Curlz and volunteer your organization for the event of the year!  
Contact NBG Community Engagement Manager Taylor Lyons at (757) 441-5830 ext. 364 or email [volunteer@nbgs.org](mailto:volunteer@nbgs.org)

## Gift Shop Member Appreciation

### HOLIDAY SALE NOV. 4<sup>TH</sup> & 5<sup>TH</sup>

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.



Give the gift that keeps on blooming. NBG Gift Cards are available in the gift shop and can be applied to membership—which 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/](http://norfolkbotanicalgarden.org/support/)  
or call 757-441-5830, ext. 324.

- 11/01 Sustainable Gardening 101
- 11/02 Owl Prowl
- 11/04 Girl Scout Outdoor Art Day
- 11/07 Under the Scope: The Broccoli in Your Vegetable Garden  
Sumi-e: Japanese Ink Painting (5-Week Class)
- 11/08 Dried Floral Wreath Design
- 11/09 Fall in the Matson Garden
- 11/11 Fall Color Walk & Talk  
Origami: Pandas and Bamboo  
Succulent Topiary Candlesticks
- 11/12 Thanksgiving Plates
- 11/13 Monday Yoga (4-Week Class)
- 11/14 Tree Species in the Garden Walk & Talk  
Holiday Ornament Clay Workshop
- 11/15 Wednesday Yoga (4-Week Class)
- 11/16 Honeybees, What Are They Good For?  
Thanksgiving Plates
- 11/17 Friday Yoga (4-Week Class)  
Garden Highlights Walk & Talk  
Storybook Tea Party
- 11/18 Watercolors: Autumn Leaves and Chickadee  
Winter Wellness
- 11/19 Thanksgiving Plates
- 11/20 Thanksgiving Centerpiece Floral Design Workshop
- 11/28 Japanese Maple Walk & Talk
- 11/29 Wednesday Oil Painting (8-Week Class)
- 11/30 Green Thumb, Brown Leaves-A Look into Plant Diseases  
Thursday Oil Painting (8-Week Class)



# december

- 12/02 **Origami: Holiday Ornaments**  
**Jam, Jelly, and Canning 101**  
**Mushroom Medicine**
- 12/03 **Fairy & Gnome Winter Homes**
- 12/05 **Under the Scope: The Peppers in  
Your Vegetable Garden**  
**Holiday Wreath Floral Design Workshop**
- 12/06 **Intro to Botanical Watercolor**
- 12/07 **Holiday Gnomes Floral Design Workshop**  
**Gardening As You Age**
- 12/9 **Watercolors: Owl and Snowy Scene**  
**Botanical Beauty**  
**Living Succulent Christmas Tree**  
**Choice Evergreen Shrubs for  
Local Landscapes**
- 12/10 **Holiday Nature Ornaments**
- 12/12 **Outdoor Holiday Container Workshop**  
**Wetlands of Hampton Roads**
- 12/14 **12 Plants of Christmas**
- 12/15 **Storybook Tea Party**
- 12/16 **Cookie Plates and Cocoa Mugs**
- 12/17 **Cookie Plates and Cocoa Mugs**
- 12/20 **DIY Suet Feeder Workshop**
- 12/22 **Holiday Centerpiece Floral Design  
Workshop**
- 12/23 **Holiday Nature Ornaments**







## GARDEN of LIGHTS

### WALK THE GARDEN AGLOW

**Tickets On-Sale Oct. 1st**  
**NBGLights.org**



Scan code  
to learn more.



**Voted #5 Best Botanical Garden  
Holiday Lights in the Country  
through the USA Today/10Best  
contest in 2022!**

# garden

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



## 10 Great Trees and 10 to Avoid

With Director of Horticulture Les Parks

**Saturday, September 9 • 9:30–11:30 AM**  
**\$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.

## Sow it Begins

With Greenhouse Manager Meredith Simmons

**Thursday, September 21 • 1-3 PM**  
**\$16 (\$21 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 class.

## Garden Planning

With Horticulturist IV Scott Blair

**Tuesday, September 26 • 1–3 PM**  
**\$16 (\$21 for not-yet-members)**

Learning how to plan for a garden is just as important to success as picking the right plants. We will discuss site selection, soil analyses, water access, and some basic principles of design.

## Trunk History

With Plant Recorder Ray Volkin

**Thursday, September 28 • 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.

## Under the Scope: The Tomatoes in Your Vegetable Garden

With Plant Recorder Ray Volkin

**Tuesday, October 3 • 10–11 AM**  
**\$11 (\$16 for not-yet-members)**

Learn about the unique inner workings of the plants you may be growing in your own back yard. This mini-series will focus on a different vegetable garden staple each month. Where did tomatoes come from? Get answers to your brain-nagging questions.



## All About Mushrooms

With Vice President of Education Theresa Augustin

**Friday, October 6 • 9:30–11 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.

## Worm Composting

With Master Gardener Kandy Keith

**Tuesday, October 17 • 6:30–8:30 PM**  
**\$40 (\$55 for not-yet-members)**

Turn kitchen waste into a dark rich soil conditioner. Each participant will make a worm compost bin, complete with starter worms! All supplies included.

## Dig and Divide in Statuary Vista

With Nursery Manager Pat Sisson

**Thursday, October 19 • 9:30–11 AM**  
**\$35 (\$45 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.

## 13 Plants of Halloween

With Horticulturist I Mary Lu Hudgins

**Wednesday, October 25 • 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 members of the plant kingdom and their Halloween histories. Indoor presentation followed with outdoor tour. Walking required.

## Sustainable Gardening 101

With Horticulturist IV Scott Blair

**Wednesday, November 1 • 1–3 PM**  
**\$16 (\$21 for not-yet-members)**

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

## Under the Scope: The Broccoli in Your Vegetable Garden

With Plant Recorder Ray Volkin

**Tuesday, November 7 • 10–11 AM**  
**\$11 (\$16 for not-yet-members)**

Learn about the unique inner workings of the plants you may be growing in your own back yard. This mini-series will focus on a different vegetable garden staple each month. Why are there a million different forms of broccoli? Get answers to your brain-nagging questions.

## Fall in the Matson Garden

With Horticulturist II Dakayla Calhoun

**Thursday, November 9 • 9–11 AM**  
**\$16 (\$21 for not-yet-members)**

Explore of the Matson Garden during autumn. Learn about the maintenance and fall favorites of the garden. Indoor presentation followed by outdoor walking tour, weather permitting.

## Honeybees, What Are They Good For?

With Horticulturist III Bailey Bunn

**Thursday, November 16 • 10–11:30 AM**  
**\$16 (\$21 for not-yet-members)**

The importance and benefits of honeybees from honey production to the economic, health, environmental, and entrepreneurial impact on our society. All of this and more from a tiny bug!



## Green Thumb, Brown Leaves - A Look into Plant Diseases

With Horticulturist II Dakayla Calhoun and Plant Recorder Ray Volkin

**Thursday, November 30 • 1–3 PM**  
**\$16 (\$21 for not-yet-members)**

Learn about the various diseases that may be plaguing your garden, how to identify them, and tried and true methods to treat them. This class is meant to turn brown thumbs into green thumbs and supplement any gardener's tool kit.

## Under the Scope: The Peppers in Your Vegetable Garden

With Plant Recorder Ray Volkin

**Tuesday, December 5 • 10–11 AM**  
**\$11 (\$16 for not-yet-members)**

This mini-series will focus on a different vegetable garden staple each month. Why are my jalapeños too spicy this year? Get answers to your brain-nagging questions.

## Choice Evergreen Shrubs for Local Landscapes

With Director of Horticulture Les Parks

**Saturday, December 9 • 10 AM–12 PM**  
**\$16 (\$21 for not-yet-members)**

Area gardeners appreciate evergreen shrubs for year-round interest, but they are especially valued in winter. Our unique climate allows for many choices, but unfortunately many local "professionals" rely on the same tired plant palette over and over. This class will explore some of the varied and unusual evergreen shrubs that are well suited for Coastal Virginia.



# 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.

### Rose Garden Walk & Talk

With Horticulturist II Tensaie Fesshaye

Thursday, September 14 • 10–11:30 AM

### Garden Highlights

With Director of Adult Education Alexandra Cantwell

Thursday, Sept 21 • 10–11:30 AM

Friday, Oct 13 • 10–11:30 AM

Friday, Nov 17 • 10–11:30 AM

### Birding Walk & Talk

With Blackwater Ecological Preserve Manager Nicholas Flanders

Friday, October 20 • 9:30–11 AM

### Fall Color Walk & Talk

With Director of Horticulture Les Parks

Saturday, November 11 • 10–11:30 AM

### Tree Species in the Garden Walk & Talk

With Horticulturist IV Daniel Fulford

Tuesday, November 14 • 10–11:30 AM

### Japanese Maple Walk & Talk

With Horticulturist IV & Certified Floral Designer Mary Toth

Tuesday, November 28 • 9:30–11 AM

## Outdoor Holiday Container Workshop

With Horticulturist IV & Certified Floral Designer Mary Toth

Tuesday, December 12 • 1–2:30 PM

\$60 (\$75 for not-yet-members)

Conquer the holidays by creating a beautiful outdoor, evergreen filled container with holiday themed decorations and natural ornaments.

## 12 Plants of Christmas

With Horticulturist I Mary Lu Hudgins

Thursday, December 14 • 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.

## DIY Suet Feeder Workshop

With Director of Adult Education Alexandra Cantwell

Wednesday, Dec 20 • 1-3 PM

\$35 (\$40 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.



# explore

Let curiosity take root with our nature and wildlife programs.

## Sunset Kayaking

In partnership with Tula Paddle Sports

Tuesday, September 5, 12, 19, 26 • 5:30–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 Amateur Astronomers

Thursday, September 21 • 8–9:30 PM

Thursday, October 19 • 7:30–9 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 Prowl

With Nature's Nanny Wildlife Rehab

Thursday, September 28 • 7–9 PM

Thursday, October 26 • 7–9 PM

Thursday, November 2 • 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.

## The Importance of Winter Bird Feeding

With Wild Birds Unlimited

Tuesday, October 24 • 1–3 PM

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

Join Wild Birds Unlimited of South Hampton Roads for our seminar about the Importance of feeding birds throughout the colder months. We will discuss how feeding and watering the birds is essential for their survival during harsher weather. We will also educate on being seasonally savvy with backyard birding. We will talk about the seasonal birds that over winter with us, that you won't see during warmer months and we will discuss the importance of keeping housing up all year round.

# create

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

## Wednesday Oil Painting (8–Week Class)

With Artist Adele Loomans

Wednesdays, September 27–November 15,  
November 29–January 31 (no class on Dec. 20, or 27)  
9:45–11:45 AM  
\$175 (\$200 for not–yet–members)

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## Thursday Oil Painting (8–Week Class)

With Artist Adele Loomans

Thursdays, September 28–November 16,  
November 30–February 1 (no class Dec. 21, or 28)  
9:45–11:45 AM  
\$175 (\$200 for not–yet–members)

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## Watercolors

With Artist Diana Davis

Saturdays • 9 AM–1:30 PM  
Monarch and Black-eyed Susans • September 23  
Whimsical Chickens • October 21  
Autumn Leaves and Chickadee • November 18  
Owl and Snowy Scene • December 9  
\$60 (\$75 for not–yet–members)

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## Origami

With Paper Artist Rich Gray

Bats • October 12 • 6:30–8:30 PM  
Pandas and Bamboo • November 11 • 9:30–11:30 AM  
Holiday Ornaments • December 2 • 9:30–11:30 AM  
\$21 (\$26 for not–yet–members)

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## Digital Photography

With professional photographer Dee Akright

6:30–8:30 PM  
Low Light Photography • September 7  
Light Painting Photography • October 24  
\$40 (\$55 for not–yet–members)  
Bring your camera and manual.

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## Floral Design Certification Course (9-Week Class)

With Horticulturist IV & Certified Floral Designer Mary Toth

Tuesdays and Thursdays, September 5–November 7  
(no class on Oct. 31)  
6–8 PM  
\$1,000/Workshop (\$1,200 for not–yet–members)

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## Floral Design Workshops

With Horticulturist IV & Certified Floral Designer Mary Toth

Pumpkin Centerpiece • October 4 • 1–2:30 PM  
Thanksgiving Centerpiece • November 20 • 1–2:30 PM  
Holiday Wreath • December 5 • 1–2:30 PM  
Holiday Gnomes • December 7 • 1–2:30 PM  
Holiday Centerpiece • December 22 • 9:30–11:00 AM  
\$60/Workshop (\$75 for not–yet–members)

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## Intro to Knitting

With Instructor Mandie Burns

Saturday, September 23 • 10 AM–1 PM  
\$35 (\$45 for not–yet–members)

Students will learn the basics of knitting in this class and be equipped to start their first project. Skills taught include: the knit stitch, casting on, binding off, slips knots, and finishing. The instructor will provide guidance for students on choosing yarn and paring needles for future projects. This brief introductory class is designed for beginners with no prior knitting experience. All supplies are included.

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## Dried Floral Wreath Design

With Horticulturist II Julia Trzcinski

Wednesday, November 8 • 1–3 PM  
\$50 (\$65 for not–yet–members)

Learn how to make a beautiful dried flower wreath for your home with Horticulturalist Julia Trzcinski. All supplies included.

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## Succulent Workshop

With Melissa Tebbenhoff

Succulent Pumpkin Workshop • October 14 • 9:30–11:30 AM  
\$85 (\$90 for not–yet–members)  
Succulent Topiary Candlesticks • November 11 • 9:30–11:30 AM  
\$90 (\$95 for not–yet–members)  
Living Succulent Christmas Tree • December 9 • 9:30–11:30 AM  
\$100 (\$105 for not–yet–members)

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## Holiday Ornament Clay Workshop

With Instructor Greg Bryant

Tuesday, November 14 • 1–3 PM  
\$40 (\$50 for not–yet–members)

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

With Artist Norene Spencer

Tuesdays • November 7–December 5  
11 AM–1 PM  
\$85 (\$110 for not–yet–members)

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## Intro to Botanical Watercolor

With Artist Karen Spaulding

Wednesday, December 6 • 9 AM–1:30 PM  
\$70 (\$85 for not–yet–members)

Attention beginning and aspiring artists! Join us for this half day workshop where first-hand knowledge from instructor Karen Spaulding will show you how to take your well-designed drawing through the necessary stages to begin a beautiful, botanical watercolor. Karen is a lifelong artist, member of several watercolor societies, and enjoys sharing her love of painting with a handful of students in her Hampton studio. All supplies will be included for this introduction to employing traditional drawing and watercolor methods, bringing you more confidence to record and honor the beauty of our natural world. Please bring a bag lunch.

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# live well

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

## Garden Yoga (4–Week Class)

**Mondays, August 28–September 25** (no class on Sept. 4),  
**October 9–October 30, November 13–December 11**  
(no class on Nov. 20)

**9:30–10:30 AM**

With Certified Instructor Ann Williams

**Wednesdays, August 30–September 27** (no class on Sept. 6),  
**October 11–November 1, November 15–December 13**  
(no class on Nov. 22)

**9:30–10:30 AM**

With Certified Instructor Carly Joelle

**Fridays, September 1–September 29** (no class on Sept. 8),  
**October 13–November 3, November 17–December 15**  
(no class on Nov. 24)

**9:30–10:30 AM**

With Certified Instructor Brier King

**\$40 (\$55 for not–yet–members)**

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## Evening Yoga (6–Week Class)

With Certified Instructor Karen Babcock

**Tuesdays, September 5–October 10 • 6–7 PM**

**\$60 (\$75 for not–yet–members)**

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## Better Breathing (4–Week Class)

With Certified Instructor Brier King

**Thursdays, September 7–September 28 • 6–7 PM**

**\$40 (\$55 for not–yet–members)**

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## Beginner T'ai Chi (8–Week Class)

In partnership with the Tidewater T'ai Chi Center

**Thursdays, October 12–December 7** (no class on Nov. 23)

**9:30–10:30 AM**

**\$100 (\$120 for not–yet–members)**

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

In partnership with the Tidewater T'ai Chi Center

**Thursdays, October 12–December 7** (no class on Nov. 23)

**10:30–11:30 AM**

**\$100 (\$120 for not–yet–members)**

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## Roots, Bark, Berries & Seed Medicine

With Herbalist Mary K Scott

**Saturday, October 21 • 10:00 AM–1:00 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.

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## Winter Wellness

With Herbalist Mary K Scott

**Saturday, November 18 • 10:00 AM–1:00 PM**

**\$50 (\$60 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.

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## Botanical Beauty

With Herbalist Mary K Scott

**Saturday, December 9 • 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. You will learn how to confidently select, source and blend flowers and herbs into oils for lip balms, creams and lotion bars.

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## Jam, Jelly, and Canning 101

With Chef David Hannah

**Saturday, October 14 • 10 AM–12 PM**

**Saturday, December 2 • 10 AM–12 PM**

**\$40 (\$50 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. You will be sampling foods that compliment pepper jelly recipe so save room for snacks.

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## The Fundamentals of Pizza Making

With Chef David Hannah

**Tuesday, October 17 • 6–8 PM**

**\$45 (\$55 for not–yet–members)**

In this class attendees will learn the basics of making Neapolitan style pizza. You will learn various techniques in making dough, making the ideal pizza sauce, and make your own pizza for your personal enjoyment.

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# dig deeper

Go beyond the basics for a deeper understanding.

## Tree ID Walk & Talk

With ODU graduate student, Devani Jolman

**Wednesday, September 20 • 1–2:30 PM**

**\$11 (\$16 for not–yet–members)**

Do you ever wonder what trees are in your neighborhood? Come and learn the basics of tree identification and practice those skills while walking through the beautiful garden! Not only will you learn to identify the common trees of Virginia, but you will also hear about their habitat and ecology. This class will be a combination of lecture and walk and talk. Please wear appropriate footwear and be prepared to be outside.

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## Bonsai: Overwintering Your Trees and Fall Bonsai Work

With NBG Dedicated Bonsai Volunteers

**Saturday, September 23 • 10 AM–12 PM**

**\$16 (\$21 for not–yet–members)**

How to over-winter your Bonsai Trees. Basic preparation techniques and general care recommendations during the winter months will be discussed, for both Temperate and Tropical trees. Plus, some specific Bonsai tree species that require development work in fall/early winter will be covered. Participants are encouraged to bring one or more of their own trees if they have any to discuss and present for this class.

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## Cooking with Mushrooms

With Ryan Staab of Capstone Mushroom

**Tuesday, September 26 • 6–8 PM**

**Thursday, October 12 • 6–8 PM**

**\$45 (\$55 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.

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## Mushroom Cultivation

With Ryan Staab of Capstone Mushroom

**Tuesday, October 3 • 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!

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## Mushroom Medicine

With Ryan Staab of Capstone Mushroom

**Saturday, December 2 • 10 AM–12 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 family. 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.

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## Invasive Plant Management

With Horticulture Associate of Virginia Tech Dr. Laurie Fox

**Tuesday, October 10 • 6–7:30 PM**

**\$16 (\$21 for not–yet–members)**

What is an invasive plant? Do you recognize these invasive plants? How do you get rid of them? Dr. Laurie Fox with Virginia Tech will answer all these questions and more in her presentation on managing these difficult plants in our landscapes.

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## Gardening as You Age

With Horticulture Associate of Virginia Tech Dr. Laurie Fox

**Thursday, December 7 • 10–11:30 AM**

**\$16 (\$21 for not–yet–members)**

It's hard to admit that you can't work as long or as hard in the garden as you used to. So, you just have to work smarter! Dr. Laurie Fox with Virginia Tech will share some frustrations and fixes for gardening with the challenges that come with age.

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## Wetlands of Hampton Roads

With ODU graduate student, Devani Jolman

**Tuesday, December 12 • 1–3 PM**

**\$16 (\$21 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.

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# 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. Not-yet-members tickets must be purchased for children and adults for all programs. For additional information on all our programs or to register for a class, visit our website or email us at: [youthed@nbg.org](mailto:youthed@nbg.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.

### Jr. Garden Artists

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

### Family Twilight Trek

Dissect an owl pellet, 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.

Friday, September 8 • 7–8:30 PM

Friday, September 22 • 6:30 PM–8 PM

\$12/child and \$5/adult for NBG members.

(\$20/child and \$16/adult for not-yet-members.)

### 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.

Friday, September 15 • 10–11 AM

Friday, October 13 • 10–11 AM

Friday, November 17 • 10–11 AM

Friday, December 15 • 10–11 AM

\$12/child for NBG Members.

(\$20/child and \$16/adult for not-yet-members.)

### Girl Scout Outdoor Art Day

Bring your Girl Scouts to NBG to earn their Daisy, Brownie, and Junior *Shapes in Nature* Badge. This program includes self-guided and guided activities and the corresponding program badges for each Scout level.

Saturday, September 23 • 11 AM or 2 PM

\$18/Girl Scout and \$16/adult chaperones. (Adult NBG members may chaperone for free.) Please no sibling tag-alongs.

### Into the Woods Cub Scout Day

Bring you Cub Scouts, Webelos and Arrow of Light Scouts to the Garden 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, September 30 • 11 AM or 2 PM

\$18/Girl Scout and \$16/adult chaperones. (Adult NBG members may chaperone for free.) Please no sibling tag-alongs.

### NBG Homeschool Day

Join us in the Garden to complete self-guided and guided activities, all while celebrating the fall season! Recommended for children ages 5+ with significant chaperone participation.

Friday, October 6 • 10 AM–4 PM

\$12/child for NBG Members.

(\$20/child and \$16/adult for not-yet-members.)



## NBG MEMBER EXCLUSIVE PROGRAMS

Join us in the Garden on Wednesdays and Thursdays for free weekly family programs for NBG Members! All activities are included with Garden admission, and are for recommended for ages 3+. Adult chaperones attendance and pre-registration is required.

### Caterpillar Club

September • 9:30 AM

Meet at the Butterfly House to say good morning to the caterpillars and butterflies!

### Tales for Tots

October • 10 AM

Meet in the WOW Children's Garden for a story time, walking adventure, and craft themed around some of our favorite Garden storybooks.

### Fall in the Garden

November • 10 AM

Meet in the WOW Children's Garden to learn about how the Garden changes in the fall.

### Winter in the Garden

December • 10 AM

Meet in the WOW Children's Garden to learn about how the Garden gets ready for winter.



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!

### Trick 'r Trees

Join our Garden ghouls and goblins for a family-friendly evening of games, crafts, and light trick or treating. Recommended for ages 3+ with caregiver participation. Moderate walking required. All children and adults must have a registered ticket.

**Thursday, October 19 • 5–6:30 PM**

**Friday, October 20 • 5–6:30 PM**

**\$12/child and \$5/adult for NBG Members.**

**(\$20/child and \$16/adult for not-yet-members.)**

### Jr. Garden Artists: Cornhusk Scarecrows

Decorate your own cornhusk scarecrow, and then plant veggie seeds for your scarecrow's garden. Recommended for ages 3+.

**Wednesday, October 25 • 10–11 AM**

**\$12/child for NBG Members.**

**(\$20/child and \$16/adult for not-yet-members.)**

### Ghoul & Goblin Gardens

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

**Friday, October 27 • 10–11 AM**

**\$12/child for NBG Members.**

**(\$20/child and \$16/adult for not-yet-members.)**

### Girl Scout Shapes in Nature Day

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

**Saturday, November 4 • 11 AM or 2 PM**

**\$18/Girl Scout and \$16/adult chaperones. (Adult NBG members may chaperone for free.) Please no sibling tag-alongs.**

### Thanksgiving Plates

Paint the perfect set of decorative plates for your Thanksgiving table. Set includes two ceramic plates. Recommended for ages 3+ with caregiver participation.

**Sunday, November 12 • 10 AM, 12:30 PM, 3 PM**

**Sunday, November 19 • 10 AM, 12:30 PM, 3 PM**

**\$12/child for NBG Members.**

**(\$20/child and \$16/adult for not-yet-members.)**

### Fairy & Gnome Winter Homes

Make a festive and decorative winter home for the fairy and gnomes in your garden. Recommended for ages 3+ with caregiver participation.

**Sunday, December 3 • 10 AM, 12:30 PM, 3 PM**

**\$12/child for NBG Members.**

**(\$20/child and \$16/adult for not-yet-members.)**

### Holiday Nature Ornaments

Make a set of nature-inspired ornaments for your tree. Recommended for ages 3+ with caregiver participation.

**Sunday, December 10 • 10 AM, 12:30 PM, 3 PM**

**Saturday, December 23 • 10 AM, 12:30 PM, 3 PM**

**\$12/child for NBG Members.**

**(\$20/child and \$16/adult for not-yet-members.)**

### Cookie Plates and Cocoa Mugs

Get ready for the holidays with your own festive plate and mug set. Set includes one ceramic plate and one ceramic mug. Recommended for ages 3+ with caregiver participation.

**Saturday, December 16 • 10 AM, 12:30 PM, 3 PM**

**Sunday, December 17 • 10 AM, 12:30 PM, 3 PM**

**\$12/child for NBG Members.**

**(\$20/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 \$275 and includes a WOW classroom rental, staff to assist with day-of logistics, themed table decorations and tablecloths, Garden admission for party guests, and paperware for the party.

### COMPLIMENTARY ADD-ON

All birthday party rentals hosted in mid-October through early April will include a complimentary *A Very Hungry Caterpillar* themed classroom decorations, story time, and craft!

## FALL SCOUT PROGRAMS

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

**Don't forget to check out the schedule for our fall Scout events!**

**Some options include:**  
**GSCCC Explore NBG Patch**  
**Brownie Bug Badge**  
**Junior Flower Badge**

**Lions "Ready, Set, Grow"**  
**Tigers "My Tiger Jungle"**  
**Bears "Fur, Feather, & Fern"**  
**Into the Woods Adventure**  
**Into the Wild Adventure**

## TEACHER PROFESSIONAL DEVELOPMENT

Join NBG and other area institutions for an evening of refreshments, networking, and break-out sessions to kick off the 2023–2024 school year!

**Registration opens on  
Tuesday, August 1.**

**Thursday, October 5 • 4:30–8 PM**  
**FREE for Professional Educators**  
**(Pre-registration Required)**



**Scan the QR code to  
visit our website for more  
information on how to register!**

## FIELD TRIPS & OUTREACHES



Book an NBG field trip or outreach program for the 2023–2024 school year! All 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!



**Scan the QR code to  
visit our school programs  
website page for more information.**