

# GROW

Course Calendar & Catalog | MAY—AUGUST 2024

norfolk  
botanical  
garden

Photo of a violet coral mushroom (*Clavaria zollingeri*) by VP of Education Theresa Augustin

**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**

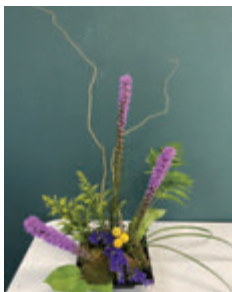
Cancellations five or more business days prior to the program start date, refunds less 20% processing fee (min. \$5). No refunds for cancellations one to four business days prior to program start date. Courses canceled by the Garden due to low enrollment or hazardous weather conditions are fully refunded.

**SUSTAINABILITY**

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

# Floral Design Certification

With Horticulturist IV & Certified Floral Designer Mary Toth



*Back by Popular Demand!*  
 Registration opens Fall 2024

8-Week Class (2 classes/week)  
 Sept. 5—Oct. 29 • 6–8 PM

Learn the basics of Floral Design, from flower identification and care to designing by season and the theme.

# Funky Fungi

## Nature's Curious Creations

This summer exhibit will immerse visitors in the wonder of mushrooms with educational tours, art installations and interactive experiences.

# may

- 05/2 Bluebird Trail Walk
- 05/7 Watercolor Workshop (4-Week Class)  
 Crochet: Granny Squares  
 Rose Garden Walk & Talk
- 05/9 Owl Prowl  
 Mother's Day Floral Arrangement  
 Beginner T'ai Chi (8-Week Class)  
 Intermediate T'ai Chi (8-Week Class)  
 The Taste of Honey
- 05/10 Family Twilight Trek
- 05/15 Into to Edible Weeds  
 Plant Breeder for a Day
- 05/16 Dig & Divide Pollinator Garden
- 05/17 Cadette Night Owl Party
- 05/18 Watercolors: Iris  
 Zetangle Workshop  
 Jam, Jelly, and Canning 101  
 Late Spring Walk & Talk
- 05/21 Cooking with Mushrooms  
 The Power of Pollinators
- 05/22 Phenology Walk & Talk
- 05/23 Garden Stars  
 Everything About Wildlife Photography  
 Bread Making Workshop
- 05/24 Gardening as You Age  
 Family Twilight Trek
- 05/28 Spring Bulbs & Blooms Walk & Talk
- 05/29 Basket Floral Arrangement  
 Wednesday Morning Yoga (4-Week Class)
- 05/31 Hardy Ferns of Virginia  
 Friday Morning Yoga (4-Week Class)

Sponsored By:



# june

- 06/4 **Sunset Kayaking**  
Better Breathing (4–Week Class)  
Grounding in Mirror Lake
- 06/6 **Bluebird Trail Walk**  
Bluebird Guide  
Wildflower Bouquet  
Garden Artists: Picnic Plates
- 06/7 **Storybook Tea Party**
- 06/8 **Bread Making Workshop**
- 06/11 **Root Down: Plant Microbiomes**  
Sunset Kayaking  
Mushroom Medicine  
Butterfly Garden Walk & Talk
- 06/12 **Companion Planting**
- 06/13 **Herb Container Workshop**  
Garden Stars  
The Fundamentals of Pizza Making  
Fairy & Gnome Summer Homes
- 06/14 **Family Twilight Trek**
- 06/15 **Watercolors: Bee Balm & Spicebush Swallowtail**  
Crochet 101  
Wild Herb Foraging Walk
- 06/18 **Conifers of Southeast Virginia**  
Planning a Pollinator Garden  
Sunset Kayaking
- 06/19 **Hydrangeas- the Big Leaf and the Beautiful**  
Wednesday Oil Painting (8–Week Class)
- 06/20 **Mysterious Mushrooms and Fantastic Fungi**  
Owl Prowl  
Dinosaurs in the Garden  
Thursday Oil Painting (8–Week Class)  
Mirror Lake Walk & Talk
- 06/25 **Sunset Kayaking**
- 06/26 **Asymmetrical Floral Arrangement**  
Wednesday Morning Yoga (4-Week Class)
- 06/28 **Friday Morning Yoga (4-Week Class)**  
Family Twilight Trek

## GARDEN WALK & TALKS

These casual informative walks allow plenty of time for questions and photos.

**Walking required.**

**Space is limited, pre-registration is required!**

***Free with Garden admission.***



### Rose Garden Walk & Talk

With Horticulturist II/Rose Garden Tensaie Fesshaye  
Tuesday, May 7 • 11 AM–12 PM

### Late Spring Walk & Talk

With Director of Horticulture Les Parks  
Saturday, May 18 • 10–11:30 AM

### Spring Bulbs and Blooms Walk & Talk

With Curator of Herbaceous Plants Michelle Baudanza  
Tuesday, May 28 • 10–11:30 AM

### Butterfly Garden Walk & Talk

With Senior Event Designer &  
Horticulturist Linda Saunders  
Tuesday, June 11 • 10–11:30 AM  
Tuesday, July 23 • 10–11:30 AM

### Mirror Lake Walk & Talk

With Horticulturist II Shelby Correia  
Thursday, June 20 • 10–11:30 AM

### Garden Highlights Walk & Talk

With Director of Adult Education Alexandra Cantwell  
Tuesday, July 16 • 10 AM–11:30 PM

### Salvia Walk & Talk

With Horticulturist II Dakayla Calhoun  
Wednesday, July 24 • 10 AM–12 PM

### Crape Myrtle Walk & Talk

With Horticulturist II Andrew Earehart  
Wednesday, July 31 • 10–11:30 AM

## Gallery Talk: *Healing the Earth: The Perfect Garden*

With artist Caroline Garrett Hardy

Wednesday, July 10 • 2–3 PM

\$16 (\$21 for not–yet–members)

Paper artist Caroline Garrett Hardy will discuss the motivation and purpose behind her recent series of paper kimonos entitled: *Healing the Earth: The Perfect Garden*.

Class will meet in the Baker Hall Visitor Center where her work is on display.



# july

- 07/2 **Sunset Kayaking**
- 07/4 **Garden Artists: Picnic Plates**
- 07/5 **Storybook Tea Party**
- 07/9 **Sunset Kayaking**  
**Biedermeier Floral Centerpiece**  
**Evening Yoga (4–Week Class)**  
**Grounding in Enchanted Forest**
- 07/10 **Zetangle Workshop**  
**Gallery Talk: *Healing the Earth:  
The Perfect Garden***
- 07/11 **Garden Stars**  
**Beginner T'ai Chi (8–Week Class)**  
**Intermediate T'ai Chi (8–Week Class)**  
**Cooking with Mushrooms**  
**Fairy & Gnome Summer Homes**
- 07/12 **Family Twilight Trek**
- 07/13 **Small Trees for Today's Garden**  
**Watercolors: Forest with Pond**  
**Jam, Jelly, and Canning 101**
- 07/16 **Dune- The Plants Must Grow!**  
**Worm Composting**  
**Sunset Kayaking**  
**Garden Highlights Walk & Talk**
- 07/17 **Building a Bird Habitat**  
**Garden Highlights Walk & Talk**
- 07/18 **Owl Prowl**  
**Mindful Stitches: Knit**  
**Dinosaurs in the Garden**
- 07/20 **Butterfly Festival**
- 07/26 **Family Twilight Trek**
- 07/23 **Sunset Kayaking**  
**Digital Photography: Intermediate/  
Advanced Nailing Exposure**  
**Butterfly Garden Walk & Talk**
- 07/24 **Saliva Walk & Talk**
- 07/27 **Mushroom Masterclass**
- 07/30 **Sunset Kayaking**  
**Photographing Butterflies**
- 07/31 **Crape Myrtle Walk & Talk**

## Mushroom Masterclass

With State Certified Mycologists Vicky  
& Christopher Vacher

Saturday, July 27 • 9:30 AM–1:30 PM  
\$110 (\$130 for not–yet–members)

Vicki and Christopher, 2 of only 13 state certified mycologists, will guide you on a fun and immersive journey into the world of fungi. This class provides an exploration of fungal biology, identification, foraging, cultivation, medicinal mushrooms, mycoremediation, and culinary tips. Students will enjoy a presentation, hands-on workshop preparing their own shiitake mushroom log and learning how to care for them at home. We will also discuss medicinal mushrooms followed by a cooking demonstration to taste a variety of mushrooms and learn about their unique culinary applications.



# august

- 08/1 Garden Artists: Picnic Plates
- 08/2 Storybook Tea Party
- 08/6 Sunset Kayaking  
Mindful Mobility (4-Week Class)
- 08/7 Wednesday Morning Yoga (4-Week Class)
- 08/8 Owl Prowl  
The Fundamentals of Pizza Making  
Fairy & Gnome Summer Homes
- 08/9 Know Your Ecosystems  
Family Twilight Trek  
Friday Morning Yoga (4-Week Class)
- 08/10 Watercolors: Sunflowers & Mushrooms  
Knit 101  
Bread Making Workshop
- 08/13 Sunset Kayaking  
Diversity of Flowers Walk & Talk
- 08/15 All About Mushrooms  
Garden Stars  
Mushroom Cultivation  
Dinosaurs in the Garden
- 08/16 WOW End of Summer Celebration
- 08/17 Honey Bee Festival
- 08/20 Sunset Kayaking
- 08/21 Woodland Floral Arrangement
- 08/23 Intro to Cross Stitching  
Family Twilight Trek
- 08/27 Sunset Kayaking  
Beginning Beekeeping (3-Week Class)
- 08/29 Flower ID from A to Z

All summer events sponsored by:



Saturday, July 20  
10 AM – 4 PM



Saturday, August 17  
10 AM – 4 PM

Silver Level Sponsor:



## SAVE THE DATE GARDEN TO-GO KITS

Exclusive Member Access Sept. 12  
PLUS 10% DISCOUNT  
Open to the public on Sept 13–15



Themed native perennial gardens  
ready to plant!

# garden

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

## Intro to Edible Weeds

With Horticulturist IV & Certified Floral Designer  
Mary Toth

**Wednesday, May 15 • 1–3 PM**  
**\$16 (\$21 for not–yet–members)**

Learn how to identify, prepare and get familiar with the nutritional wonders of the wild weeds that are growing in our backyard. Indoor presentation followed by an outdoor tour.

## Plant Breeder for a Day

With Curator of Herbaceous Plants Michelle  
Baudanza

**Wednesday, May 15 • 3–5 PM**  
**\$50 (\$65 for not–yet–members)**

This class will begin with a brief history on the Magnolia family as well as an overview of flower morphology. Students will travel into the Garden for a demonstration on how to pollinate a flower. Participants will then have the opportunity to gather pollen to make their own unique cross. Students whose cross produces seed will be contacted in the fall to pick up their seeds or have them mailed. Who knows, you might just create the next new Magnolia cultivar!

## Dig & Divide Pollinator Garden

With Nursery Manager Pat Sisson and Horticulturist  
II Tyler Greenwell

**Thursday, May 16 • 9:30–11 AM**  
**\$35 (\$45 for not–yet–members)**

Tour the pollinator garden and learn the proper way to divide and transplant a variety of perennial plants that participants will then take home. Walking required. Please dress for gardening.

## Hardy Ferns of Virginia

With Horticulturist III Bailey Bunn

**Friday, May 31 • 10 AM–12 PM**  
**\$16 (\$21 for not–yet–members)**

Learn about the best ferns to use in your home landscape—including design elements and plant care. Indoor presentation followed by an outdoor tour.

## Companion Planting

With Horticulturist Mary Lu Hudgins

**Wednesday, June 12 • 9:30–11:30 AM**  
**\$16 (\$21 for not–yet–members)**

The instructor 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.

## Herb Container Workshop

With Horticulturist III Hunter Clark

**Thursday, June 13 • 9:30–11:30 AM**  
**\$40 (\$55 for not–yet–members)**

Make and take! Learn all about various herbs and their uses, including those we'll be planting. Then take home herbs for the summer too! All materials included.

## Root Down: Plant Microbiomes

With Plant Recorder Ray Volkin

**Tuesday, June 11 • 1–3 PM**  
**\$16 (\$21 for not–yet–members)**

Who knew such small critters could make a large impact? Explore the world of the rhizosphere and find out what you could be welcoming into your garden—both helpful and harmful. Learn how to potentially keep your plants healthy with a balanced microbiome with some simple at-home remedies.

## Conifers of Southeast Virginia

With Curator of Woody Plants Carl Simmons

**Tuesday, June 18 • 9:30–11:30 AM**  
**\$16 (\$21 for not–yet–members)**

Learn about the conifers that grow well in Hampton Roads, and our experiences with a variety of them here at the Garden, followed by a walking tour. Walking required.

## Planning a Pollinator Garden

With Director of Adult Education Alexandra  
Cantwell

**Tuesday, June 18 • 1–3 PM**  
**\$16 (\$21 for not–yet–members)**

Celebrate Pollinator Week with this introductory course on pollinators and how to support them - starting in your own backyard!

## Hydrangeas-the Big Leaf and the Beautiful

With Horticulturist IV Scott Blair

**Wednesday, June 19 • 1–3 PM**  
**\$16 (\$21 for not–yet–members)**

In this class we will discuss the different species and their role in the garden. After a slideshow and a walk through our Hydrangea Collection you will be familiar with multiple species of Hydrangea as well as some care practices that can help you really get your plants in shape for the season. Indoor presentation followed by an outdoor walking tour.

## Mysterious Mushrooms and Fantastic Fungi

With Director of Adult Education Alexandra Cantwell

**Thursday, June 20 • 1–3 PM**  
**\$16 (\$21 for not–yet–members)**

Fungi not only play an important role in the natural world, but in our day to day one as well! Learn about their impact on history and culture over time, as well as the basics of their biology and many uses in the modern world.

## Small Trees for Today's Garden

With Director of Horticulture Les Parks

**Saturday, July 13 • 9:30–11:30 AM**  
**\$16 (\$21 for not–yet–members)**

Most gardeners are aware just how important trees are to the environment, wildlife, and to enhance a landscape. However, not all gardeners have room for large shade trees. This talk will explore a number of trees that grow well in Coastal Virginia without taking up much room. This class will be indoors and presented via PowerPoint, but weather permitting, attendees who are interested can join me for a quick tour afterwards to see a few of the trees mentioned in the Garden.

## Dune-The Plants Must Grow!

With Horticulturist IV Scott Blair

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

In part due to urban development, coastal areas like ours are more susceptible to issues such as flooding, erosion, and water pollution. In this class we will discuss how important coastal plantings, living shorelines, and riparian buffers are to ecosystems and how they can help us give our future more solid ground. Indoor presentation followed by an outdoor walking tour.

## Worm Composting

With Master Gardener Kandy Keith

**Tuesday, July 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.



**Building a Bird Habitat**

With Director of Adult Education Alexandra Cantwell

**Wednesday, July 17 • 1–3 PM**

**\$16 (\$21 for not–yet–members)**

Learn the basics of what it means to build a backyard bird habitat, and why it’s important now more than ever.

**All About Mushrooms**

With Vice President of Education Theresa Augustin

**Thursday, August 15 • 9:30–11:30 AM**

**\$16 (\$21 for not–yet–members)**

Curious about mushrooms? Learn which ones are common to our area, how to identify them, and the role they play in nature. This class will be held outdoors. Walking required.

**Flower ID from A to Z**

With Horticulturist IV & Certified Floral Designer Mary Toth

**Thursday, August 29 • 1–3 PM**

**\$16 (\$21 for not–yet–members)**

There are many types of flowers available in the florist industry from locally grown to tropic imports. Learn to identify old favorites, new varieties and various foliage’s along with their special needs and design style of the many flower types.

# explore

Let curiosity take root with our nature and wildlife programs.

**Sunset Kayaking**

In partnership with Tula Paddle Sports

**Tuesday, June 4, 11, 18, 25 • 6:30 PM–Sunset**

**Tuesday, July 2, 9, 16, 23, 30 • 6:30 PM–Sunset**

**Tuesday, August 6, 13, 20, 27 • 6 PM–Sunset**

**\$50 (\$65 for not–yet–members)**

Enjoy a relaxing paddle on Lake Whitehurst with experienced guides. No experience necessary.

**Garden Stars**

In partnership with the Back Bay Amateur Astronomers

**Thursday, May 23 • 8:30–10 PM**

**Thursday, June 13 • 8:30–10 PM**

**Thursday, July 11 • 8:30–10 PM**

**Thursday, August 15 • 8:30–10 PM**

**\$16 (\$26 for not–yet–members)**

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

**Owl Prowl**

With Nature’s Nanny Wildlife Rehab

**Thursday, May 9 • 7–9 PM**

**Thursday, June 20 • 7–9 PM**

**Thursday, July 18 • 7–9 PM**

**Thursday, August 8 • 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.



**Bluebird Trail Walk**

With Plant Recorder Ray Volkin

**Thursday, May 2 • 9–11 AM**

**Thursday, June 6 • 9–11 AM**

**\$16 (\$21 for not–yet–members)**

Walk through NBG’s 15-box bluebird trail. Get an extensive look at how we care for our bird boxes and what our boxes do for the environment and the community. Observe acting nesting activity at various stages and keep an eye out for dutiful parents flying in and out of nests. Learn about attracting birds to your yard, backyard birding, and bird habits with our Virginia Bluebird Society Liaison and birding enthusiast, Ray Volkin. Class will be held outdoors. Walking required.

**Bluebird Guide**

With Plant Recorder Ray Volkin

**Thursday, June 6 • 1–3 PM**

**\$16 (\$21 for not–yet–members)**

Observe the nesting activity of bluebirds within our 15-box bluebird trail. Get an extensive look at how we care for our bird boxes and what our boxes do for the environment and the community. Learn about attracting birds to your yard, backyard birding, and bird habits with our Virginia Bluebird Society Liaison and birding enthusiast, Ray Volkin. Indoor presentation followed by outdoor tour.



# create

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

## Wednesday Oil Painting (8-Week Class)

With Artist Adele Loomans

Wednesdays, June 19-August 14 (no class on July 3) •

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, June 20-August 15 (no class on July 4)

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

Iris • May 18

Bee Balm and Spicebush Swallowtail • June 15

Forest with Pond • July 13

Sunflowers and Mushrooms • August 10

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

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## Digital Photography

With Instructor Luca Pfeiffer

Everything about Wildlife Photography • May 23 • 6–8 PM

Intermediate/Advanced Nailing Exposure • July 23 • 6–8 PM

With professional photographer Dee Akright

Photographing Butterflies • July 30 • 10 AM–12 PM

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

Bring your camera and manual.

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## Floral Design Workshops

With Horticulturist IV & Certified Floral Designer Mary Toth

Mother's Day Floral Arrangement • May 9 • 1–2:30 PM

Basket Floral Arrangement • May 29 • 1–2:30 PM

Wildflower Bouquet • June 6 • 1–2:30 PM

Asymmetrical Arrangement • June 26 • 1–2:30 PM

Biedermeier Centerpiece • July 9 • 1–2:30 PM

Woodland Floral Arrangement • August 21 • 1–2:30 PM

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

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## Watercolor Workshop (4-Week Class)

With Artist Lynne Frailing

Tuesdays, May 7-May 28 • 9:15 AM–12:30 PM

\$150 (\$175 for not-yet-members)

This is a lively interactive workshop where the instructor presents both concepts of design and composition as well as materials and methods of watercolor. Materials provided but students are encouraged to bring their own supplies if they have them. A suggested supply list will be provided for each student.

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## Crochet/Knitting

With Instructor Mandie Burns

Crochet: Granny Squares • Tuesday, May 7 • 6–8PM

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

Crochet 101 • Saturday, June 15 • 9:30 AM–12:30 PM

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

Mindful Stitches: Knit • Thursday, July 18 • 6–8 PM

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

Knit 101 • Saturday, August 10 • 9:30 AM–12:30 PM

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

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## Zentangle Workshop

With Certified Zentangle Teacher Donna Wynn

Saturday, May 18 • 9:30–11:30 AM

Wednesday, July 10 • 10 AM–12 PM

\$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.

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## Gallery Talk “Healing the Earth: The Perfect Garden”

With artist Caroline Garrett Hardy

Wednesday, July 10 • 2–3 PM

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

Paper artist Caroline Garrett Hardy will discuss the motivation and purpose behind her recent series of paper kimonos entitled: “Healing the Earth: The Perfect Garden”. Class will meet in the Baker Hall Visitor Center where her work is on display.

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## Intro to Cross Stitching

With Instructor Erin Smyth

Friday, August 23 • 1–3 PM

\$25 (\$35 for not-yet-members)

Students will learn the basics of crossing stitching to create a cute mushroom design. All supplies included.

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

# live well



## Garden Yoga (4-Week Class)

With Certified Instructor Carly Joelle

**Wednesdays, May 29-June 19, June 26–July 24 (no class on July 3),  
August 7-August 28 • 9:30–10:30 AM**

With Certified Instructor Brier King

**Fridays, May 31-June 21, June 28-July 26 (no class on July 5),  
August 9-August 30 • 9:30–10:30 AM**

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

## Beginner T'ai Chi (8-Week Class)

In partnership with the Tidewater T'ai Chi Center

**Thursdays, May 9-June 27, July 11–August 29 • 9:30–10:30 AM**

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

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

In partnership with the Tidewater T'ai Chi Center

**Thursdays, May 9-June 27, July 11–August 29 • 10:30–11:30 AM**

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

## Better Breathing (4-Week Class)

With Certified Instructor Brier King

**Tuesdays, June 4-June 25 • 6–7 PM**

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

## Evening Yoga (4-Week Class)

With Certified Instructor Karen Babcock

**Tuesdays, July 9-July 30 • 6–7 PM**

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

## Mindful Mobility (4-Week Class)

With Certified Instructor Brier King

**Tuesdays, August 6-August 27 • 6–7 PM**

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

## The Taste of Honey

With Horticulturist III Bailey Bunn

**Thursday, May 9 • 1–3 PM**

**\$20 (\$25 for not-yet-members)**

Not all honey tastes the same. Several factors can elevate a good-tasting honey to a great-tasting honey. Nectar-rich flowers, local terroir, and seasonal weather can all affect the flavor. Honey, like sugar, is sweet but what sets it apart is flavor. Learn how to identify and appreciate individual flavors with every spoonful! In this 2-hour class we will taste our way through various local, national, and international honey sources!



## Bread Making Workshop

With Tylor Alexander from Pilgrim Bread

**Thursday, May 23 • 6–8 PM**

**Saturday, June 8 • 9:30–11:30 AM**

**Saturday, August 10 • 9:30–11:30 AM**

**\$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 include: fresh milled flour, starter, proof basket, dough scraper, bench knife, lame (scoring tool), and instruction manual.

## Jam, Jelly, and Canning 101

With Chef David Hannah

**Saturday, May 18 • 10 AM–12 PM**

**Saturday, July 13 • 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.

## The Fundamentals of Pizza Making

With Chef David Hannah

**Thursday, June 13 • 6–8 PM**

**Thursday, August 8 • 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.

## Grounding in Mirror Lake

With Greenhouse Technician Nicole Ordway

**Tuesday, June 4 • 9:30–11 AM**

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

Experience the benefits of forest bathing in this 90 minute Walk and Talk series. Engage all five senses in the historical Mirror Lake garden. Walking required.

## Grounding in the Enchanted Forest

With Greenhouse Technician Nicole Ordway

**Tuesday, July 9 • 9:30–11 AM**

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

Experience the benefits of forest bathing in this 90 minute Walk and Talk series. Engage all five senses in NBG's expansive Enchanted Forest. Walking required.

# dig deeper

Go beyond the basics for a deeper understanding.



## Cooking with Mushrooms

With Ryan Staab of Capstone Mushroom

**Tuesday, May 21 • 6–8 PM**

**Thursday, July 11 • 6–8 PM**

**\$45 (\$55 for not–yet–members)**

Ryan Staab, owner of Capstone Mushroom, will prepare gourmet mushrooms directly from his farm in Virginia Beach. King Trumpet Jerky, Lion's Mane “crab” cakes, beer battered fried oyster mushrooms and more. Class includes a take home Capstone Mushroom to go kit.

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## The Power of Pollinators

With ODU graduate student, Devani Jolman

**Tuesday, May 21 • 10 AM–12 PM**

**\$16 (\$21 for not–yet–members)**

Pollinators are essential for managing ecosystems and most of the food on our plates. Unfortunately, we are facing a pollinator decline, putting biodiversity and food security at risk. Come and learn about our wonderful pollinators, the status of their populations, and the current pollinator conservation efforts. We will finish the class by walking around the Garden to observe pollinators in action!

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## Phenology Walk & Talk

With Dr. Lisa Wallace of Old Dominion University

**Wednesday, May 22 • 10–11:30 AM**

**\$16 (\$21 for not–yet–members)**

Scientists are eager to understand the responses of plants and animals to a warming climate and rely on a network of citizens who regularly observe these species. In this walk and talk, learn about this Network, some of the effects that we've seen in plants at the Garden, and how you can contribute observations from your own backyard to help local scientists. Participants are encouraged to install the Nature's Notebook app on a mobile device and set up an account prior to the walk.

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## Gardening as You Age

With Horticulture Associate of Virginia Tech Dr. Laurie Fox

**Friday, May 24 • 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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## Wild Herb Foraging Walk

Botanist and Founder of Wild Herb Academy April Punsalan

**Saturday, June 15 • 9:30–11:30 AM**

**\$25 (\$35 for not–yet–members)**

Join April Punsalan, Founder of Wild Herb Academy, on a wild herb stroll through the enchanted forest. Learn how to connect and use pine, yaupon, wax myrtle, sea myrtle, and many other common wild herbs in the Chesapeake Bay Area. Learn how to identify wild herbs and how to connect with wild herbs daily to improve your health.

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## Mushroom Medicine

With Ryan Staab of Capstone Mushroom

**Tuesday, June 11 • 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 and families.

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## Mushroom Masterclass

With State Certified Mycologists Vicky & Christopher Vacher

**Saturday, July 27 • 9:30 AM–1:30 PM**

**\$110 (\$130 for not–yet–members)**

State certified mycologists Vicki and Christopher will guide you on an immersive journey into the world of fungi. Explore fungal biology, identification, foraging and much more. Students will enjoy a presentation, a hands-on workshop preparing their own shiitake mushroom log and discuss medicinal mushrooms and their associated benefits. Cooking demonstration of mushrooms to follow.

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## Know Your Ecosystems

With Horticulture Associate of Virginia Tech Dr. Laurie Fox

**Friday, August 9 • 10–11:30 AM**

**\$16 (\$21 for not–yet–members)**

Knowing our ecosystems helps us garden more successfully, helps us be more aware, respectful and appreciative of the natural systems that surround us and helps us understand our place, impact and responsibility in the larger environmental picture.

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## Diversity of Flowers Walk & Talk

With ODU graduate student, Devani Jolman

**Tuesday, August 13 • 10 AM–12 PM**

**\$16 (\$21 for not–yet–members)**

Angiosperms, or flowering plants, make up over 90% of plants on Earth! The wide variety of flowers is not only beautiful, but functional - there is a reason for all of the different shapes, forms, and colors. Join me as we walk around the Garden and learn about the diversity of flowers!

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## Mushroom Cultivation

With Ryan Staab of Capstone Mushroom

**Thursday, August 15 • 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 will share his knowledge and some 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.”

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## Beginning Beekeeping (3-Week Class)

With The Beekeepers Guild of Southeast Virginia

**Tuesdays, August 27–September 10 • 6:30–8:30 PM**

**\$50 (\$65 for not–yet–members)**

Learn about the biology, equipment and management before you start your own beehive!

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# sprouts

Programs and events for the whole family.



## PROGRAM REGISTRATION

All youth and family programs require pre-registration. Unless otherwise noted, NBG Member adults may register a free chaperone ticket with a registered child participant. Not-yet-member tickets must be purchased for children and adults for all programs. For additional information on all of our offered programs or to register for a class, visit the NBG website or email us at [youthed@nbg.org](mailto:youthed@nbg.org).

## SERIES DESCRIPTIONS

### Little Sprout Explorers

#### Monday Mornings

Introduce your pre-k aged children to nature and science concepts through crafts, hands-on exploration, walking tours, and a story time. Recommended for ages 3-6.

### Critter Club

#### Tuesday Mornings

Go into the woods to learn about some of the different critters who call the Garden home! Recommended for ages 6-11.

### Jr. Garden Artists

#### Wednesday Mornings

Use craft supplies and natural materials to create garden-inspired works of art. Recommended for ages 5-12.



### 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.

Friday, May 10 · 7-8:30PM

Friday, May 24 · 7-8:30PM

Friday, June 14 · 7:30-9PM

Friday, June 28 · 7:30-9PM

Friday, July 12 · 7:30-9PM

Friday, July 26 · 7:30-9PM

Friday, August 9 · 7:30-9PM

Friday, August 23 · 7:30-9PM

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

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

### Cadette Night Owl Party!

Bring your Cadette Girl Scouts to the Garden to enjoy an evening of walking tours, an owl pellet dissection, and more to earn their Night Owl badge! Don't forget to pack a picnic-style dinner to enjoy at sunset.

Friday, May 17 · 7-9PM

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

(Adult NBG members may chaperone Scout program for free.)

Please no sibling tag-alongs.



### Garden Artists: Picnic Plates

Paint the perfect set of plates to take on your summer picnics. Recommended for ages 4+.

Thursday, June 6 · 10-11AM

Thursday, July 4 · 10-11AM

Thursday, August 1 · 10-11AM

\$12/child (\$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. Recommended for ages 3+ with some caregiver assistance. Light refreshments included for registered children. Don't forget to bring your favorite stuffed animal!

Friday, June 7 · 10-11AM

Friday, July 5 · 10-11AM

Friday, August 2 · 10-11AM

\$12/child for NBG Members.

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

## NBG MEMBER EXCLUSIVE PROGRAMS

Join us in the Garden for free Member programs on Wednesday and Thursday mornings this summer! Activities recommended for ages 3+.

Pre-registration required. **Space is limited to the first 15 registered children.** Adult chaperone attendance and supervision is required.

### Tree Treks

#### June · 10AM

Meet at the WOW Children's Garden for walking tours of some of our favorite trees in the Garden.

### Wild Woodlands

#### July · 10AM

Meet at the Picnic Shelter to learn about our featured woodland animal of the week.

### Fungi and Friends

#### August · 10AM

Meet at the Enchanted Forest to learn about mushrooms, lichen, ferns, and more!



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

## Fairy & Gnome Summer Homes

Make a miniature summer home for the fairies and gnomes in your garden. Recommended for ages 4+.

Thursday, June 13 · 10-11AM

Thursday, July 11 · 10-11AM

Thursday, August 8 · 10-11AM

\$12/child for NBG Members.

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



## Dinosaurs in the Garden

Learn about the dinosaur plants and animals who live in the Garden, and then make your own dinosaur terrarium to take home. Each dinosaur terrarium includes an air plant! Recommended for ages 7+.

Thursday, June 20 · 10-11:30AM

Thursday, July 18 · 10-11:30AM

Thursday, August 15 · 10-11:30AM

\$18/child for NBG Members.

(\$24/child and \$16/adult for not-yet-members.)

## WOW End of Summer Celebration

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

Friday, August 16 · 7-8:30PM

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

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

## 2024 WOW Summer Theme



Guests of the WOW Children's Garden are invited into the woods to complete scavenger hunts, crafts, tours, and activities to learn about forest biodiversity, forests around the world, the benefits of supporting forests and planting trees, and the science of trees.

## 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.

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

**DELUXE PARTY ADD-ON:** The Deluxe Dinosaur option includes dinosaur decorations for the classroom, and the option to add-on dinosaur-themed terrariums and goodie bags for the attending children. Deluxe parties include all the standard rental amenities.

## SUMMER 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 summer calendar for our scheduled summer Scout events!**

As a new option, the Garden is a great location to complete your Girl Scout Journey requirements! Email us at [youthed@nbg.org](mailto:youthed@nbg.org) for more information.

**Girl Scout Programs:**  
GSCCC Explore NBG Patch  
Daisy Animal Observer Badge  
Brownie Bug Badge  
Junior Flower Badge  
Cadette Night Owl Badge  
Cadette Tree Badge  
Outdoor Art Badges  
Math in Nature Badges

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

## GIRL SCOUT BRIDGING CEREMONIES



Book one of our self-guided Girl Scout programs, and then visit one of our scenic bridges in the Garden to complete your Girl Scout bridging ceremony.

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

**Pricing starts at \$275.**

## SUMMER FIELD TRIPS

Bring your summer students, campers, or youth group to play, splash, and explore with us this summer! All summer field trips include scheduled access to the Butterfly House and WOW Children's Garden Splash Fountains, with the option to include either our Plant & Pollinator Pals or Into the Woods guided summer tours. Don't forget to pack a picnic lunch to enjoy during your visit.



Scan the QR code to visit our Field Trip website page for more information!

