

Course Calendar & Catalog | JANUARY—APRIL 2024

GROW

norfolk
botanical
garden

CONTACT

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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

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Blackwater Ecological Preserve Field Trip

With Blackwater Ecological Preserve

Manager Nicholas Flanders

Friday, March 22 • 9:30 AM–3 PM

\$45 (\$55 for not-yet-members)

Venture on a guided tour of some of the rarest habitats in Virginia. Discover the longleaf pine, the tree that built Tidewater. Moderate walking. Transportation included. Please bring a packed lunch.



january

01/4 **Beginner T'ai Chi (8-Week Class)**
Intermediate T'ai Chi (8-Week Class)

01/9 **Botanical Watercolor (4-Week Class)**

01/10 **Wednesday Morning Yoga (4-Week Class)**
Mulch – Maximizing Plant & Soil Vitality

01/11 **Evening Yoga (4-Week Class)**

01/12 **Friday Morning Yoga (4-Week Class)**

01/16 **Worm Composting**
Winter Tree ID Walk & Talk

01/17 **DIY Suet Feeder Workshop**

01/18 **Garden Stars**

01/19 **Birding Walk & Talk**

01/20 **Watercolors: Sunsets on the Water**
Home Grown Tea
Crochet 101

01/23 **It's All Latin to Me**
Everything about Wildlife Photography
Cooking with Mushrooms

01/24 **Moss Gardening**

01/25 **Winter Tree ID**
Owl Meet & Greet

01/26 **Wintering Water Birds**

01/27 **Zentangle Workshop**
Jam, Jelly, and Canning 101
Under the Scope: A Taste for Color

01/30 **Rustic Winter Floral Centerpiece**

february

- 02/1 Bread Making Workshop
- 02/6 Intro to Kombucha Brewing
Beginning Flash Photography
- 02/7 Herbaceous Winter Pruning
DIY Suet Feeder Workshop
- 02/8 Evening Yoga (4-Week Class)
Owl Meet & Greet
- 02/10 Watercolors: Roses Close Up
Under the Scope: Scentsations
Succulent Planter Box Arrangement
- 02/13 Love is in the Air Floral Centerpiece
Mushroom Medicine
- 02/14 Wednesday Morning Yoga (4-Week Class)
Wednesday Oil Painting (8-Week Class)
- 02/15 Thursday Oil Painting (8-Week Class)
Garden Stars
- 02/16 Friday Morning Yoga (4-Week Class)
- 02/17 Crochet 102
Jam, Jelly, and Canning 101
Branch Loom Workshop
Backyard Bird Count
- 02/18 Backyard Bird Count
- 02/20 Backyard Composting
- 02/21 Rose Pruning
- 02/22 Mindful Stitches: Crochet
- 02/27 Parallel Floral Arrangement
- 02/28 Seminar: Bluebirds
- 02/29 Coffee Tasting



Support Local, Plant Native!

Join Dr. Laurie Fox of Virginia Tech in learning about perennials and shrubs native to our region. In a community effort to promote the importance of gardening with native plants, Lady Fern Native Plants is offering a 10% off coupon to each student who attends one of these lectures to redeem at their retail shop at 4900 Colley Ave, Norfolk, VA 23508. Space is limited, so sign up today!

Native Perennials

With Horticulture Associate of
Virginia Tech Dr. Laurie Fox
Tuesday, March 5 • 6–7:30 PM
\$16 (\$21 for not-yet-members)

With so many beautiful and useful options, why wouldn't you want to include native perennials in your landscape? These plants provide interest all year and are easier to purchase now more than ever before. Join Dr. Laurie Fox from Virginia Tech as she looks at the why use it, which one and where to plant it for these must have in your landscape plants.

Native Shrubs

With Horticulture Associate of
Virginia Tech Dr. Laurie Fox
Tuesday, April 2 • 10–11:30 AM
\$16 (\$21 for not-yet-members)

Native shrubs are often misunderstood and left out of the landscape. This group of plants provides critical wildlife habitat and food, beneficial insect support, and structure and seasonal beauty in the landscape. Join Dr. Laurie Fox from Virginia Tech as she looks at the why, which, and where of these important plants.



CLIMATE CORNER

Getting Started with Zero Waste!

With Horticulturist II Julia Trzcinski
Tuesday, March 19 • 9:30–11:30 AM
\$35 (\$45 for not-yet-members)

Discuss plastic alternatives, composting options, what is truly recyclable, how beneficial recycling is, etc. Will go home with their own starter zero waste kit.

Studies in Environmental Action and Waste Reduction

With Horticulturist II Julia Trzcinski
Saturday, April 6 • 10 AM–12 PM
\$16 (\$21 for not-yet-members)

Discuss the importance of reducing the amount of waste we are creating. Overview of recycling guidelines for Hampton Roads, how to create systems to succeed in your own home. Many ideas for reducing waste and using more Zero Waste principles on a small budget!

Climate Change and Virginia

With ODU graduate student, Devani Jolman
Tuesday, April 9 • 10 AM–12 PM
\$16 (\$21 for not-yet-members)

Our climate is changing rapidly, affecting many plants species negatively. Come learn the science behind climate change, the impacts that Virginia will face in upcoming years, and the role you can take in protecting our earth.

Food Choices and the Environment

With Curator of Herbaceous Plants
Michelle Baudanza
Monday, April 22 • 1–3 PM
\$16 (\$21 for not-yet-members)

Come learn which food selections you can make to reduce your carbon footprint along with other life style tweaks in an informative and welcoming environment for all.

march

- 03/2 **Late Winter Walk & Talk**
Teacher Professional Development
- 03/5 **Native Perennials**
Better Breathing (4-Week Class)
- 03/7 **Beginner T'ai Chi (8-Week Class)**
Intermediate T'ai Chi (8-Week Class)
- 03/9 **Living Succulent Driftwood Arrangement**
- 03/12 **Kokedama: Japanese String Gardens**
- 03/13 **Salad Bowl Container Workshop**
Upward Crescent Floral Arrangement
- 03/14 **Mushroom Cultivation**
Garden Stars
- 03/15 **Family Twilight Trek**
- 03/16 **Watercolors: Carolina Wren and Wild Mushrooms**
Knit Stitch Sampler
Into the Woods Adventure Day
- 03/19 **Getting Started with Zero Waste!**
- 03/20 **Wednesday Morning Yoga (4-Week Class)**
- 03/21 **The Fundamentals of Pizza Making**
Owl Prowl
- 03/22 **Friday Morning Yoga (4-Week Class)**
Blackwater Ecological Preserve Field Trip
Storybook Tea Party
- 03/26 **The Life & Times of a Honey Bee**
Intro to Nature Videography
- 03/27 **Camellia Walk & Talk**
- 03/28 **Easter Spring Floral Arrangement**
- 03/29 **Family Twilight Trek**
- 03/30 **Into the Wild Adventure Day**

april

- 04/2 Native Shrubs
- 04/3 Healing Garden Walk & Talk
- 04/4 Cooking with Mushrooms
Pollination of Orchids
- 04/6 Studies in Environmental Action and
Waste Reduction
Under the Scope: Taste 'n Flavor
Watercolors: Hummingbirds and F
lowering Branches
- 04/9 Climate Change and Virginia
- 04/10 Spring in the Border Walk & Talk
Hummingbird Container Workshop
- 04/11 Azalea Walk & Talk
Photographing Insects
Wine Bottle Floral Arrangement
Owl Prowl
- 04/12 NBG Homeschool Day
- 04/14 Family Twilight Trek
- 04/16 Cut Flowers for the Home Gardener
Earth Day Crochet
Crystal Bowl Sound Bath
Plant Sale Preview
- 04/17 Spring Tree Walk & Talk
- 04/18 Spring Blooms Walk & Talk
Rhododendron 101
The Fundamentals of Pizza Making
Garden Stars
- 04/19 Garden Highlights Walk & Talk
Storybook Tea Party
- 04/20 Shapes in Nature Day
- 04/22 Food Choices and the Environment
- 04/23 Native Replacements for Invasive Plants
- 04/24 Hummingbird Container Workshop
- 04/28 Family Twilight Trek
- 04/30 Azalea Pruning
Mountain Laurel of Mirror Lake Walk & Talk
Into the Woods Adventure Day



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.

Birding Walk & Talk

With Blackwater Ecological Preserve Manager Nicholas Flanders
Friday, January 19 • 9:30–11 AM

Late Winter Walk & Talk

With Director of Horticulture Les Parks
Saturday, March 2 • 10–11:30 AM

Camellia Walk & Talk

With Horticulturist IV Scott Blair
Wednesday, March 27 • 1–2:30 PM

Healing Garden Walk & Talk

With Horticulturist II Steve Saunders
Wednesday, April 3 • 1–2:30 PM

Spring in the Border Walk & Talk

With Horticulturist III Hunter Clark
Wednesday, April 10 • 9:30–11 AM

Azalea Walk & Talk

With Horticulturist IV Dan Fulford
Thursday, April 11 • 10–11:30 AM

Spring Tree Walk & Talk

With Horticulturist IV Dan Fulford
Wednesday, April 17 • 10–11:30 AM

Spring Blooms Walk & Talk

With Curator of Herbaceous Plants Michelle Baudanza
Thursday, April 18 • 1–2:30 PM

Garden Highlights Walk & Talk

With Director of Adult Education Alexandra Cantwell
Friday, April 19 • 10–11:30 AM

Mountain Laurel of Mirror Lake Walk & Talk

With Horticulturist II Shelby Correia
Tuesday, April 30 • 11 AM–12:30 PM

garden

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

Mulch - Maximizing Plant & Soil Vitality

With Horticulturist III Bailey Bunn

Wednesday, January 10 • 10–11:30 AM

\$16 (\$21 for not–yet–members)

Learn the basics of mulch including different types, why it's important, as well as the do's and don'ts of mulching to help maximize plant and soil vitality in your garden.

Worm Composting

With Master Gardener Kandy Keith

Tuesday, January 16 • 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.

DIY Suet Feeder Workshop

With Director of Adult Education Alexandra Cantwell

Wednesday, January 17 • 1–3 PM

Wednesday, February 7 • 1–3 PM

\$35 (\$45 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 birds, and take home several blocks themselves, complete with a suet holder and reusable molds! All supplies included.

It's all Latin to Me

With Plant Recorder Ray Volkin

Tuesday, January 23 • 1–3 PM

\$16 (\$21 for not–yet–members)

If you skim over words like Liquidambar styraciflua to avoid dread and confusion, this is the class for you. Hone in your plant ID skills and break down complicated sounding names with simple tricks. Learn the importance of scientific names and how they can clue you in to the plants they belong to.

Moss Gardening

With Horticulturist IV & Certified Floral Designer Mary Toth

Wednesday, January 24 • 1–3 PM

\$25 (\$30 for not–yet–members)

Learn about the bryophyte benefits, growth patterns and the simple art of moss gardening. Participants will take home moss for their own use.

Winter Tree ID

With Horticulturist IV Scott Blair

Thursday, January 25 • 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.

Herbaceous Winter Pruning

With Horticulturist III Hunter Clark

Wednesday, February 7 • 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, and if you own a pair of pruners feel free to bring them! Walking required.



Backyard Composting

With Horticulturist IV & Certified Floral Designer Mary Toth

Tuesday, February 20 • 9:30–11:30 AM

\$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.

Rose Pruning

With Horticulturist II of the Rose Garden Tensaie Fesshaye

Wednesday, 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. Participants will prune roses as part of the class. Indoor presentation followed by outdoor hands on demonstration. Walking required.

Kokedama: Japanese String Gardens

With Horticulturist III Hunter Clark

Tuesday, March 12 • 9:30–11:30 AM

\$40 (\$45 for not–yet–members)

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

Salad Bowl Container Workshop

With Horticulturist II Kent Lewark

Wednesday, March 13 • 9:30–11:30 AM

\$35 (\$45 for not–yet–members)

Love a good salad? Limited space for growing food at home? This workshop will cover growing and harvesting various lettuces, salad greens, herbs, and complimentary planter vegetables in containers. You will build and take home a container brimming with salad potential. The knowledge you come away with can later be applied to larger containers.

Getting Started with Zero Waste!

With Horticulturist II Julia Trzcinski

Tuesday, March 19 • 9:30–11:30 AM

\$35 (\$45 for not–yet–members)

Discuss plastic alternatives, composting options, what is truly recyclable, how beneficial recycling is, etc. Will go home with their own starter zero waste kit.

Studies in Environmental Action and Waste Reduction

With Horticulturist II Julia Trzcinski

Saturday, April 6 • 10 AM–12 PM

\$16 (\$21 for not–yet–members)

Discuss the importance of reducing the amount of waste we are creating. Overview of recycling guidelines for Hampton Roads, how to create systems to succeed in your own home. Many ideas for reducing waste and using more Zero Waste principles on a small budget!

Hummingbird Container Workshop

With Horticulturist Mary Lu Hudgins

Wednesday, April 10 • 1–3 PM

With Director of Adult Education Alexandra Cantwell

Wednesday, April 24 • 1–3 PM

\$40 (\$55 for not–yet–members)

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

All supplies included.



Plant Sale Preview

With Director of Horticulture Les Parks and Nursery Manager Pat Sisson

Tuesday, April 16 • 9:30–11:30 AM

\$25 (\$30 for not–yet–members)

Discover which hardy and rare plants you'll want to add to your weekend shopping list. Participants will take home a plant valued at \$12. Walking required.

Cut Flowers for the Home Gardener

With Horticulturist IV & Certified Floral Designer Mary Toth

Tuesday, April 16 • 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 and plants to start their own cutting garden. Indoor presentation followed by an outdoor tour.

Rhododendron 101

With Horticulturist III Bailey Bunn

Thursday, April 18 • 11 AM–12:30 PM

\$16 (\$21 for not–yet–members)

What is the difference between a Rhododendron and an Azalea? Here you can learn basic ID characteristics, how to grow, maintain, and prune a rhododendron. The class will then be followed by a stroll through the Rhododendron Garden to look at current blooms, companion plants, and discuss care practices out in the garden. Walking required.

Food Choices and the Environment

With Curator of Herbaceous Plants Michelle Baudanza

Monday, April 22 • 1–3 PM

\$16 (\$21 for not–yet–members)

Come learn which food selections you can make to reduce your carbon footprint along with other life style tweaks.

Native Replacements for Invasive Plants

With Director of Adult Education Alexandra Cantwell

Tuesday, April 23 • 1–3 PM

\$16 (\$21 for not–yet–members)

As we continue to learn about the negative impacts of invasive plants, we're left with a need to replace them – but with what? Join us as we cover a variety of common invasive plants, and which wonderful natives can take their place.

Azalea Pruning

With Horticulturist IV & Certified Floral Designer Mary Toth

Tuesday, April 30 • 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 choosing the right tools for the job. Walking required.

explore

Let curiosity take root with our nature and wildlife programs.

Garden Stars

In partnership with the Back Bay Amateur Astronomers

Thursday, January 18 • 7–8:30 PM

Thursday, February 15 • 7–8:30 PM

Thursday, March 14 • 8–9:30 PM

Thursday, April 18 • 8:30–10 PM

\$16 (\$26 for not–yet–members)

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

Owl Meet & Greet

With Nature's Nanny Wildlife Rehab

Thursday, January 25 • 6–8 PM

Thursday, February 8 • 6–8 PM

\$16 (\$21 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 21 • 7–9 PM

Thursday, April 11 • 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.

Wintering Water Birds

With Horticulturist II Sarah Davis

Friday, January 26 • 9:30–11 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.

The Life & Times of a Honey Bee

With Horticulturist III Bailey Bunn

Tuesday, March 26 • 1–2:30 PM

\$16 (\$21 for not–yet–members)

Ever wonder who lives inside a honey bee hive and what they do? Come and learn about the life cycle of a honey bee and what their various roles and duties are inside the hive.



create

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

Wednesday Oil Painting (8–Week Class)

With Artist Adele Loomans

Wednesdays, February 14–April 3 • 9:45–11:45 AM

\$150 (\$175 for not–yet–members)

Thursday Oil Painting (8–Week Class)

With Artist Adele Loomans

Thursdays, February 15–April 4 • 9:45–11:45 AM

\$150 (\$175 for not–yet–members)

Watercolors

With Artist Diana Davis

Saturdays • 9 AM–1:30 PM

Sunsets on the Water • January 20

Roses Close Up • February 10

Carolina Wren and Wild Mushrooms • March 16

Hummingbirds and Flowering Branches • April 6

\$60 (\$75 for not–yet–members)

Digital Photography

With Instructor Luca Pfeiffer

6–8 PM

Everything about Wildlife Photography • January 23

Intro to Nature Videography • March 26

Photographing Insects • April 11

\$40 (\$55 for not–yet–members)

Digital Photography

With professional photographer Dee Akright

6:30–8:30 PM

Beginning Flash Photography • February 6

\$40 (\$55 for not–yet–members)

Floral Design Workshops

With Horticulturist IV & Certified Floral Designer Mary Toth

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

Love is in the Air Centerpiece • February 13 • 1–2:30 PM

Parallel Arrangement • February 27 • 1–2:30 PM

Easter Spring Arrangement • March 28 • 1–2:30 PM

Wine Bottle Arrangement • April 11 • 1–2:30 PM

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

Upward Crescent Arrangement • March 13 • 1–2:30 PM

\$75/Workshop (\$90 for not–yet–members)

Botanical Watercolor (4–Week Class)

With Artist Lynne Frailing

Tuesdays, January 9–January 30 • 9:15 AM–12:30 PM

\$150 (\$175 for not–yet–members)

Watercolor tutorial in which students may choose their own subject and style, i.e. botanical illustration, portraiture, and other subjects of their choice using live subjects, photographs and or the artist imagination. Students are welcome to bring their “work in progress” or start something new.



Crochet/Knitting

With Instructor Mandie Burns

Crochet 101 • Saturday, January 20 • 9:30 AM–12:30 PM

\$35 (\$45 for not–yet–members)

Crochet 102 • Saturday, February 17 • 9:30 AM–12:30 PM

\$35 (\$45 for not–yet–members)

Mindful Stitches: Crochet • Thursday, February 22 • 6–8 PM

\$35 (\$45 for not–yet–members)

Knit Stitch Sampler • Saturday, March 16 • 9:30 AM–12:30 PM

\$35 (\$45 for not–yet–members)

Earth Day-Crochet • Tuesday, April 16 • 5:30–8:30 PM

\$35 (\$45 for not–yet–members)

Succulent Workshop

With Melissa Tebbenhoff

Planter Box Arrangement • February 10 • 9:30–11:30 AM

\$60 (\$65 for not–yet–members)

Living Succulent Driftwood Arrangement • March 9 • 9:30–11:30 AM

\$95 (\$100 for not–yet–members)

Zentangle Workshop

With Certified Zentangle Teacher Donna Wynn

Saturday, January 27 • 9:30–11:30 AM

\$25 (\$35 for not–yet–members)

Come and learn the magical process of meditative drawing called Zentangle! We can be overwhelmed with thoughts, errands and life demands. The Zentangle drawing process is a unique opportunity to offer focus, relaxation, memory improvement and calm.

Branch Loom Workshop

With Instructor Marilyn Estrada

Saturday, February 17 • 9:30 AM–12:30 PM

\$35 (\$45 for not–yet–members)

Branch out and create a beautiful, one of a kind nature-inspired woven art piece. In this workshop we'll be taking Mother Nature's bounty of abundant natural elements such as Y-shaped branches, twigs, colorful yarns and strings, various lichens, mosses, feathers, and shells to customize and make your art piece flourish. Supplies are included but feel free to bring any items of your own to add to your branch loom.



live well

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



Garden Yoga (4-Week Class)

Wednesdays, January 10–January 31, February 14–March 6,
March 20–April 10 • 9:30–10:30 AM

With Certified Instructor Carly Joelle

Fridays, January 12–February 2, February 16–March 8,
March 22–April 12 • 9:30–10:30 AM

With Certified Instructor Brier King

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

Beginner T'ai Chi (8-Week Class)

In partnership with the Tidewater T'ai Chi Center

Thursdays, January 4–February 22,

March 7–April 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, January 4–February 22,

March 7–April 25 • 10:30–11:30 AM

\$100 (\$120 for not-yet-members)

Evening Yoga (4-Week Class)

With Certified Instructor Karen Babcock

Thursdays, January 11–February 1,

February 8–February 29 • 6–7 PM

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

Homegrown Tea

With Herbalist Mary K Scott

Saturday, January 20 • 10 AM–1 PM

\$50 (\$60 for not-yet-members)

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



Bread Making Workshop

With Tylor Alexander from Pilgrim Bread

Thursday, February 1 • 6–8 PM

\$75 (\$85 for not-yet-members)

Join Pilgrim Bread's owner and head baker Tylor Alexander in a class on naturally leavened bread using fresh milled flour. In this workshop we will explore fermentation, mix flour with water, fold, and shape dough that you will take home and bake the next day. Students will also enjoy sourdough pizza, and will take home their own bread making kits which includes: fresh milled flour, starter, proof basket, dough scraper, bench knife, lame (scoring tool), and instructions.



Intro to Kombucha Brewing

With Horticulturist II Julia Trzcinski

Tuesday, February 6 • 1–3 PM

\$35 (\$45 for not-yet-members)

In this class we will walk you through the steps to have your own thriving Kombucha Scoby, what a Scoby is and how to care for it, discuss flavor options, and even do a kombucha tasting together. You will go home with your own scoby and all the information and supplies you need to make your next batch of kombucha at home.

Coffee Tasting

With Bear House Coffee Roasters

Thursday, February 29 • 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, January 27 • 10 AM–12 PM

Saturday, February 17 • 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. We will be sampling foods that compliment pepper jelly recipe so save room for snacks.

Better Breathing (4-Week Class)

With Certified Instructor Brier King

Tuesdays, March 5–March 26 • 6–7 PM

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

The Fundamentals of Pizza Making

With Chef David Hannah

Thursday, March 21 • 6–8 PM

Thursday, April 18 • 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.

Crystal Bowl Sound Bath

With Certified Sound Healer Kayce Laine

Tuesday, April 16 • 11 AM–12 PM

\$20 (\$30 for not-yet-members)

Kayce, a Certified Sound Healer, will guide the group through gentle movement and a brief, relaxing meditation followed by a sound bath using crystal singing bowls, gong and chimes. Class will be held indoors.

dig deeper

Go beyond the basics for a deeper understanding.

Winter Tree ID Walk & Talk

With ODU graduate student, Devani Jolman

Tuesday, January 16 • 10 AM–12 PM
\$11 (\$16 for not-yet-members)

How do you identify trees in the winter without leaves or flowers? Come and find out! Learn how to use a dichotomous key and wintertime tree traits to identify the beautiful trees around you. Walking required.

Cooking with Mushrooms

With Ryan Staab of Capstone Mushroom

Tuesday, January 23 • 6–8 PM
Thursday, April 4 • 6–8 PM

\$45 (\$55 for not-yet-members)

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.

Under the Scope: A Taste for Color

With Plant Recorder Ray Volkin

Saturday, January 27 • 10 AM–12 PM
\$16 (\$21 for not-yet-members)

A quick snapshot into how and why plants produce different colors. Whether you're trying to entice bees with a UV-vis rainbow, get your hydrangeas picture perfect purple, or picking the perfect pepper, color is key! Demonstrations involving a taste test included.

Under the Scope: Scentsations

With Plant Recorder Ray Volkin

Saturday, February 10 • 10 AM–12 PM
\$21 (\$26 for not-yet-members)

Plants make all sorts of smells for all sorts of reasons! Go on a sensory adventure experiencing various plant-based fragrances while learning the chemistry behind them. Fragrance and taste testing experiments included.

Mushroom Medicine

With Ryan Staab of Capstone Mushroom

Tuesday, February 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 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.

Seminar: Bluebirds

With Wild Birds Unlimited

Wednesday, February 28 • 1–3 PM
\$16 (\$21 for not-yet-members)

Join Wild Birds Unlimited of South Hampton Roads and Norfolk Botanical Garden for our seminar about bluebirds. We will discuss how to attract and keep bluebirds in your yard, as well as the appropriate nesting boxes they require.

Native Perennials

With Horticulture Associate of Virginia Tech Dr. Laurie Fox

Tuesday, March 5 • 6–7:30 PM
\$16 (\$21 for not-yet-members)

With so many beautiful and useful options, why wouldn't you want to include native perennials in your landscape? These plants provide interest all year and are easier to purchase now more than ever before. Join Dr. Laurie Fox from Virginia Tech as she looks at the why use it, which one and where to plant it for these must have in your landscape plants.

Mushroom Cultivation

With Ryan Staab of Capstone Mushroom

Thursday, March 14 • 6–8 PM
\$35 (\$45 for not-yet-members)

Ryan Staab, of Capstone Mushroom farm, grows thousands of pounds of mushrooms a year. He will help you get started growing mushrooms with hands-on demonstrations, a take home workbook, and more. Take home your own mushroom "grow kit."



Blackwater Ecological Preserve Field Trip

With Blackwater Ecological Preserve Manager Nicholas Flanders

Friday, March 22 • 9:30 AM–3 PM
\$45 (\$55 for not-yet-members)

Venture on a guided tour of some of the rarest habitats in Virginia. Discover the longleaf pine, the tree that built Tidewater. Moderate walking. Transportation included. Please bring a packed lunch.

Under the Scope: Taste 'n Flavor

With Plant Recorder Ray Volkin

Saturday, April 6 • 10 AM–12 PM
\$21 (\$26 for not-yet-members)

A simple taste tour through the classes of flavonoids. Learn about what red wine and red oaks have in common, learn how flavors can tell us about the plants that produce them and the people that eat them. Food tasting included.

Native Shrubs

With Horticulture Associate of Virginia Tech Dr. Laurie Fox

Tuesday, April 2 • 10–11:30 AM
\$16 (\$21 for not-yet-members)

Native shrubs are often misunderstood and left out of the landscape. This group of plants provides critical wildlife habitat and food, beneficial insect support, and structure and seasonal beauty in the landscape. Join Dr. Laurie Fox from Virginia Tech as she looks at the why, which one and where of these important plants.

Pollination of Orchids

With Dr. Lisa Wallace from Old Dominion University

Thursday, April 4 • 10–11:30 AM
\$16 (\$21 for not-yet-members)

In this lecture, we will explore the common and exotic mechanisms by which orchid flowers attract their pollinators for reproduction. Examples from orchids near and far will be discussed.

Climate Change and Virginia

With ODU graduate student, Devani Jolman

Tuesday, April 9 • 10 AM–12 PM
\$16 (\$21 for not-yet-members)

Our climate is changing rapidly, affecting many plants species negatively. Come learn the science behind climate change, the impacts that Virginia will face in upcoming years, and the role you can take in protecting our earth.

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 all attending children and adults for all programs.

For additional information or to register for a class, visit our website or email us at: youthed@nbg.org.

SERIES 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 related to botany, water ecology, environmental science, and so much more! Most homeschool programs are recommended for ages 6-11.



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 assistance. Moderate walking required. All child and adult attendants must have a registered ticket for this program.

Friday, March 15 • 6–7:30 PM

Friday, March 29 • 6:30–8 PM

Friday, April 14 • 6:30–8 PM

Friday, April 28 • 7–8:30 PM

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

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

Into the Woods Adventure Day

Bring your Cub Scouts, Webelos and Arrow of Light Scouts to NBG to earn their Into the Woods Pin!

Saturday, March 16 • 11 AM or 2 PM

\$18/Scout and \$16/adult chaperones

(Adult NBG members may chaperone for free.)

Please no sibling tag-alongs.



NBG MEMBER EXCLUSIVE PROGRAMS

Join us in the Garden on Wednesdays and Thursdays for free weekly family programs for NBG Members! Recommended for ages 3+. Advanced online registration is required for all Member exclusive programs.



Winter Wanderers

January, February • 10 AM

Meet in the WOW Children's Garden for winter-inspired exploration and activities.

Tales For Tots

March, April • 10 AM

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



GREAT BACKYARD BIRD COUNT

Whether you are a seasoned bird lover or just getting started with the basics of bird watching, the Great Backyard Bird Count Citizen Science project is a fun and educational event for the whole family! By participating, you 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 assistance. Moderate walking required.

Saturday, February 17 • 10 AM–2 PM

Sunday, February 18 • 10 AM–12 PM

\$12/child NBG Members.

(\$20/child and \$16/adult for not-yet-members. Child and Adult tickets include Garden admission.)

Member and not-yet-member adults who wish to participate must register a child's ticket for the program.

Storybook Tea Party

Join us in the WOW Children's Garden for a tea party and story time. Recommended for ages 3+ with some caregiver assistance. Light refreshments included for registered children. Don't forget to bring your favorite stuffed animal!

Friday, March 22 • 10–11 AM

Friday, April 19 • 10–11 AM

\$12/child for NBG members

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

Into the Wild Adventure Day

Bring your Cub Scouts, Webelos and Arrow of Light Scouts to NBG to earn their Into the Wild Pin!

Saturday, March 30 • 11 AM or 2 PM

\$18/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 for our Spring STEM-themed homeschool day! Complete guided and self-guided activities, crafts, tours, and more! Recommended for children ages 5+ with significant chaperone assistance.

Friday, April 12 · 10 AM–4 PM

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

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



Girl Scout Shapes in Nature Day

Bring your Girl Scouts to NBG to earn their Daisy, Brownie, or Junior Shapes in Nature Badges.

Saturday, April 20 · 11AM or 2PM

\$18/Scout and \$16/adult chaperones.

(Adult NBG members may chaperone for free.)

Please no sibling tag-alongs.

CHILDREN'S BIRTHDAY PARTIES

Book a birthday party in the WOW Children's Garden! Pricing starts at \$275 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!

SPRING SCOUT PROGRAMS

Bring your Girl Scouts and Cub 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.

Don't forget to check out our spring calendar for our scheduled spring Scout events!

Some options include:
GSCCC Explore NBG Patch
Brownie Bug Badge
Junior Flower Badge
NEW! Cadette Night Owl Badge

Lions "Ready, Set Grow"
Tigers "My Tiger Jungle"
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 \$275.



TEACHER PROFESSIONAL DEVELOPMENT

Registration Open!

Join NBG for refreshments, networking, and break-out sessions that invite educators to explore ways to create an outdoor classroom space using their school campus, backyard, neighborhood park, or any available outdoor area!

Saturday, March 2 · 9 AM–12:30 PM
FREE for first 200 Educators
(Pre-registration Required)



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

SCHOOL FIELD TRIPS & OUTREACHES



Book an NBG field trip or outreach program for the 2023–2024 school year! Our programs are VA SOL aligned, and are a great way to reinforce concepts relating to nature, environmental science, ecology, and so much more!

Don't forget, teachers who attend our Professional Development workshops receive 20% off a field trip or outreach program!



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