

Course Catalog | SEPTEMBER–DECEMBER 2024

GROW

norfolk
botanical
garden

september

COURSE COLOR KEY

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

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

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 70% mix Post-Consumer Fiber. Please recycle this catalog or pass it on!

- 09/5 **Crystal Bowl Sound Bath**
Floral Design Certification Course (8-Week Class)
Owl Prowl
- 09/7 **Storybook Tea Party**
- 09/8 **Mushroom Festival**
- 09/10 **It's all Latin to Me!: Shortcuts in Plant ID**
Cooking with Mushrooms
- 09/11 **Yoga (4-Week Class)**
- 09/12 **Beginner T'ai Chi (8-Week Class)**
Intermediate T'ai Chi (8-Week Class)
Making a Reflection Bowl
Garden Stars
- 09/13 **Yoga (4-Week Class)**
Family Twilight Trek
- 09/14 **Branch Loom Workshop**
Beyond Pansies– Hardy Plants for the Fall Garden
Homegrown Tea: Medicinal Plant Gardens
- 09/16 **Garden Artists: Thanksgiving Plates**
- 09/17 **Birding Walk & Talk**
Dig & Divide at Statuary Vista
Sunset Boat Cruise
- 09/18 **Rose Garden Walk & Talk**
Fall Wildflowers of the Blackwater Ecological Preserve
- 09/20 **Blackwater Ecological Preserve Field Trip**
- 09/23 **Garden Artists: Thanksgiving Plates**
- 09/24 **Top 20 Local Birds**
Moth Night
Bread Making Workshop
- 09/25 **Healing Garden Walk & Talk**
Garden Artists: Autumn Mugs
- 09/26 **Nature's Bug Spray**
Crochet: Granny Squares, Beyond the Basics
- 09/27 **Family Twilight Trek**



Floral Design Certification



With Curator of Herbaceous Plants & Certified Floral Designer Mary Toth

Tuesdays and Thursdays,
September 5 – October 29 • 6–8 PM
\$1,000/Workshop
(\$1,200 for not-yet-members)

In this 8 week class participants will learn how to take their floral design skills to the next

level. Learn everything from color schemes, pricing, set design styles, floral techniques, and flower identification. This certification can lead you to a career in floral design or enhance your skills as a hobbyist. Your skills may even lead you to join our floral guild volunteers!

october

- 10/1 **Berries, Legumes, and Drupes-Oh My! All About Fruit Walk & Talk**
Coffee Tasting
Evening Yoga (4-Week Class)
- 10/2 **Pumpkin Arrangement**
- 10/3 **Parasitic Plants of Virginia**
- 10/4 **All About Mushrooms**
Landscape Re-Design/Renovation
- 10/5 **Storybook Tea Party**
- 10/8 **Botanical Drawing (3-Week Class)**
Crystal Bowl Sound Bath
- 10/9 **Seed Savvy: Fall Seed Collection Workshop**
- 10/10 **The Fundamentals of Pizza Making**
Garden Stars
- 10/11 **NBG Homeschool Day: Fall in the Garden**
- 10/12 **Watercolors: Autumn Leaves and Chickadee Jam, Jelly, and Canning 101**
Girl Scout Numbers in Nature Day
- 10/15 **Easy Fall Pumpkins: Crochet and Knit**
- 10/16 **Big Trees of NBG**
Yoga (4-Week Class)
Garden Artists: Cornhusk Scarecrows
- 10/17 **Owl Prowl**
- 10/18 **Yoga (4-Week Class)**
Blackwater Ecological Preserve Field Trip
- 10/22 **Bread Making Workshop**
- 10/23 **Fairy & Gnome Fall Homes**
- 10/24 **Mushroom Cultivation**
Trick r' Trees
- 10/25 **Trick r' Trees**
- 10/26 **Pressed Flower Coaster Workshop**
Yaupon Tasting
- 10/29 **13 Plants of Halloween**
Worm Composting
- 10/30 **Wednesday Oil Painting (8-Week Class)**
Garden Artists: Autumn Mugs
- 10/31 **Thursday Oil Painting (8-Week Class)**

FREE GARDEN WALK & TALKS



Garden Walk & Talks

These casual informative walks allow plenty of time for questions and photos. Registration required. Walking required. Free with Garden admission.

Birding Walk & Talk

With Blackwater Ecological Preserve Manager Nicholas Flanders
Tuesday, September 17 • 9:30–11 AM

Rose Garden Walk & Talk

With Horticulturist II Tensaie Fesshaye
Wednesday, September 18 • 11 AM–12 PM

Healing Garden Walk & Talk

With Horticulturist II Steve Saunders
Wednesday, September 25 • 1–2:30 PM

Garden Highlights Walk & Talk

With Director of Adult Education Alexandra Cantwell
Tuesday, November 5 • 10–11:30 AM
Tuesday, December 3 • 10–11:30 AM

Fall Tree Walk & Talk

With Horticulturist IV Daniel Fulford
Wednesday, November 6 • 10–11:30 AM

Fall Color Walk & Talk

With Director of Horticulture Les Parks
Saturday, November 9 • 10–11:30 AM

Yaupon Tasting

With Crystal Stokes from
Project CommuniTea

Saturday, October 26
10:30 AM–12 PM
\$30 (\$40 for
not-yet-members)



Give the Gift of Service!



Interested in being a part of one of the best light shows in the country? Sign up to volunteer either on your own or with a group. For more information, contact Volunteers@nbg.org

Coming Soon



GARDEN TO-GO KITS



Garden To-Go kits are back this fall with 6 different kits to choose from (Pollinator Powerhouse, Hummingbird Haven, Banquet for Birds, Sun Loving, Shade Loving, and Partial Shade.) All kits contain native perennials (15 plants, 5 species, 3 of each) and an educational pamphlet with plant information.

Purchase yours this September!
September 12–15 Online Sale
September 19–21 Pickup

november

- 11/2 Storybook Tea Party
- 11/5 Garden Highlights Walk & Talk
- 11/6 Fall Tree Walk & Talk
- 11/9 Watercolors: Heron and Cattails in Snow
Crochet 101: Getting Started
Roots, Bark, Berries, & Seed Medicine
Fall Color Walk & Talk
Girl Scout Outdoor Art Day
- 11/12 Sumi-e: Japanese Ink Painting (5-Week Class)
- 11/13 Garden Planning
- 11/14 Beginner T'ai Chi (8-Week Class)
Intermediate T'ai Chi (8-Week Class)
Beginner Stained Glass Workshop
- 11/16 Autumn Hike Through Mirror Lake
Bread Making Workshop
Garden Artists: Thanksgiving Plates
- 11/19 Invasive Species
- 11/20 Yoga (4-Week Class)
- 11/21 Green Thumb, Brown Leaves – A Look into Plant Diseases
- 11/22 Yoga (4-Week Class)
- 11/23 Garden Artists: Thanksgiving Plates

ROOTS, BARK, BERRIES & SEED MEDICINE



With Herbalist Mary K Scott

Saturday, November 9 • 10:00 AM–1:00 PM
\$50 (\$60 for not-yet-members)

december

- 12/1 Fairy & Gnome Winter Homes
- 12/3 Watercolor Workshop (3-Day Class)
Garden Highlights Walk & Talk
Composting 101
- 12/4 Holiday Wreath Workshop
- 12/7 Watercolors: Screech Owl in Hole in Tree
Knit 101
Botanical Beauty
Storybook Tea Party
- 12/8 Fairy & Gnome Winter Homes
- 12/10 Holiday Gnomes Workshop
- 12/11 Plants of the Bible and Other Holy Books
- 12/14 Jam, Jelly, and Canning 101
Cookie Plates & Cocoa Mugs
- 12/15 Cookie Plates & Cocoa Mugs
- 12/17 12 Plants of Christmas
- 12/21 Holiday Nature Ornaments
- 12/22 Holiday Nature Ornaments
- 12/23 Holiday Centerpiece

FALL WILDFLOWERS OF THE BLACKWATER ECOLOGICAL PRESERVE



Carphephorus tomentosus) Asteraceae

With Mary Payne Hogan Professor Botany, emeritus
Lytton John Musselman

Wednesday, September 18 • 11:30 AM–2 PM
\$20 (\$30 for not–yet–members)

Join us to learn about diversity of fall wildflowers at the Preserve. Learn about “The Tree that Built Tidewater”, one of our very few intact longleaf communities. Although little appreciated today, the establishment of shipyards and naval bases depended on this tree. Indoor presentation, followed by outdoor tour of longleaf area. Walking required. Please pack a bag lunch.

SEED SAVVY: FALL SEED COLLECTION WORKSHOP



Lotus (Nelumbo nucifera) seed pods

With Greenhouse Manager Meredith Simmons

Wednesday, October 9 • 9:30–11:30 AM
\$25 (\$30 for not–yet–members)

Get ready to have a seed-sational time at our Fall Seed Collecting Workshop with a special focus on native plants! This hands-on class is perfect for gardeners, horticulture enthusiasts, and anyone interested in propagation or ecology. Participants will explore the Garden and participate in seed collecting, processing, and storing. Gain valuable knowledge on harvesting seeds from various plants and take some seeds to experiment with at home.

Big Trees of NBG

With Curator of Woody
Plants Carl Simmons

Wednesday, October 16
10 AM–12 PM
\$18 (\$23 for not–
yet–members)



WATERCOLOR WORKSHOP (3-DAY CLASS)



With Artist Lynne Frailing

December 3, 4 and 5 • 9:30 AM–12:30 PM
\$125 (\$150 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’s imagination.

garden

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

Common earthworm
(*Lumbricus terrestris*)



It's all Latin to Me!: Shortcuts in Plant ID

With Plant Recorder Ray Volkin

Tuesday, September 10 • 1–3 PM
\$18 (\$23 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.

Making a Reflection Bowl

With Horticulturist Emily Wilson

Thursday, September 12 • 1–3 PM
\$18 (\$23 for not–yet–members)

This workshop will teach you how to create and maintain a reflection bowl using many different flowers and leaves from around the garden. We'll be making a design together in the reflection bowl in the Hummingbird Garden, and you will receive some supplies to create your own reflection bowl at home!

Beyond Pansies-Hardy Plants for the Fall Garden

With Director of Horticulture Les Parks

Saturday, September 14 • 9:30–11 AM
\$18 (\$23 for not–yet–members)

There's more to fall flowers than the famous pansy. Learn about the variety of plants available to liven up your garden as temperatures cool down.

Dig & Divide at Statuary Vista

With Horticulturist II Dakayla Calhoun

Tuesday, September 17 • 10 AM–12 PM
\$35 (\$45 for not–yet–members)

Gain good insight on how to divide various perennials and bring a piece of the garden home with you when we're finished! Walking required. Please dress for gardening.

Nature's Bug Spray

With Horticulturist II Dakayla Calhoun and Plant Recorder Ray Volkin

Thursday, September 26 • 1–3 PM
\$18 (\$23 for not–yet–members)

Swampy September plaguing your backyard with mosquitos? Turns out, a number of plants have the solution for what's bugging you most! Learn how to make your own mosquito repellent and explore a variety of botanical tips and tricks to deter other unwanted insects.

Parasitic Plants of Virginia

With Horticulturist II Shelby Correia

Thursday, October 3 • 10:30–12 PM
\$18 (\$23 for not–yet–members)

Parasitic plants are a diverse group of thieves- learn about several species native to Virginia, and the important role they play in our ecosystems. Indoor presentation followed by a walking tour; some walking required.

All About Mushrooms

With Vice President of Education Theresa Augustin

Friday, October 4 • 9:30–11:30 AM
\$18 (\$23 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.

Seed Savvy: Fall Seed Collection Workshop

With Greenhouse Manager Meredith Simmons

Wednesday, October 9 • 9:30–11:30 AM
\$25 (\$30 for not–yet–members)

Get ready to have a seed-sational time at our Fall Seed Collecting Workshop with a special focus on native plants! This hands-on class is perfect for gardeners, horticulture enthusiasts, and anyone interested in propagation or ecology. Participants will explore the garden and participate in seed collecting, processing, and storing demonstrations. Gain valuable knowledge on harvesting seeds from various plants and take home some seeds to experiment with.

Big Trees of NBG

With Curator of Woody Plants Carl Simmons

Wednesday, October 16 • 10 AM–12 PM
\$18 (\$23 for not–yet–members)

A presentation on the state/national champion trees here at NBG. Includes a short inside presentation followed by a guided golf cart tour of our state/national champion trees.

13 Plants of Halloween

With Assistant Horticulturist Mary Lu Hudgins

Tuesday, October 29 • 1–3 PM
\$18 (\$23 for not–yet–members)

Ranging from spooky to freaky, even plants can get into the Halloween spirit! Come and enjoy this horticultural Trick or Treat where we will discuss the creepy and fantastic members of the plant kingdom and their Halloween histories. Indoor presentation followed with outdoor tour. Walking required.

Worm Composting

With Master Gardener Kandy Keith

Tuesday, October 29 • 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.

Garden Planning

With Horticulturist IV Scott Blair

Wednesday, November 13 • 1–3 PM
\$18 (\$23 for not–yet–members)

We will discuss site selection, soil analyses, water access, and some basic principles of design. Depending on weather, we will also journey through the garden to visualize potential issues as well as solutions.

Autumn Hike through Mirror Lake

With Horticulturist II Shelby Correia

Saturday, November 16 • 10 AM–12 PM
\$18 (\$23 for not–yet–members)

This guided hiking tour is your perfect opportunity to take in the beautiful fall color, mushrooms, and wildlife of Mirror Lake. Approximately 2 miles of walking. Please note: Walking trails will include mulched paths and uneven terrain. Please ensure you bring appropriate shoes, plenty of water, sunscreen/ bug spray, and a snack.

Green Thumb, Brown Leaves-A Look into Plant Diseases

With Horticulturist II Dakayla Calhoun and Plant Recorder Ray Volkin

Thursday, November 21 • 1–3 PM
\$18 (\$23 for not–yet–members)

Learn about the various microbial 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.

Composting 101

With Director of Adult Education Alexandra Cantwell

Tuesday, December 3 • 1–2:30 PM
\$18 (\$23 for not–yet–members)

Explore the wonderful world of 'black gold' in this introductory program that covers everything from how to get started, to dispelling common myths and misinformation about this sustainable (and surprisingly easy) garden practice!

12 Plants of Christmas

With Assistant Horticulturist Mary Lu Hudgins

Thursday, December 17 • 9:30–11:30 AM
\$18 (\$23 for not–yet–members)

Get into the Holiday Spirit by exploring the 12 Plants of Christmas! Indoor presentation followed with outdoor tour. Walking required.

explore

Let curiosity take root with our nature and wildlife programs.

Garden Stars

In partnership with the Back Bay Amateur Astronomers

Thursday, September 12 • 8–9:30 PM

Thursday, October 10 • 7:30–9 PM

\$20 (\$30 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, September 5 • 7–9 PM

Thursday, October 17 • 7–9 PM

\$25 (\$35 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.

Sunset Boat Cruise

Tuesday, September 17 • 5:30–7:30 PM

\$25 (\$30 for not–yet–members)

Spend your evening on a relaxing, extended and informative sunset cruise on Lake Whitehurst. Adults only.



Moth Night

With Maurice A. Cullen, Local Naturalist and Moth Aficionado

Tuesday, September 24 • 8–10 PM

\$20 (\$30 for not–yet–members)

Come learn about moths beginning with an indoor presentation slide show of many local moths and how to attract them. There will also be mounted specimen displays of both local and tropical moths as well as live moth caterpillars. A Q and A session will follow the presentation. Participants will then move outside to see what species of moths are attracted to sheets using both UV and mercury vapor lights. A bait station will also be set up for moths that are not particularly attracted to lights and the use of a blacklight flashlight will be shown as a way to locate caterpillars.



Polyphemus Moth
(*Antheraea polyphemus*)



Barred Owl
(*Strix varia*)

Top 20 Local Birds

With Wild Birds Unlimited

Tuesday, September 24 • 1–3 PM

\$18 (\$23 for not–yet–members)

Join Wild Birds Unlimited of South Hampton Roads and Norfolk Botanical Garden for our seminar about the top 20 most common local birds that people see at their feeders. We will go over how to identify the bird species, along with the differences between male and female if any. We will also discuss what they eat and their nesting habits.



Photo of a red-headed woodpecker
(*Melanerpes erythrocephalus*) by
Retired NBG Horticulturist Tom Houser.

create

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

Wednesday Oil Painting (8-Week Class)

With Artist Adele Loomans

Wednesdays, August 28-October 16, October 30-January 8 (no class on November 27, December 25, January 1) • 9:45–11:45 AM
\$175 (\$200 for not-yet-members)

Thursday Oil Painting (8-Week Class)

With Artist Adele Loomans

Thursdays, August 29-October 17, October 31-January 9 (no class on November 28, December 26, January 2) • 9:45–11:45 AM
\$175 (\$200 for not-yet-members)

Watercolors

With Artist Diana Davis

Saturdays • 9 AM–1:30 PM

Autumn Leaves and Chickadee • October 12

Heron and Cattails in Snow • November 9

Screech Owl in Hole in Tree • December 7

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

Floral Design Certification Course (8-Week Class)

With Curator of Herbaceous Plants & Certified Floral Designer Mary Toth

Tuesdays and Thursdays, September 5 – October 29 • 6–8 PM
\$1,000/Workshop (\$1,200 for not-yet-members)

Floral Design Workshops

With Curator of Herbaceous Plants & Certified Floral Designer Mary Toth

Pumpkin Arrangement • October 2 • 1–2:30 PM

Holiday Wreath • December 4 • 9:30–11 AM or 1–2:30 PM

Holiday Gnomes • December 10 • 1–2:30 PM

Holiday Centerpiece • December 23 • 1–2:30 PM

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

Botanical Drawing (3-Week Class)

With Artist Lynne Frailing

Tuesdays, October 8, 15, 22 • 9:30 AM–12:30 PM

\$125 (\$150 for not-yet-members)

This class teaches keen observation and recording what and how we see. Two class sessions will be held inside with natural objects set before each student to practice sight techniques for increased accuracy. The third session will be a nature journaling session we will take outside to draw from the Japanese garden. Other topics will include, line weight, using pen over pencil, and seeing and controlling lights and darks in our drawings to create a 3 dimensional appearance.

Watercolor Workshop (3-Day Class)

With Artist Lynne Frailing

December 3, 4 and 5 • 9:30 AM–12:30 PM

\$125 (\$150 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. Students from Lynne’s recent October drawing class are welcome to use their drawings to paint from in this class.



Crochet/Knitting

With Instructor Mandie Burns

Crochet: Granny Squares, Beyond the Basics

Thursday, September 26 • 6–8PM

Easy Fall Pumpkins: Crochet & Knit

Tuesday, October 15 • 6–8 PM

Crochet 101: Getting Started

Saturday, November 9 • 9:30 AM–12:30 PM

Knitting 101: Saturday, December 7 • 9:30 AM–12:30 PM

Branch Loom Workshop

With Instructor Marilyn Estrada

Saturday, September 14 • 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 Natures' 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.

Pressed Flower Coaster Workshop

With Briana from So Many Flowers

Saturday, October 26 • 9:30 –11:30 AM

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

In this class you will make two beautiful coasters using beveled glass and pressed flowers that are sure to brighten up your space. The instructor presses all her own flowers and will offer tips for pressing and working with pressed flowers.

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

With Artist Norene Spencer

Tuesdays • November 12-December 10 • 11 AM–1 PM

\$85 (\$110 for not-yet-members)

Beginner Stained Glass Workshop

With Instructor Sue Hill, Shill Creations Studio, LLC

Thursday, November 14 • 9:30 AM–12:30 PM

\$40 (\$50 for not-yet-members)

In this workshop, learn the basics of cutting glass, assembling, soldering, and finishing under the guidance of an experienced instructor. This eco-friendly class will use vintage glass to create a minimal waste environment. Learn all of the basics of stained glass from an experienced local artist!



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

live well

Yoga (4–Week Class)

Wednesdays, September 11–October 2, October 16–November 6,
November 20–December 18 (no class on November 27)

9:30–10:30 AM

With Certified Instructor Carly Joelle

Fridays, September 13–October 4, October 18–November 8,
November 22–December 20 (no class on November 29)

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, September 12–October 31, November 14–January 23 (no
class on November 28, December 26, January 2) • 9:30–10:30 AM

\$100 (\$120 for not–yet–members)

Intermediate T'ai Chi (8–Week Class)

In partnership with the Tidewater T'ai Chi Center

Thursdays, September 12–October 31, November 14–January 23 (no
class on November 28, December 26, January 2) • 10:30–11:30 AM

\$100 (\$120 for not–yet–members)

Evening Yoga (4–Week Class)

With Certified Instructor Karen Babcock

Tuesdays, October 1–October 22 • 6–7 PM

\$40 (\$55 for not–yet–members)

Bread Making Workshop

With Tylor Alexander from Pilgrim Bread

Tuesday, September 24 • 6–8 PM

Tuesday, October 22 • 6–8 PM

Saturday, November 16 • 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 bread made with fresh milled flour, and 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, October 12 • 10 AM–12 PM

Saturday, December 14 • 10 AM–12 PM

\$40 (\$50 for not–yet–members)

Learn the 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 so save room for snacks.

The Fundamentals of Pizza Making

With Chef David Hannah

Thursday, October 10 • 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.



Homegrown Tea: Medicinal Plant Gardens

With Herbalist Mary K Scott

Saturday, September 14 • 10 AM–1 PM

\$45 (\$55 for not–yet–members)

Design a medicinal plant garden specific to the Tidewater area. Class will include harvesting tips and nutritious recipes specific to supporting your health and well–being. A great start to build your own home apothecary!

Roots, Bark, Berries & Seed Medicine

With Herbalist Mary K Scott

Saturday, November 9 • 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.

Botanical Beauty

With Herbalist Mary K Scott

Saturday, December 7 • 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.

Crystal Bowl Sound Bath

With Certified Sound Healer Kayce Laine

Thursday, September 5 • 11 AM–12 PM

Tuesday, October 8 • 11 AM–12 PM

\$25 (\$35 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.

Coffee Tasting

With Bear House Coffee Roasters

Tuesday, October 1 • 1:30–3 PM

\$25 (\$35 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.

Yaupon Tasting

With Crystal Stokes from Project CommuniTea

Saturday, October 26 • 10:30 AM–12 PM

\$30 (\$40 for not–yet–members)

Yaupon Holly, the only plant native to North America that produces caffeine. Crystal Stokes, CEO of Project CommuniTea is on a mission to educate people about the history of Yaupon. During the class, participants will learn the history of Yaupon, roast Yaupon, sample a variety of Yaupon tea preparations, and learn about the mission of Project CommuniTEA.

Go beyond the basics for a deeper understanding.

dig deeper

Cooking with Mushrooms

With Ryan Staab of Capstone Mushroom

Tuesday, September 10 • 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.

Fall Wildflowers of the Blackwater Ecological Preserve

With Mary Payne Hogan Professor Botany, emeritus Lytton John Musselman

Wednesday, September 18 • 11:30 AM–2 PM

\$20 (\$30 for not–yet–members)

Join us to learn about diversity of fall wildflowers at the Preserve. Learn about "The Tree that Built Tidewater", one of our very few intact longleaf communities. Although little appreciated today, the establishment of shipyards and naval bases depended on this tree. Indoor presentation, followed by outdoor tour of longleaf area. Walking required.

Blackwater Ecological Preserve Field Trip

With Blackwater Ecological Preserve Manager Nicholas Flanders

Friday, September 20 • 9:30 AM–3 PM

Friday, October 18 • 9:30 AM–3 PM

\$45 (\$55 for not–yet–members)

Join us to see the diversity of fall wildflowers at the Preserve including some found nowhere else in the state. Learn about "The Tree that Built Tidewater" by visiting one of our very few intact longleaf communities. Although little appreciated today, the establishment of shipyards and naval bases depended on this tree. Nicholas Flanders and Lytton John Musselman have decades of research and teaching at the Preserve and have received recognition and awards for their work. Moderate walking. Transportation included. Please bring a packed lunch.

Berries, Legumes, and Drupes-Oh My! All About Fruit Walk & Talk

With ODU graduate student, Devani Jolman

Tuesday, October 1 • 10 AM–12 PM

\$18 (\$23 for not–yet–members)

Is a strawberry actually a berry? Are acorns fruits? Come on a walk through the garden and learn all about the diversity of fruit. We will talk about the different kinds of fruit, what may eat or use those fruits, and the evolution of fruit.



Landscape Re-design/Renovation

With Horticulture Associate of Virginia Tech Dr. Laurie Fox

Friday, October 4 • 10–11:30 AM

\$18 (\$23 for not–yet–members)

New house that needs a landscape update? Changing hobbies or activities that the landscape needs to reflect? Additions to the family (baby, parent, puppy) that the landscape needs to accommodate? Maybe it's just time for a refresh. Whatever the reason, our landscapes should support our changing lives. Join Dr. Laurie Fox (Virginia Tech & NBG Board) for a walk through the landscape re-design/renovation process.

Mushroom Cultivation

With Ryan Staab of Capstone Mushroom

Thursday, October 24 • 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.

Invasive Species

With ODU graduate student, Devani Jolman

Tuesday, November 19 • 10 AM–12 PM

\$18 (\$23 for not–yet–members)

Invasive species are rapidly becoming one of the worst environmental issues, exacerbated by climate change. The presence and spread of invasive species can have long-lasting detrimental effects, both ecological and economic. Come and learn about the ecology of invasive species, the implications of their presence, and how you can be a part of the solution.

Plants of the Bible and Other Holy Books

With Mary Payne Hogan Professor Botany, emeritus Lytton John Musselman

Wednesday, December 11 • 1–3 PM

\$20 (\$30 for not–yet–members)

Research in numerous Bible lands over the past five decades has resulted in several books on Bible plants. Based on this experience, this course will highlight such well-known plants as frankincense and myrrh, lilies of the field, and plants widely used in scriptural imagery but wrongly attributed to the Bible. Best known are apple and mustard. Crops common in Bible times and seldom grown today include emmer wheat and flax. Plants unique to the Qur'an will be discussed.



sprouts

Programs and events for the whole family.



YOUTH 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.

PROGRAM DESCRIPTIONS



Little Sprout Explorers

Introduce your pre-k aged children to nature and science concepts through crafts and hands-on exploration to support the topic of each themed program.

Homeschool Garden Science

Review topics relating to botany, water ecology, environmental science, and so much more! Most homeschool programs are recommended for students ages 6-11.

NEW! Jr. Garden Artists

Join us as we Learn, Grow, Eat & Go with the Early Childhood JMG 4-week program! Recommended for ages 4-6 with caregiver assistance.

Storybook Tea Party

Join us in the WOW Children's Garden for a tea party and story time. Recommended for ages 3+. Light refreshments included for registered children.

Saturday, September 7 · 10-11AM

Saturday, October 5 · 10-11AM

Saturday, November 2 · 10-11AM

Saturday, December 7 · 10-11AM

\$12/child for NBG Members.

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

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 adults must have a registered ticket.

Friday, September 13 · 7-8:30PM

Friday, September 27 · 6:30-8PM

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

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

Garden Artists: Autumn Mugs

Paint a set of ceramic mugs for warm and delicious fall drinks! Set includes two ceramic mugs. Recommended for ages 4+ with caregiver assistance.

Wednesday, September 25 · 10-11AM

Wednesday, October 30 · 10-11AM

\$12/child for NBG Members.

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

NBG Homeschool Day: Fall in the Garden

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 assistance.

Friday, October 11 · 10AM-4PM

\$10/child for NBG Members.

(\$15/child and \$15/adult for not-yet-members.)

NEW! Girl Scout Numbers in Nature Day

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

Saturday, October 12 · 11AM or 2PM

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

Garden Artists: Cornhusk Scarecrows

Decorate your own cornhusk scarecrow, then plant veggie seeds for your scarecrow's garden. Recommended for ages 5+ with caregiver assistance.

Wednesday, October 16 · 10-11AM

\$12/child for NBG Members.

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

Fairy & Gnome Fall Homes

Make a spooky and fun fall home for the fairy and gnomes in your garden. Recommended for ages 4+.

Wednesday, October 23 · 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 on Wednesday and Thursday mornings for free NBG Member programs! All activities are recommended for ages 3+. Pre-registration is required. Space is limited to the first 15 registered children. Adult chaperone attendance and supervision is required.

Caterpillar Club

September · 9:30AM

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

Tunes for Tots

October · 10AM

Meet in the WOW Children's Garden for to shake, rattle, and roll to nature-inspired music.

Tales for Tots

November · 10AM

Meet in the WOW Children's to complete a craft and walking tour themed after some of our favorite garden storybooks.

Winter in the Garden

December · 10AM

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



Other activities 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 assistance. Moderate walking required. All children and adults must have a registered ticket.

Thursday, October 24 · 5–6:30PM

Friday, October 25 · 5–6:30PM

\$12/child and \$5/adult 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, or Junior Outdoor Art Badge. This program includes self-guided and guided activities and the corresponding program badges for each Scout level.

Saturday, November 9 · 11AM or 2PM

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

Garden Artists: Thanksgiving Plates

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

Saturday, November 16 · 10AM, 12:30PM, 3PM

Saturday, November 23 · 10AM, 12:30PM, 3PM

\$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 4+.

Sunday, December 1 · 10AM, 12:30PM, 3PM

Sunday, December 8 · 10AM, 12:30PM, 3PM

\$12/child for NBG Members.

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

Cookie Plates & 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 assistance.

Saturday, December 14 · 10AM, 12:30PM, 3PM

Sunday, December 15 · 10AM, 12:30PM, 3PM

\$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 assistance.

Saturday, December 21 · 10AM, 12:30PM, 3PM

Sunday, December 22 · 10AM, 12:30PM, 3PM

\$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 ACTIVITY

All birthday party rentals hosted in October through December will include our complimentary A Very Hungry Caterpillar themed decorations, story time, and craft!

DINOSAUR DELUXE ADD-ON ACTIVITIES

Starting at \$5/child, hosts can include dinosaur decorations, and add-on options for dinosaur-themed goodie bags and terrariums. Deluxe parties include all standard rental amenities.

FALL SCOUT PROGRAMS



Bring your Girl Scouts to the Garden for a guided or self-guided program this fall! Each program includes the needed materials and allows participating Scouts to earn the corresponding badge or patch.

Girl Scout Programs:
GSCCC Explore NBG Patch
Daisy Animal Observer Badge
Brownie Bug Badge
Junior Flower Badge
Cadette Night Owl Badge
Cadette Tree Badge

TEACHER PROFESSIONAL DEVELOPMENT

Join NBG and other area institutions for an evening of refreshments, networking, and break-out sessions to kick off the 2024-2025 school year! Registration opens on Thursday, August 1.



Thursday, October 3 · 4:30-8PM
\$15 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 2024-2025 school year!



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

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