

GROW

Course Calendar & Catalog | JANUARY—APRIL 2025

norfolk
botanical
garden

Photo of a Japanese apricot (*Prunus mume* 'Kobi')
by Adult Education Manager Diana Kellam

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COURSE COLOR KEY

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

REGISTRATION INFORMATION

Preregistration is required for all classes and programs unless otherwise indicated. Register online, in person, or by phone. Become a member and receive a discount on classes & much more! Membership fees can be included with your registration. All class prices include Garden admission.

MEMBER DISCOUNT POLICY

Members with an individual membership receive a discount on *1 ticket per class*. Members with a family membership receive a discount on up to *2 tickets per class* for adult classes and up to *6 tickets per program* for youth and family programs.

CLASS REFUND POLICY

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

SUSTAINABILITY

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



Printed on 80% recycled paper.



NBG is powered 100% by renewable energy.

DIVERSITY GALLERY

**This exhibit will be on display from
 January through March inside
 Baker Hall Visitor Center**

january

- 01/7 **Learn to Crochet (3-Week Class)**
Garden Stars
- 01/8 **Wednesday Yoga (4-Week Class)**
- 01/9 **Evening Yoga (4-Week Class)**
- 01/10 **Friday Yoga (4-Week Class)**
- 01/11 **Watercolors: Winter Camellias
Jam, Jelly, and Canning 101**
- 01/14 **Wintering Water Birds
Unlocking Nutrition: Macro Magic
Advanced Watercolor (4-Day Class)**
- 01/15 **Winter Garden Walk & Talk**
- 01/16 **Worm Composting**
- 01/18 **Winter Botany: Getting Twiggy With It
Branch Loom Workshop
Winter Wellness**
- 01/21 **Bread Making Workshop**
- 01/22 **Wednesday Oil Painting (8-Week Class)
DIY Suet Feeder Workshop**
- 01/23 **Thursday Oil Painting (8-Week Class)**
- 01/28 **Plants and the Ice Age**
- 01/31 **Landscaping with Native Plants**



The Diversity Gallery was founded to highlight the outstanding artistic talent within our community. Central to the mission of Norfolk Botanical Garden is a deep commitment to nurturing a sense of community. As a sanctuary where visitors can connect with both the Garden’s exquisite botanical collections and with one another, it serves as a meeting ground for diverse perspectives and backgrounds, united in a shared reverence for nature.

Norfolk Botanical Garden invites local artists to engage in a creative exploration centered around the theme “Celebrating Diversity, Equity, and Inclusion.” This theme challenges artists to depict the various cultures, experiences and identities that enrich the Hampton Roads community, offering a platform to visually express the profound ways in which diversity strengthens and elevates our shared experiences.

Left: *4tha Culture*, photography by Taniiah Lewis

february

- 02/1 **Garden Artists: Valentine's Day Mugs**
- 02/4 **Beginner Stained Glass Workshop**
Garden Stars
- 02/5 **The History of the Honeybee**
- 02/6 **Beginner T'ai Chi (8-Week Class)**
Intermediate T'ai Chi (8-Week Class)
Evening Yoga (4-Week Class)
- 02/7 **Great Dismal Swamp Field Trip**
- 02/8 **Watercolors: Painting of Stained Glass with**
Butterflies and Vines
Baking Cookies 101
- 02/10 **Winter Wanderers**
- 02/11 **Advanced Botanical Drawing Techniques**
(3-Day Class)
- 02/12 **Wednesday Yoga (4-Week Class)**
Herbaceous Winter Cutbacks
The Mighty Oak: A Tree of Life, Legacy and Love
- 02/13 **Winter Tree ID**
Owl Meet & Greet
- 02/14 **Friday Yoga (4-Week Class)**
Love is in the Air Centerpiece
- 02/15 **Great Backyard Bird Count**
- 02/22 **Crochet 101**
Late Winter Walk & Talk
Bluebird Care Guide
- 02/25 **Bread Making Workshop**
Rustic Winter Arrangement
- 02/27 **Woody Plant Pruning**



Horticulturist III Shelby Correia discusses blooms of mountain laurel.

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.

Winter Garden Walk & Talk

With Horticulturist III Steve Saunders

Wednesday, January 15 • 10–11:30 AM

This Walk & Talk will focus on color, texture and light in the winter garden and how to incorporate, from ground to canopy, landscape interest in the winter garden as well as bringing winter cuttings indoors for fragrance and beauty.

Late Winter Walk & Talk

With Director of Horticulture Les Parks

Saturday, February 22 • 10–11:30 AM

Camellia Walk & Talk

With Horticulturist IV Scott Blair

Wednesday, March 19 • 1–2:30 PM

Azalea Walk & Talk

With Horticulturist IV Dan Fulford

Thursday, April 10 • 10–11:30 AM

Colonial Garden Walk & Talk

With Horticulturist III Steve Saunders

Tuesday, April 22 • 10–11:30 AM

This Walk & Talk will focus on spring blooms and anticipation of summer performance from our perennials, contrast between imported plants, which were popular during the era, to our native exports, and the relevance of the Colonial Garden's pollinator plants to Earth Day.

Spring in the Border Walk & Talk

With Horticulturist IV Hunter Clark

Wednesday, April 23 • 9:30–11 AM

Dive deeper into the spring blooms in the English Border Garden, and gardens along the way there.

Mountain Laurel of Mirror Lake Walk & Talk

With Horticulturist III Shelby Correia

Wednesday, April 30 • 10–11 AM

Take in the beauty of Mirror Lake as our native Mountain Laurel begin their spring show. Learn all about this show stopping shrub; growing conditions, pollinators, catapults, and more! Walking required, some paths mulched and terrain may be uneven, please wear appropriate footwear.

Daffodil Daze!



Enjoy over half a million blooms throughout the Garden this March!



march

- 03/1 Educator Professional Development
- 03/4 Wildfire Ecology
- 03/5 What Do Bees Do All Day?
- 03/6 The Fundamentals of Pizza Making
Gardening for Butterflies and Caterpillars
- 03/7 Gardening as You Age
- 03/8 Storybook Tea Party
- 03/11 Kokedama: Japanese String Gardens
Beginner Stained Glass Workshop
Garden Stars
- 03/12 Wednesday Yoga (4-Week Class)
Kokedama: Japanese String Gardens
Wine Bottle Arrangement
- 03/13 Fruity Tree Pruning
Owl Prowl
- 03/14 Family Twilight Trek
- 03/15 Watercolors: Hellebore and Crocus
Crochet 102
Spring Apothecary
Garden Artists: Shamrock Plates
- 03/19 Camellia Walk & Talk
- 03/21 Friday Yoga (4-Week Class)
Blackwater Ecological Preserve Field Trip
- 03/22 Best Perennials for Coastal Virginia Gardens
Girl Scout Shapes in Nature Day
Hemp Roots To Revolution
- 03/25 Amazing Hummingbirds
Inverted T Arrangement
- 03/26 Wednesday Oil Painting (8-Week Class)
- 03/27 Thursday Oil Painting (8-Week Class)
- 03/28 Family Twilight Trek

Educators Professional Development

Join NBG for refreshments, networking, and break-out sessions that invite educators to explore ways to create an outdoor classroom space using a school campus, backyard, park, or any outdoor area! Scan code to learn more on our website.

Registration Opens December 1

Saturday, March 1 • 9—1 PM
FREE for Registered Educators



april

- 04/1 **Owl Prowl**
- 04/5 **Girl Scout Outdoor Art Day**
- 04/4 **Tidewater African Violet Society Show and Sale** — thru April 13
- 04/8 **Spring Centerpiece Garden Stars**
- 04/10 **The Fundamentals of Pizza Making**
Azalea Walk & Talk
- 04/11 **First Landing State Park Field Trip**
Spring Homeschool Day
Family Twilight Trek
- 04/12 **Storybook Tea Party**
- 04/15 **Hemp Roots to Revolution**
- 04/22 **Colonial Garden Walk & Talk**
Crystal Bowl Sound Bath
Azalea Pruning
- 04/23 **Spring in the Border Walk & Talk**
Native Replacements for Invasive Plants
Stair Step Arrangement
- 04/24 **Making a Reflection Bowl**
- 04/25 **Family Twilight Trek**
- 04/26 **Garden Artists: Fairy & Gnome Spring Homes**
- 04/29 **Plant Sale Preview**
- 04/30 **Mountain Laurel of Mirror Lake Walk & Talk**

WELLNESS CLASSES

UNLOCKING NUTRITION: MACRO MAGIC

With CEO Becky Stephens of Bulletproof Wellness
Tuesday, January 14 • 6—8 PM
\$18 (\$23 for not-yet-members)

Dive into the fun world of macros! Discover how proteins, carbohydrates and fats power your body and boost your health. With tasty tips and tricks, you'll learn to make delicious, balanced meals that keep you feeling great. Let's unlock the secrets of nutrition together!

WINTER WELLNESS

With Herbalist Mary K Scott
Saturday, January 18 • 10 AM—1 PM
\$50 (\$60 for not-yet-members)

Explore herbal folk methods to ensure a healthy season with plant power! Experience a wonderful afternoon learning how to concoct fire cider, teas, syrups, onion plasters and an overview of many beneficial tinctures specific for cold and flu prevention. Each participant will receive a bottle of elderberry syrup.

CRYSTAL BOWL SOUND BATH

With Certified Sound Healer Kayce Laine
Tuesday, April 22 • 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.



Pick-up dates will be the following Thursday, April 30 thru Sunday, May 3

Thank you for supporting this fundraiser!

Online Spring Plant Sale

Friday, April 25TH
Exclusive Earlybird Shopping
for Members & 10% Discount

Open to the Public
Saturday, April 26TH & Sunday, April 27TH

garden

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



Worm Composting

With Master Gardener Kandy Keith

Thursday, 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 22 • 1–3 PM
\$30 (\$35 for not–yet–members)

Become your backyard bird's best friend when you learn how to make your own suet blocks! Participants will create custom blends to attract a variety of feathered friends, and take home several blocks themselves, complete with a suet holder and reusable molds! All supplies included.

The History of the Honeybee

With Horticulturist III Bailey Bunn

Wednesday, February 5 • 10–11:30 AM
\$18 (\$23 for not–yet–members)

Where did the honeybee come from? How was honey first harvested? We'll learn the history of the modern hives we have today along with the variety of hives that you can have.

Herbaceous Winter Cutbacks

With Horticulturist IV Hunter Clark

Wednesday, February 12 • 9:30–11:30 AM
\$18 (\$23 for not–yet–members)

Come learn all about herbaceous winter cutbacks and garden cleanup, as well as the tools you might need to do so! We'll start with an indoor presentation, followed by an outdoor guided walking tour with time to practice these newly learned skills and ask questions. Make sure to dress warm, and if you own a pair of pruners feel free to bring them!

The Mighty Oak: A Tree of Life, Legacy, and Love

With Director of Adult Education Alexandra Cantwell

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

Join us to uncover the fascinating scientific stories and ecological importance behind these magnificent trees and their enduring legacy. The class will cover an introduction to their biology, impact, history, and more!

Winter Tree ID

With Horticulturist III Shelby Correia

Thursday, February 13 • 12:30–2 PM
\$18 (\$23 for not–yet–members)

It may be chilly and the trees may be bare, but that doesn't mean you can't ID them! Join us in honing in your skills analyzing twigs, buds, scars, and bark. Indoor presentation followed by field practice in the garden. Some walking required.

Bluebird Care Guide

With Plant Recorder Ray Volkin

Saturday, February 22 • 9–11 AM
\$18 (\$23 for not–yet–members)

Get an extensive look at how we care for our bird boxes and what our boxes do for the environment and the community. Gear up for this year's nesting season just in time; learn about attracting birds to your yard, backyard birding, and bird habits with our Virginia Bluebird Society Liaison and birding enthusiast, Ray Volkin.

Woody Plant Pruning

With Horticulturist IV Scott Blair

Thursday, February 27 • 1–3 PM
\$18 (\$23 for not–yet–members)

This class will focus on when and how to prune woody plants. We will discuss general pruning practices and then focus on a few types of plants and common species seen in our landscapes. The class will include hands-on training (weather permitting) and discuss choosing the right tools for the job. Walking required.

What Do Bees Do All Day?

With Horticulturist III Bailey Bunn

Wednesday, March 5 • 1–2:30 PM
\$18 (\$23 for not–yet–members)

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

Kokedama: Japanese String Gardens

With Horticulturist IV Hunter Clark

Tuesday, March 11 • 9:30–11:30 AM
Wednesday, March 12 • 9:30–11:30 AM
\$40 (\$45 for not–yet–members)

Learn the background and art form of "Kokedama," and get inspired to create your own hanging modern bonsai! All supplies included.

Fruity Tree Pruning

With Horticulturist IV Scott Blair

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

This class will focus on when and how to prune several types of fruit trees. We will discuss general pruning practices and then focus on a few specific species that are commonly grown. The class will include hands-on training (weather permitting) and discuss choosing the right tools for the job. Walking required.

Best Perennials for Coastal Virginia Gardens

With Director of Horticulture Les Parks

Saturday, March 22 • 9:30–11 AM
\$18 (\$23 for not–yet–members)

This class will be a virtual walk through the garden year from January to December to admire perennials that are well adapted to our climate, easy to grow, well behaved, offer a long season of interest, and can help your own garden have 12 months of color.

Azalea Pruning

With Horticulturist IV Scott Blair

Tuesday, April 22 • 1–3 PM
\$18 (\$23 for not–yet–members)

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



explore

Let curiosity take root with our nature and wildlife programs.

Native Replacements for Invasive Plants

With Director of Adult Education Alexandra Cantwell

Wednesday, April 23 • 1–3 PM

\$18 (\$23 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 what wonderful natives can take their place.

Making a Reflection Bowl

With Horticulturist II Emily Wilson

Thursday, April 24 • 1–3 PM

\$18 (\$23 for not-yet-members)

This workshop will teach you how to create and maintain a floating flower 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 get to create your own reflection bowl to take home as well!

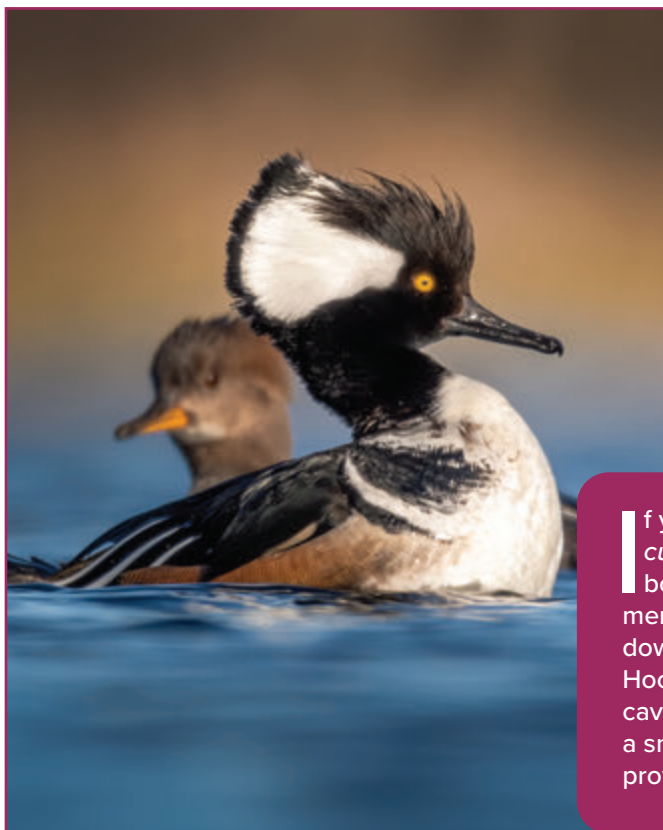
Plant Sale Preview

With Director of Horticulture Les Parks and Nursery Manager Pat Sisson

Tuesday, April 29 • 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.



REGISTER ONLINE AT NORFOLKBOTANICALGARDEN.ORG OR CALL 757-441-5830 EXT. 338

Garden Stars

In partnership with the Back Bay Amateur Astronomers

Tuesday, January 7 • 7–8:30 PM

Tuesday, February 4 • 7–8:30 PM

Tuesday, March 11 • 8–9:30 PM

Tuesday, April 8 • 8:30–10 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 Meet & Greet

With Nature's Nanny Wildlife Rehab

Thursday, February 13 • 6–8 PM

\$18 (\$23 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 13 • 7–9 PM

Tuesday, April 1 • 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.

Wintering Water Birds

With Horticulturist II Sarah Davis and Adult Education Assistant Sam Baldwin

Tuesday, January 14 • 9:30–11 AM

\$18 (\$23 for not-yet-members)

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

Amazing Hummingbirds

With Wild Birds Unlimited

Tuesday, March 25 • 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 hummingbirds. Learn everything about these amazing little birds from migration to nesting. Learn their eating habits and how to attract them and keep them in your yard.

If you're lucky, you might see a hooded merganser (*Lophodytes cucullatus*) here at the Garden. These ducks like to hang out on both Lake Whitehurst and Mirror Lake in the winter months. Hooded mergansers are considered a diving duck, meaning that they dive down into the water to hunt for fish, invertebrates or vegetation. Hooded mergansers are also cavity nesters and lay their eggs in tree cavities. If you live near hooded merganser habitat, consider leaving a snag (dead tree) in your yard or put up a nest box. You just might provide them with a new home!

create

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

Wednesday Oil Painting (8-Week Class)

With Artist Adele Loomans

Wednesdays, January 22–March 12, March 26–May 14

9:45–11:45 AM

\$175 (\$200 for not-yet-members)

Thursday Oil Painting (8-Week Class)

With Artist Adele Loomans

Thursdays, January 23–March 13, March 27–May 15

9:45–11:45 AM

\$175 (\$200 for not-yet-members)

Watercolors

With Artist Diana Davis

Saturdays • 9 AM–12 PM

Winter Camellias • January 11

Painting of Stained Glass with Butterflies

and Vines • February 8

Hellebore and Crocus • March 15

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

Floral Design Workshops

With Curator of Herbaceous Plants & Certified Floral Designer Mary Thoh

Love is in the Air Centerpiece • February 14 • 1–2:30 PM

\$70/Workshop (\$85 for not-yet-members)

Rustic Winter Arrangement • February 25 • 1–2:30 PM

Wine Bottle Arrangement • March 12 • 1–2:30 PM

Inverted T Arrangement • March 25 • 1–2:30 PM

Spring Centerpiece • April 8 • 1–2:30 PM

Stair Step Arrangement • April 23 • 1–2:30 PM

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

Advanced Watercolor (4-Day Class)

With Artist Lynne Frailing

Tuesdays & Thursdays, January 14, 16, 21, 23

9:30 AM–12 PM

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

Students will have the option of selecting their own inspiration for their watercolor painting experience. Students are welcome to bring still life objects, natural objects and/or photographs for their painting themes. Instructor hopes to help her students improve color mixing, use of soft and hard edges, contrasting values and subject emphasis with planned compositions. The instructor presently enjoys using watercolor for botanical and portrait paintings. Some previous student experience is recommended but not required.



"Three Spring Iris" transparent watercolor painting by Lynne Frailing

Advanced Botanical Drawing Techniques (3-Day Class)

With Artist Lynne Frailing

February 11, 12, and 13 • 9:30 AM–12:30 PM

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

Botanical illustration techniques are key in this class. Students will bring their own specimen to study through their choice of refined pencil, ink or watercolor techniques explained and demonstrated by the instructor. Each medium is considered both a historic and contemporary form of botanical art. Some previous drawing experience is recommended.

Crochet

With Instructor Mandie Burns

Learn to Crochet (3-Week Class)

Tuesdays, January 7, 14, 21 • 6–8 PM

\$70 (\$90 for not-yet-members)

Crochet 101 • Saturday, February 22 • 9:30 AM–12:30 PM

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

Crochet 102 • Saturday, March 15 • 9:30 AM–12:30 PM

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

Branch Loom Workshop

With Instructor Marilyn Estrada

Saturday, January 18 • 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.

Beginner Stained Glass Workshop

With Instructor Sue Hill, Shill Creations Studio, LLC

Tuesday, February 4 • 9:30 AM–12:30 PM

Tuesday, March 11 • 9:30 AM–12:30 PM

\$115 (\$125 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

Garden Yoga (4-Week Class)

With Certified Instructor Carly Joelle

**Wednesdays, January 8—January 29, February 12—March 5,
March 12—April 9 (no class on March 19) • 9:30—10:30 AM**

With Certified Instructor Brier King

**Fridays, January 10—January 31, February 14—March 7,
March 21—April 11 • 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, February 6—April 3 (no class on March 20) • 9:30—10:30 AM

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

Intermediate T'ai Chi (8-Week Class)

In partnership with the Tidewater T'ai Chi Center

Thursdays, February 6—April 3 (no class on March 20) • 10:30—11:30 AM

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

Evening Yoga (4-Week Class)

With Certified Instructor Karen Babcock

Thursdays, January 9—January 30, February 6—February 27 • 6—7 PM

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

Bread Making Workshop

With Tylor Alexander from Pilgrim Bread

Tuesday, January 21 • 6—8 PM

Tuesday, February 25 • 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 take home their own bread making kits which include: fresh milled flour, starter, proof basket, dough scraper, lame (scoring tool) and instruction manual.

Jam, Jelly, and Canning 101

With Chef David Hannah

Saturday, January 11 • 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 so save room for snacks.

Baking Cookies 101

With Chef David Hannah

Saturday, February 8 • 10 AM—12 PM

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

In this class attendees will learn techniques to make the perfect chewy cookie, the perfect crispy cookie, various short bread cookies, and ways to elevate your favorite cookies. Attendees will also get to bake different types of cookies they will be able to enjoy in the class.



The Fundamentals of Pizza Making

With Chef David Hannah

Thursday, March 6 • 6—8 PM

Thursday, April 10 • 6—8 PM

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

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

Unlocking Nutrition: Macro Magic

With CEO Becky Stephens of Bulletproof Wellness

Tuesday, January 14 • 6—8 PM

\$18 (\$23 for not-yet-members)

Dive into the fun world of macros! Discover how proteins, carbohydrates and fats power your body and boost your health. With tasty tips and tricks, you'll learn to make delicious, balanced meals that keep you feeling great. Let's unlock the secrets of nutrition together!

Winter Wellness

With Herbalist Mary K Scott

Saturday, January 18 • 10 AM—1 PM

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

Explore herbal folk methods to ensure a healthy season with plant power! Experience a wonderful afternoon learning how to concoct fire cider, teas, syrups, onion plasters and an overview of many beneficial tinctures specific for cold and flu prevention. Each participant will receive a bottle of elderberry syrup.

Spring Apothecary

With Herbalist Mary K Scott

Saturday, March 15 • 10 AM—1 PM

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

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

Crystal Bowl Sound Bath

With Certified Sound Healer Kayce Laine

Tuesday, April 22 • 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.

Go beyond the basics for a deeper understanding.

dig deeper



Winter Botany: Getting Twiggy With It!

With Wetland Scientists with the US Army Corps of Engineers Tucker Smith, David Knepper, and Dr. Wes Hudson

Saturday, January 18 • 9:30—11:30 AM
\$18 (\$23 for not-yet-members)

Learn how to identify your favorite trees, shrubs, and woody vines in winter! This will include an overview of basic woody plant anatomy up close (each student will receive a free hand lens) in the classroom to follow up with a walk through the *Native Plant Trail*. We will cover current phone apps that will aid in the ID of plants in this course. Walking required.

Plants and the Ice Age

With ODU Graduate student Devani Jolman

Tuesday, January 28 • 10 AM—12 PM
\$18 (\$23 for not-yet-members)

Thousands of years ago, during the Last Glacial Maximum, most of North America was covered in ice. Today, we are still seeing the effects of that ice, even here in Virginia. Join Devani Jolman, a PhD candidate at Old Dominion University, to learn about the history of the Last Glacial Maximum, the Laurentide Ice Sheet, and how an event thousands of years ago impacted the movement, dispersal, and diversity of modern plants.

Landscaping with Native Plants

With Horticulture Associate of Virginia Tech Dr. Laurie Fox

Friday, January 31 • 10—11:30 AM
\$18 (\$23 for not-yet-members)

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

Great Dismal Swamp National Wildlife Refuge Field Trip

With Wildlife Biologist Susan Stanley

Friday, February 7 • 10 AM—1 PM
\$45 (\$55 for not-yet-members)

Hike along Washington Ditch where you will learn about the unique cultural and natural history of the Great Dismal Swamp. Hear about how the swamp has changed since the time of George Washington. We'll begin in the Suffolk Escarpment and transition into wetter habitats with bald cypress and black gum trees. Walking will be on the refuge's boardwalks and gravel trails. Hike is approximately 1 hour. Please meet at Norfolk Botanical Garden. Transportation included.

Wildfire Ecology

With ODU Graduate student Devani Jolman

Tuesday, March 4 • 10 AM—12 PM
\$18 (\$23 for not-yet-members)

For decades, Smokey the Bear has warned us of the danger of wildfire. However, natural wildfire is an essential and important natural process in nature and many plants rely on fire for growth, reproduction, and more. Join Devani Jolman, a PhD candidate at Old Dominion University, to learn about the natural fire regime, the history of human's role in fire, the danger of modern wildfires, and the importance of natural wildfire for many ecosystems, including the Longleaf Pine in Virginia.

Gardening for Butterflies and Caterpillars

With Local Naturalist Maurice A. Cullen

Thursday, March 6 • 6—8 PM
\$18 (\$23 for not-yet-members)

Attracting butterflies is relatively easy but if you ever wanted to take a step further, this presentation is for you! Learn about the importance of caterpillar host plants and the varieties that can be an addition to your yard and garden. Discussion will focus on 18 species of butterflies and moths.

Gardening as You Age

With Horticulture Associate of Virginia Tech Dr. Laurie Fox

Friday, March 7 • 10—11:30 AM
\$18 (\$23 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.

Blackwater Ecological Preserve Field Trip

With Blackwater Ecological Preserve Manager Nicholas Flanders

Friday, March 21 • 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.

Hemp Roots to Revolution

With Leandra Duquette, VP of the Heritage Hemp Coalition

Saturday, March 22 • 10:30—11:30 AM
Tuesday, April 15 • 6—7 PM
\$18 (\$23 for not-yet-members)

This interactive class delves into the rich history of hemp, from ancient civilizations to its modern applications. Start with a warm welcome featuring "hempy" snacks and enjoy a presentation highlighting hemp's historical significance.



First Landing State Park Field Trip

With First Landing State Park Rangers

Friday, April 11 • 9:30—11:30 AM
\$18 (\$23 for not-yet-members)

Join us for a 2-hour guided hike where you'll learn about our plants, trees, and unique ecosystems. Please meet at First Landing State Park.

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.

SERIES DESCRIPTIONS

Little Sprout Explorers

Introduce your pre-k children to nature and science concepts through crafts, hands-on exploration, and walking tours.

Recommended for ages 4-6.

Homeschool Garden Science

Introduce your homeschoolers to garden science through sensory activities, experiments, STEM-based projects, and more! **Recommended for ages 6-10.**

NEW! Homeschool Garden Stewards

Review topics relating to botany, water ecology, environmental science, and more to elevate your garden scientist to a garden steward! **Recommended for ages 9-14.**

NEW! Jr. Master Gardeners

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



Garden Artists: Valentine's Day Mugs

Decorate the perfect mug set for someone special in your life. Each set includes two 8 oz. ceramic mugs. Recommended for ages 3+ with caregiver assistance.

Saturday, February 1 · 10—11AM

\$12/child for NBG members.

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



Storybook Tea Party

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

Saturday, March 8 · 10—11 AM

Saturday, April 12 · 10—11 AM

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

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

NBG MEMBER EXCLUSIVE PROGRAMS

Join us in the Garden on Wednesdays and Thursdays for free weekly family programs for NBG Members! Recommended for ages 3+ with some caregiver assistance. Pre-registration is required.

Winter Wanderers

January, February · 10 AM

Go on a Garden adventure to complete winter-inspired exploration and activities.

Tales for Tots

March, April · 10 AM

Complete a walking adventure and craft themed around some of our favorite garden storybooks.

GREAT BACKYARD BIRDCOUNT

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 significant caregiver assistance. Moderate walking required.

Saturday, February 15 · 10AM—12 PM

Sunday, February 16 · 10AM—12 PM

\$10/child for NBG Members.

(\$15/person for not-yet-members. Child and adult tickets include Garden admission.)

Family Twilight Trek

Dissect an owl pellet and learn about NBG's nocturnal critters, 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, March 14 · 6—7:30 PM

Friday, March 28 · 6:30—8 PM

Friday, April 11 · 6:30—8 PM

Friday, April 25 · 7—8:30 PM

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

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

Garden Artists: Shamrock Plates

Paint a decorative plate set just in time for St. Patrick's Day! Each set includes two 7-inch ceramic plates.

Recommended for ages 3+ with caregiver assistance.

Saturday, March 15 · 10—11 AM

\$12/child for NBG members.

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



Spring Homeschool Day!

Join us in the Garden for our Spring STEAM-themed homeschool day! Complete guided and self-guided activities, crafts, tours, and more! Recommended for children ages 5+ with significant chaperone assistance.

Friday, April 11 · 10 AM—3 PM

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

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

Gardent Artists: Fairy & Gnome Spring Homes

Design the perfect spring home for the fairies and gnomes in your garden. Recommended for ages 5+ with some caregiver assistance. *Activity includes use of small decorative items and figurines that may not be suitable for children under 5 years old.*

Saturday, April 26 · 10—11AM

\$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, Youth Education staff to assist with day-of logistics, themed room and table decorations, Garden admission for party guests, and paperware for the party.

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

NEW! FAIRY GARDEN ADD-ON ACTIVITY: Add a fairy garden make-and-take craft to your child's birthday party! The fairy garden add-on is \$10/child and includes all standard rental amenities.

DELUXE DINOSAUR ADD-ON ACTIVITIES: Starting at \$5/child, party hosts can include dinosaur decorations and add-on options for dinosaur-themed goodies bags and terrariums. Deluxe parties include all standard rental amenities.

GIRL SCOUT PROGRAMS

Bring your Girl 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. Girl Scouts also have the option to complete their Bridging Ceremony on one of our many beautiful bridges!

For a full list of our offered Girl Scout programs, visit the NBG website or email us at youthed@nbg.org!



Girl Scout Shapes in Nature Day

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

Saturday, March 22 · 11 AM—12:30 PM

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

(Adult NBG members may chaperone for free.)

Please no sibling tag-alongs.

Girl Scout Outdoor Art Day

Bring your Girl Scouts to NBG to earn their Daisy, Brownie, Junior, Cadette, or Senior Outdoor Art Badge.

Saturday, April 5 · 11 AM—12:30 PM

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

(Adult NBG members may chaperone for free.)

Please no sibling tag-alongs.

EDUCATOR PROFESSIONAL DEVELOPMENT

Registration Opens on December 1!

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

Saturday, March 1 · 9—1 PM
FREE to Registered Educators



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

SCHOOL FIELD TRIPS & OUTREACHES



Book an NBG field trip or outreach program for the 2024-2025 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 PD workshops receive 20% off a field trip or outreach program!

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