

Course Catalog | SEPTEMBER—DECEMBER 2025

GROW

norfolk
botanical
garden

COURSE COLOR KEY

GARDEN

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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

Scan to Register
Online

REGISTRATION INFORMATION

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

MEMBER DISCOUNT POLICY

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

CLASS REFUND POLICY

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

SUSTAINABILITY

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

september

- 9/2 **Better Breathing (4–Week Class)**
Bread Making Workshop
- 9/3 **Yoga (4–Week Class)**
- 9/4 **Making A Reflection Bowl**
Evening Yoga (4- Week Class)
- 9/5 **Yoga (4–Week Class)**
- 9/6 **FREE Workshop—Climate Change
& Environmental Justice**
Watercolors: Hummingbird and Wildflowers in Jar
Hand Embroidery 101
Storybook Tea Party
- 9/9 **FREE Workshop—Wetlands in Transition: Past,
Present, and Future**
Crazy About Cardinals!
- 9/10 **Healing Garden Walk and Talk**
- 9/11–9/14 **Garden To-Go Kits Online Sale**
- 9/12 **Family Twilight Trek**
- 9/16 **Intro to Crochet (3-Week Class)**
Rose Garden Walk and Talk
- 9/17 **Horizontal Floral Arrangement**
- 9/20 **FREE Workshop—Ecological Repair**
- 9/23 **Captivating Caterpillars!**
Conifers of Southeast Virginia
- 9/24 **The Best Spring-Blooming Bulbs for
Coastal Virginia Gardens**
- 9/25 **The Fundamentals of Pizza Making**
Owl Prowl
- 9/26 **Blackwater Ecological Preserve Field Trip**
NBG Homeschool Day: Fall in the Garden
- 9/27 **Garden Artists: Autumn Mugs**
- 9/28 **17TH Annual WPA Garden Heritage Day**
- 9/30 **Garden Stars**

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 Virginia Coastal Plain Natives) as well as individual species.

All kits contain native perennials (15 plants, 5 species, 3 of each and an educational pamphlet with plant information.

September 11–14 Online Sale
September 18–20 Pickup

october

10/2 Dried Flower Wreath Workshop
Bread Making Workshop
Pumpkin Centerpiece Floral Design Workshop

10/3–10/5 NBG Fall Plant Sale

10/3 Garden Artists: Cornhusk Scarecrows

10/4 Storybook Tea Party

10/7 Worm Composting
Roses: An Introduction
Evening Yoga (4-week class)

10/8 Wednesday Oil Painting (8–Week Class)
Yoga (4–Week Class)
Garden Highlights Walk & Talk

10/9 Thursday Oil Painting (8–Week Class)
Nature in the Classroom Educator Workshop

10/10 Yoga (4–Week Class)
Plant Propagation
Family Twilight Trek

10/11 Art in the Statuary Vista Walk & Talk
Hand Embroidery 102

10/14 Moth Night
The Complex History of Humans and Nature

10/15 Big Trees of NBG

10/17 All About Mushrooms
Garden Artists: Fairy & Gnome Fall Homes

10/18 Watercolors: Monarch on Trumpet Vine
Plants For Plucked Nerves
Autumnal Needle Felting
Girl Scout Outdoor Art Day

10/21 Nutrient Management in The Landscape
The Art of Pressing Flowers

10/23 The Fundamentals of Pizza Making
Owl Prowl
Dominion Energy Garden of Lights
Behind the Scenes Walk & Talk
Trick ‘r Trees

10/24 Birding Walk and Talk
Trick ‘r Trees

10/25 Garden Artists: Autumn Mugs

10/28 Garden Stars

10/30 Beginner T’ai Chi (8–Week Class)
Intermediate T’ai Chi (8–Week Class)



SOUNDMAP

Visual Conversations: Art, Healing, & Ecology Free Workshops • Registration Required

Soundings: Sound Map for a Changing Landscape is an immersive art installation at Norfolk Botanical Garden by ODU Associate Professor Brendan Baylor and landscape designer Kelly Morse. Housed in a 20-foot shipping container the installation invites visitors to explore the changing landscape of Hampton Roads through audio recordings, printed artwork, and community-submitted stories, images, and sounds. The following three workshops are offered in coordination with the Soundings exhibit. Following each workshop Brendan Baylor will respond to the expressions, voices, and experiences of the participants’ artworks and testimonials, which will then be displayed in the Soundings exhibit.

Climate Change & Environmental Justice Saturday, September 6, 2025 • 10am–12pm

Presented by Kim Sudderth
Discussion facilitated by Mary Roberts

Climate change will be defined in the context of complicated relationships with the environment, environmental impacts on individuals and communities, and challenges with self-liberation in the face of political setbacks. Environmental justice will be defined and explored along with individual and collective actions that drive social change.

Wetlands in Transition: Past, Present, and Future Tuesday, September 9, 2025 • 5:30pm–7:30pm

Presented by Ian Blair
Discussion facilitated by Mary Roberts

Coastal wetlands in Virginia are dynamic landscapes shaped by both nature and human influence. This session dives into the evolving relationship between people and these vital ecosystems—from early perceptions to modern-day challenges. Discover the shifting tides of environmental policy, land use, and climate impacts as we explore the obstacles to conservation and the bold opportunities for sustaining these rich, resilient habitats.

Ecological Repair Saturday, September 20, 2025 • 10:00am–12:00pm

Presented by Veronica Hicks
Discussion facilitated by Mary Roberts

Art education scholar and artist Veronica Hicks will present the needs for ecological repair in our communities to include the historical significance of indigenous and non-native plants, invasive species, and the curated environment.

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.

Healing Garden Walk & Talk

With Horticulturist III Steve Saunders

Wednesday, September 10 • 10—11:30 AM

Rose Garden Walk & Talk

With Horticulturist III Tensaie Fesshaye

Tuesday, September 16 • 11 AM—12 PM

Garden Highlights Walk & Talk

With Director of Adult Education & Conservation Alexandra Cantwell

Wednesday, October 8 • 10—11:30 AM

Art in Statuary Vista Walk & Talk

With Director of Development & Grants Leslie Van Horn

Saturday, October 11 • 10—11:30 AM

Dominion Energy Garden of Lights Behind the Scenes Walk & Talk

With DEGOL Senior Manager Rachel Elder

Thursday, October 23 • 1—2:30 PM

Birding Walk & Talk

With Blackwater Ecological Preserve Manager Nicholas Flanders

Friday, October 24 • 9:30—11 AM

Fall Tree Walk & Talk

With Horticulturist IV Dan Fulford

Thursday, November 6 • 10—11:30 AM

Fall Beauty in the Garden Walk & Talk

With Vice President of Horticulture Les Parks

Saturday, November 8 • 9:30—11 AM

Fall Color Walk & Talk

With Director of Adult Education & Conservation Alexandra Cantwell

Wednesday, November 12 • 10—11:30 AM

november

11/1 **Roots, Bark, Berries & Seed Medicine**

Crochet Sugar Skulls

Autumn Hike Through Mirror Lake

11/2 **Storybook Tea Party**

11/4 **Sumi-é: Japanese Ink Painting (5-Week Class)**

11/6 **Fall Tree Walk & Talk**

11/8 **Jam, Jelly, And Canning 101**

Watercolors: Pumpkins and Sunflowers

Fall Beauty in the Garden Walk & Talk

11/11 **Botany Through Time**

11/12 **Yoga (4-Week Class)**

Fall Color Walk & Talk

Fabulous Fall Containers

11/13 **Getting into Your Zone-Crafting a Complete**

Map for Plant Hardiness

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

11/14 **Yoga (4-Week Class)**

Aquatic Weed ID and Management

11/15 **Virginia Camellia Society Show & Sale**

11/18 **Beginner: Stained Glass Workshop**

Tools for Pruning

11/22 **Garden Artists: Thanksgiving Plates**

11/23 **Garden Artists: Thanksgiving Plates**

11/24 **Thanksgiving Centerpiece Floral Design Workshop**

Virginia Camellia Society



Show & Sale

Saturday, November 15

10 AM — 4 PM

Learn how to care for a camellia and purchase one for your home.

december

- 12/3 **Holiday Wreath Floral Design Workshop**
- 12/5 **Chesapeake Bay Foundation 101**
- 12/6 **Watercolors: Landscape in Snow**
Botanical Beauty
Storybook Tea Party
Fairy & Gnome Winter Homes
- 12/10 **DIY Suet Feeder Workshop**
- 12/13 **Jam, Jelly, And Canning 101**
Unusual and Choice Evergreen Shrubs
Holiday Needle Felting Ornaments
Cookie Plates & Cocoa Mugs
- 12/14 **Cookie Plates & Cocoa Mugs**
- 12/16 **Pendant Workshop**
- 12/20 **Holiday Nature Ornaments**
- 12/23 **Holiday Centerpiece Floral Design Workshop**

Give the Gift of Service!



Interested in being apart
of one of the best light
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Visit our website to learn
more and apply!



Beginning
November 7TH
thru
January 4TH

GARDEN of LIGHTS

Tickets On-Sale:
Oct. 1–8 (Members)
Oct. 9 (Not-Yet-Members)
NBGLights.org

garden

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

Making a Reflection Bowl

With Horticulturist II Emily Wilson

Thursday, September 4 • 1–2:30 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!

Conifers of Southeast Virginia

With Curator of Woody Plants Carl Simmons

Tuesday, September 23 • 9:30–11:30 AM

\$18 (\$23 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.

The Best Spring-Blooming Bulbs for Coastal Virginia Gardens

With Vice President of Horticulture Les Parks

Wednesday, September 24 • 9:30–11:30 AM

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

Just in time for the fall planting season, this presentation will introduce attendees to selecting and growing the best spring flowering bulbs for local gardens.

Worm Composting

With Master Gardener Kandy Keith

Tuesday, October 7 • 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.

Roses: An Introduction

With NBG Volunteer Catherine Severo

Tuesday, October 7 • 10–11:30 AM

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

In this class we will discuss the different classes of roses, including species roses and hybrids, their incredible diversity and their uses in the garden. We will consider flower shape, perfume, color and growth from miniatures to gigantic ramblers. After a slideshow and discussion, we will take a short walk in the fall-season Rose Garden. At the end of the class, you will have vocabulary and an overview of these tough beautiful plants to help you define your preferences.



Big Trees of NBG

With Curator of Woody Plants Carl Simmons

Wednesday, October 15 • 1–3 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.

Honey Agaric Mushrooms
(*Armillaria mellea*)



All About Mushrooms

With Vice President of Education & Conservation Theresa Augustin

Friday, October 17 • 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.

Autumn Hike through Mirror Lake

With Horticulturist III Shelby Correia

Saturday, November 1 • 10–11:30 AM

\$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.

Fabulous Fall Containers

With Curator of Herbaceous Plants Mary Toth

Wednesday, November 12 • 1–2:30 PM

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

Create colorful and lush planters with winter annuals that will wow all your neighbors.

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

With Plant Recorder Ray Volkin

Thursday, November 13 • 9–11 AM

\$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.

Tools for Pruning

With Curator of Woody Plants Carl Simmons

Tuesday, November 18 • 1–2:30 PM

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

Need gift ideas for your garden loving friends? An in-depth class on the tools that Horticulturists use here at NBG for all of our pruning needs just in time for the holiday season.

Unusual and Choice Evergreen Shrubs

With Vice President of Horticulture Les Parks

Saturday, December 13 • 9:30–11:30 AM

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

Coastal Virginia is blessed with a climate that allows us to grow a diversity of plants, including a wide variety of evergreens. Unfortunately, many gardeners and landscapers stick to the same boring plant pallet. This presentation will explore evergreens that are not only underutilized, underappreciated, and unusual, but also thrive in local gardens.

explore

Let curiosity take root with our nature and wildlife programs.

Owl Prowl

With Nature's Nanny Wildlife Rehab

Thursday, September 25 • 7–9 PM

Thursday, October 23 • 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.

Garden Stars

In partnership with the Back Bay Amateur Astronomers

Tuesday, September 30 • 8–9:30 PM

Tuesday, October 28 • 7:30–9 PM

\$10 (\$20 for not-yet-members)

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



Crazy About Cardinals!

With Wild Birds Unlimited

Tuesday, September 9 • 1–3 PM

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

This program will teach you everything you need to know to attract more cardinals to your habitat. We will discuss the behavioral habits, feeding habits and nesting habits of the cardinal. We will also discuss fun facts about cardinals and what the cardinal represents to many people.



Northern Cardinal
(*Cardinalis cardinalis*)

Moth Night

With Maurice A. Cullen, Local Naturalist and Moth Aficionado

Tuesday, October 14 • 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.



Above: Meet an Eastern screech owl (*Megascops asio*) in person during one of the Garden's Owl Prowl evenings.

Below: Maurice temporarily captures an European hornet (*Vespa crabro*) during a Moth Night as they are also attracted to lights.



create

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

Wednesday Oil Painting (8–Week Class)

With Artist Adele Loomans

Wednesdays, October 8–December 3 (no class on November 26)

9:45–11:45 AM

\$175 (\$200 for not–yet–members)

Thursday Oil Painting (8–Week Class)

With Artist Adele Loomans

Thursdays, October 9–December 4 (no class on November 27)

9:45–11:45 AM

\$175 (\$200 for not–yet–members)

Watercolors

With Artist Diana Davis

Saturdays • 9 AM–12 PM

Hummingbird and Wildflowers in Jar • September 6

Monarch on Trumpet Vine • October 18

Pumpkins and Sunflowers • November 8

Landscape in Snow • December 6

\$60 (\$75 for not–yet–members)

Floral Design Workshops

With Curator of Herbaceous Plants & Certified Floral Designer Mary Toth

Horizontal Floral Arrangement • September 17 • 1–2:30 PM

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

Thanksgiving Centerpiece • November 24 • 1–2:30 PM

Holiday Wreath • December 3 • 9:30–11 AM or 1–2:30 PM

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

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

Dried Flower Wreath Workshop

With Briana from So Many Flowers

Thursday, October 2 • 6 –8 PM

\$60 (\$70 for not–yet–members)

Join us to make a spring wreath to brighten up your space! You will use a grapevine base, colorful dried flowers, eucalyptus, and hand dyed ribbon to make a beautiful decoration for your door or wall. The instructor dried many of her own flowers and will offer tips on growing and drying your own flowers!

The Art of Pressing Flowers

With Briana from So Many Flowers

Tuesday, October 21 • 6 –8 PM

\$70 (\$80 for not–yet–members)

Have you always wanted to press flowers but weren't sure where to start, or have tried pressing flowers and not gotten great results? In this class you will learn tips and tricks from an experienced flower preservationist about how to successfully press flowers! You will receive your own small flower press that we will fill with flowers, and we will also make a small frame with already pressed flowers to give you some ideas of what you can create!



Sumi-é: Japanese Ink Painting (5–Week Class)

With Artist Norene Spencer

Tuesdays • November 4–December 2 • 11 AM–1 PM

\$85 (\$110 for not–yet–members)

Beginner-Stained Glass Workshop

With Instructor Sue Hill, Shill Creations Studio, LLC

Tuesday, November 18 • 9:30 AM–1 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!

Pendant Workshop

With Instructor Sue Hill, Shill Creations Studio, LLC

Tuesday, December 16 • 9:30 AM–1 PM

\$115 (\$125 for not–yet–members)

Bookmarks, pendants, earrings, magnets, ornaments, and more in this class. Create two (2) Pendants using broken china, ceramics, or glass! Bring your own dish with your favorite pattern or break one of ours! Learn all of the basics of creating a one-of-a-kind Pendant from an experienced local artist!

Crochet

With Level 1 Certified Knit and Crochet Instructor Mandie Burns, Owner of Yarn Party

Intro to Crochet (3-Week Class)

Tuesdays, September 16–September 30 • 6 –8 PM

\$70 (\$90 for not–yet–members)

Crochet Sugar Skulls

Saturday, November 1 • 10 AM –12 PM

\$40 (\$50 for not–yet–members)

Needle Felting

With Instructor Marilyn Estrada

Autumnal Needle Felting

Saturday, October 18 • 10 AM –12 PM

\$40 (\$50 for not–yet–members)

Holiday Needle Felting Ornaments

Saturday, December 13 • 10 AM –12 PM

\$40 (\$50 for not–yet–members)

Hand Embroidery

With Instructor Rowena Federico Finn

Hand Embroidery 101 • Saturday, September 6 • 9:30 –11:30 AM

\$40 (\$50 for not–yet–members)

Hand Embroidery 102 • Saturday, October 11 • 9:30 –11:30 AM

\$40 (\$50 for not–yet–members)

DIY Suet Feeder Workshop

With Director of Adult Education & Conservation Alexandra Cantwell

Wednesday, December 10 • 1–3 PM

\$45 (\$50 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.

live well

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

Yoga (4–Week Class)

Wednesdays, September 3–September 24, October 8–October 29,
November 12–December 10 (no class on November 26)

9:30–10:30 AM or 10:45–11:45 AM

With Certified Instructor Carly Joelle

Fridays, September 5–September 26, October 10–October 31,
November 14–December 12 (no class on November 28)

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, October 30–January 8

(no class on November 27, December 25, or January 1)

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, October 30–January 8

(no class on November 27, December 25, or January 1)

10:30–11:30 AM

\$100 (\$120 for not–yet–members)

Better Breathing (4–Week Class)

With Certified Instructor Brier King

Tuesdays, September 2–September 23 • 6–7 PM

\$40 (\$55 for not–yet–members)

Evening Yoga (4–Week Class)

With Certified Instructor Karen Babcock

Thursdays, September 4–September 25 • 6–7 PM

With Certified Instructor Brier King

Tuesdays, October 7–October 28 • 6–7 PM

\$40 (\$55 for not–yet–members)

Bread Making Workshop

With Tylor Alexander from Pilgrim Bread

Thursday, October 2 • 6–8 PM

\$85 (\$95 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 take home their own bread making kits which include: fresh milled flour, starter, proof basket, dough scraper, lame (scoring tool), and instruction manual.



The Fundamentals of Pizza Making

With Chef David Hannah

Thursday, September 25 • 6–8 PM

Thursday, October 23 • 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.

Jam, Jelly, and Canning 101

With Chef David Hannah

Saturday, November 8 • 10 AM–12 PM

Saturday, December 13 • 10 AM–12 PM

\$45 (\$55 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.

Plants for Plucked Nerves

With Herbalist Mary K Scott

Saturday, October 18 • 10:00 AM–1:00 PM

\$50 (\$60 for not–yet–members)

We will explore plants that can soothe frayed nerves, help promote sleep, provide calm throughout the day and address the spiraling mind that can sometimes lead to panic! Instructions on how to grow, harvest and process for a natural remedy to many nervous conditions. Lots of sampling and demonstrations in the hopes that you will find the plant allies most suited to your constitution!

Roots, Bark, Berries & Seed Medicine

With Herbalist Mary K Scott

Saturday, November 1 • 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 6 • 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.

dig deeper

Go beyond the basics for a deeper understanding.



Captivating Caterpillars!

With Maurice A. Cullen, Local Naturalist and Moth Aficionado

Tuesday, September 23 • 6–8 PM

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

The presentation will focus on the fascinating world of caterpillars, highlighting their unique adaptations and how to find and raise local species. Key adaptation discussions will include camouflage, mimicry, toxicity, and venomous spines. Attendees will have the opportunity to observe various butterfly and moth caterpillars live and up close, along with mounted displays of the corresponding adult forms.

Blackwater Ecological Preserve Field Trip

With Blackwater Ecological Preserve Manager Nicholas Flanders

Friday, September 26 • 9:30 AM–3 PM

\$50 (\$60 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.

Plant Propagation

With Assistant Professor-Greenhouse Specialist at
Hampton Roads AREC Eric Stallknecht

Friday, October 10 • 10 AM–12 PM

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

Ever wish you could make more of your favorite plants—for free? Welcome to the magic of plant propagation! In this hands-on talk, we'll dig into the basics of making new plants from seeds, cuttings, divisions, and more. Whether you're a seasoned gardener or a curious beginner, you'll learn simple, practical techniques to multiply your plants and grow your garden.

The Complex History of Humans and Nature

With ODU Graduate student Devani Jolman

Tuesday, October 14 • 10 AM–12 PM

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

Although humans have been on this planet for a short period in Earth's history, we have left a large and permanent footprint. Since the rise of human civilization, there has been a rapid separation of humans from nature. In a very short amount of time, humans have altered this planet to a point where it is unrecognizable, leading us into an era of human-induced change: the Anthropocene. Join me in learning about the complex history of humans on this planet and the present and future consequences of our success.

Nutrient Management in the Landscape

With Horticulture Associate of Virginia Tech Dr. Laurie Fox

Tuesday, October 21 • 10 AM–12 PM

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

Virginia is part of the "Chesapeake Bay Diet" to reduce the amount of nutrients from landscapes getting into stormwater runoff and polluting the bay. Join Dr. Laurie Fox from Virginia Tech as she looks at what nutrients to apply, when, and ways we can use our landscapes to manage stormwater runoff.

Botany through Time

With ODU Graduate student Devani Jolman

Tuesday, November 11 • 10 AM–12 PM

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

Botany, or the scientific study of plants, has a complex global history of culture, wealth, and society. Today, the field of Botany is steadily declining due to a variety of reasons, many of them rooted in the past. Join a Botanist in learning about the history and importance of Botany and why it is essential for the future of this planet.

Getting into Your Zone - Crafting a Complete Map for Plant Hardiness

With Darrin Duling, Associate Director of the Arthur and Phyllis Kaplin Orchid Conservatory

Thursday, November 13 • 1–3 PM

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

Temperature zone maps are valuable tools that help gardeners figure out what may be grown in a certain area. However, they are useful only as a general guide and should be combined with a variety of other regional climatic factors when considering whether a plant will thrive or fail. This interactive presentation will focus on growing conditions in Hampton Roads and, while we will start by looking at plants from certain parts of the world that should be mostly ignored, we will focus on new and out of the ordinary species that can possibly be grown outside of their zone rating with proper placement and site preparation.

Aquatic Weed ID and Management

With Horticulture Associate of Virginia Tech Dr. Laurie Fox

Friday, November 14 • 10 AM–12 PM

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

Aquatic plants are in Virginia's water bodies and water ways all the time and provide many ecosystem benefits. Unfortunately, these same plants can become problematic when they interfere with our recreational water activities or when they grow so prolifically, they unbalance the aquatic ecosystem. Join Dr. Laurie Fox from Virginia Tech as she identifies the trouble makers and looks at management options and strategies.

Chesapeake Bay Foundation 101

With Hampton Roads Outreach & Advocacy Manager Lisa Renée Jennings

Friday, December 5 • 10 AM–12 PM

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

The vision of The Chesapeake Bay Foundation is a healthy and resilient Chesapeake Bay ecosystem where people, plants, and animals thrive together. This presentation will explore the issues and solutions it currently faces, focusing on the plants critical to its success. From inland forests to underwater grasses, plants big and small play a role in water quality across the watershed.

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.

SERIES DESCRIPTIONS



Homeschool Garden Science

Tuesday Mornings

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

Homeschool Garden Stewards

Tuesday Afternoons

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.**

Jr. Garden Artists

Saturday Mornings

Get tips on how to start and care for your fall and winter gardens as we *Learn, Grow, Eat & Go* with the Early Childhood program! **Recommended for ages 4-6.**

Storybook Tea Party

Meet us in the WOW Children's Garden for a storybook-themed tea party! Recommended for ages 3+. *Light refreshments included for registered children.*

Saturday, September 6 · 10-11AM

Saturday, October 4 · 10-11AM

Saturday, November 2 · 10-11AM

Saturday, December 6 · 10-11AM

\$12/child for NBG Members.

(\$20/child and \$18/adult for not-yet-members.)

Family Twilight Trek

Join us for after-hours tours while learning about some of our favorite nocturnal Garden creatures. Recommended for ages 5+ with some chaperone assistance. Moderate walking required.

Friday, September 12 · 7-8:30PM - Moths

Friday, October 10 · 6:30-8PM - Bats

\$12/child and \$5/adult 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 first few days of the fall season! Recommended for children ages 5+ with chaperone assistance.

Friday, September 26 · 10AM-3:30PM

\$10/child for NBG Members.

(\$15/child and \$15/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 3+ with some chaperone assistance.

Saturday, September 27 · 10-11AM

Saturday, October 25 · 10-11AM

\$12/child for NBG Members.

(\$20/child and \$18/adult for not-yet-members.)

Garden Artists: Cornhusk Scarecrows

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

Friday, October 3 · 10-11AM

\$12/child for NBG Members.

(\$20/child and \$18/adult for not-yet-members.)

Garden Artists: Fairy & Gnome Fall Homes

Make a fun fall home for the fairy and gnomes in your garden. Recommended for ages 4+ with some chaperone assistance.

Friday, October 17 · 10-11AM

\$12/child for NBG Members.

(\$20/child and \$18/adult for not-yet-members.)

Girl Scout Outdoor Art Day

Bring your Girl Scouts to NBG to earn their *Outdoor Art* Badge. This program includes self-guided and guided activities and the corresponding program badges for each Girl Scout level.

Saturday, October 18 · 11AM or 2PM

\$18/Scout and \$16/Adult chaperones. (Adult NBG members may chaperone for free.)

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

Shake, rattle, and roll to some nature-inspired music to learn about rhythm, beat, and sound..

Tales for Tots

November · 10AM

Complete a craft and walking tour themed after some of our favorite garden storybooks.

Winter in the Garden

December · 10AM

Explore how plants and animals in the Garden get ready for winter.





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 some chaperone assistance. Moderate walking required.

Thursday, October 23 · 5-6:30PM

Friday, October 24 · 5-6:30PM

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

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

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 some chaperone assistance.

Saturday, November 22 · 10AM, 12PM, 2PM

Sunday, November 23 · 10AM, 12PM, 2PM

\$12/child for NBG Members.

(\$20/child and \$18/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+ with some chaperone assistance.

Saturday, December 6 · 10AM, 12PM, 2PM

\$12/child for NBG Members.

(\$20/child and \$18/adult for not-yet-members.)

Cookie Plates & Cocoa Mugs

Paint a holiday-themed cookie plate and cocoa mug set for you know who! Set includes one ceramic plate and one ceramic mug. Recommended for ages 3+ with some chaperone assistance.

Saturday, December 13 · 10AM, 12PM, 2PM

Sunday, December 14 · 10AM, 12PM, 2PM

\$12/child for NBG Members.

(\$20/child and \$18/adult for not-yet-members.)



Holiday Nature Ornaments

Make a set of nature-inspired ornaments for your holiday tree. Recommended for ages 3+ with some chaperone assistance.

Saturday, December 20

10AM, 12PM, 2PM

\$12/child for NBG Members.

(\$20/child and \$18/adult for not-yet-members.)

CHILDREN'S BIRTHDAY PARTIES

Book a birthday party in the WOW Children's Garden! Pricing starts at \$300 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!

DELUXE ADD-ON ACTIVITIES

Interested in our deluxe add-on activities? Starting at \$5/child, hosts can include crafts, walking tours, goodie bags, and more! for the full list of pricing and options, email youthed@nbgs.org.

GIRL 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 Girl 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 for an evening of refreshments, networking, and break-out sessions to kick off the 2025–2026 school year!

Registration opens on Friday, August 1.

Thursday, October 9 · 4:30-8PM

FREE for 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 2025–2026 school year!

Our K-12 programs are Virginia SOLs aligned, and help students apply concepts relating to nature, environmental science, ecology, and human impact through hands-on learning experiences.



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