

# GROW

Course Calendar & Catalog | JANUARY—APRIL 2026



norfolk  
botanical  
garden

## 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](mailto:registrar@nbgs.org)

Family & Youth Programs

Phone: 757-441-5830 ext. 463

Email: [youthed@nbgs.org](mailto: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.

## CREDIT CARD FEE

A 3% surcharge applies to all credit card transactions.

## SUSTAINABILITY

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# January

- 1/6 **Floral Design Certification Course (6-Week Class)**  
**Loose Watercolor (3-Week Class)**
- 1/7 **Yoga (4-Week Class)**
- 1/8 **Intro to Crochet (3-Week Class)**  
**Evening Yoga (4-Week Class)**
- 1/9 **Yoga (4-Week Class)**
- 1/10 **Jam, Jelly, and Canning 101**  
**Watercolors**
- 1/13 **Birds and Plants of Winter Walking Tour**
- 1/17 **Living Spring Wreath Workshop**  
**Winter Wellness**
- 1/21 **Wintering Water Birds**  
**Fermented Foods**
- 1/22 **Beginner T'ai Chi (8-Week Class)**  
**Intermediate T'ai Chi (8-Week Class)**  
**Owl Meet & Greet**
- 1/23 **Greenhouse 101**
- 1/27 **Garden Stars**  
**Beginner-Stained Glass Workshop**  
**Pressed Flower Coaster Workshop**
- 1/31 **Diversity Gallery Reception**

# Floral Design Certification

With Curator of Herbaceous Plants &  
Certified Floral Designer Mary Toth



❧ **Back by Popular Demand!** ❧

Registration opens Fall 2025

6-Week Class (2 classes/week)

Tuesdays & Thursdays

January 6–February 12 • 5:30–7:30 PM



Scan to  
learn more

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



# February

- 2/3 **Sumi-e: Japanese Ink Painting (5-Week Class)**  
Terrarium Workshop
- 2/5 **Evening Yoga (4-Week Class)**
- 2/7 **Knit 101**  
**Spring Apothecary**  
Watercolors
- 2/10 **Wetlands of Hampton Roads**
- 2/11 **Yoga (4-Week Class)**  
Winter Garden Walk & Talk
- 2/12 **The Fundamentals of Pizza Making**
- 2/13 **Yoga (4-Week Class)**
- 2/14 **Backyard Bird Count**  
Garden Artists: Valentine's Day Mugs
- 2/15 **Backyard Bird Count**
- 2/17 **Rose Pruning**  
Camellia Care Roundtable
- 2/18 **Herbaceous Winter Cutbacks**  
Rustic Winter Arrangement
- 2/19 **Camellia Walk & Talk**  
Owl Meet & Greet
- 2/20 **Landscaping with Native Plants**
- 2/24 **Garden Stars**
- 2/25 **Passport Garden Walk & Talk**  
Wednesday Oil Painting (8-Week Class)
- 2/26 **Bread Making Workshop**  
Thursday Oil Painting (8-Week Class)



## DIVERSITY GALLERY

January 17<sup>TH</sup> through March 22<sup>ND</sup>  
Baker Hall Visitor Center

The Diversity Gallery was founded to highlight the outstanding artistic talent within our community. From January through March, 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.

**The Diversity Gallery reception will be held on Saturday, January 31st from 11AM–2PM.**

**Meet the artists and enjoy light refreshments.**

*Below: Hopeful Journey Takes Flight,*  
Oil on Fabric, painting by Ellen Sinclair



INCLUDED WITH GARDEN ADMISSION

## Kaplan Orchid Show & Sale

Organized by Tidewater Orchid Society

Friday, March 13—Sunday, March 15

Baker Hall Visitor Center

Friday & Saturday 10 AM—5 PM

Sunday 10 AM—3 PM

Presentation by  
Dr. William (Bill) Goldner  
at 2 PM on  
Saturday & Sunday



## Virginia Camellia Society Show & Sale

Saturday, March 21  
Baker Hall Visitor Center  
Plant Sale 10 AM—3 PM  
Show 12 PM—4 PM



# March

3/3 **Botanical Drawing (3-Week Class)**  
Art in the Garden Walk & Talk

3/4 **Plant Propagation**

3/7 **Jam, Jelly, and Canning 101**  
Late Winter Walk & Talk  
Watercolors  
Storybook Tea Party  
Garden Artists: Shamrock Plates

3/10 **The Wonderful World of Woodpeckers**  
Gardening with Butterflies and Caterpillars  
Vertical Floral Arrangement  
Mindful Mobility (4-Week Class)

3/12 **Kokedama: Japanese String Gardens**

3/13 **Family Twilight Trek**

3/13 - 3/15 **Tidewater Orchid Society Show and Sale**

3/17 **Bread Making Workshop**

3/18 **Yoga (4-Week Class)**

3/19 **Worm Composting**  
Owl Prowl

3/20 **Yoga (4-Week Class)**

3/21 **Virginia Camellia Society Show and Sale**  
Project Learning Tree Workshop

3/24 **Garden Stars**  
Beginner-Stained Glass Workshop

3/26 **Beginner T'ai Chi (8-Week Class)**  
Intermediate T'ai Chi (8-Week Class)  
Hogarth Curve Floral Arrangement

3/28 **Girl Scouts Shapes in Nature Day**

3/31 **Crochet 101**

# Daffodil Daze!

500,00+ Blooms  
in March





# April

- 4/1 Kitchen Garden Garden Walk & Talk
- 4/4 Storybook Tea Party
- 4/6 Virginia's Underwater Marine Prairies: Status, Threats, and Resotation
- 4/7 Pressed Flower Suncatcher Workshop  
Garden Highlights Walk & Talk  
Frogs and Toads of Southeastern Virginia
- 4/8 Cut Flowers for the Home Gardener
- 4/9 The Fundamentals of Pizza Making  
Owl Prowl
- 4/10 Salad Bowl Container Workshop  
Spring STEAM Homeschool Day  
Family Twilight Trek
- 4/11 Beyond the Brush with Watercolor  
Crochet with Beads  
Native Perennials of the Southeast
- 4/14 Azalea Walk & Talk  
Insect Pollinators: the Good, the Bad, and the Ugly
- 4/15 Spring Centerpiece
- 4/19 Garden of Tomorrow Behind the Scenes Walk & Talk
- 4/21 Spring Plant Sale-Zoom  
Garden Stars
- 4/22 Daylilies 101
- 4/23 First Landing State Park Field Trip
- 4/24 - 4/26 NBG Spring Sale
- 4/25 Garden Artists: Fairy & Gnome Spring Homes
- 4/30 Making a Reflection Bowl  
Mountain Laurel Walk & Talk

## FREE GARDEN WALK & TALKS

### FREE WITH GARDEN ADMISSION

Walking required, weather permitting.  
These casual informative walks will allow plenty of time for questions and photos.

Space is limited, pre-registration is required.

### Winter Garden Walk & Talk

With Horticulturist III Steve Saunders

Wednesday, February 11 • 10 –11:30 AM

### Camellia Walk & Talk

With Horticulturist IV Scott Blair

Thursday, February 19 • 10 –11:30 AM

### Passport Garden Walk & Talk

With Education Specialist Brittany Gernheuser

Wednesday, February 25 • 1 –2:30 PM

### Art in the Garden Walk & Talk

With Senior Manager of Tour Operations

& Visitor Services Ande Holbrook

Tuesday, March 3 • 10 –11:30 AM

### Late Winter Walk & Talk

With Vice President of Horticulture Les Parks

Saturday, March 7 • 10 –11:30 AM

### Kitchen Garden Walk & Talk

With Norfolk Master Gardeners

Wednesday, April 1 • 10 –11 AM

### Garden Highlights Walk & Talk

With Senior Director of Adult Education & Conservation

Alexandra Cantwell

Tuesday, April 7 • 10 –11:30 AM

### Azalea Walk & Talk

With Horticulturist IV Dan Fulford

Tuesday, April 14 • 10 –11:30 AM

### Mountain Laurel Walk & Talk

With Horticulturist III Shelby Correia

Thursday, April 30 • 10 –11 AM



## Spring Plant Sale

**Exclusive NBG Members-Only Day**  
Friday, April 24  
10 AM—7 PM

**Open to the Public**  
Saturday & Sunday, April 25 & 26  
10 AM—4 PM

# garden

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



## Terrarium Workshop

With Melissa Smith, Owner of Lucky Leaf

**Tuesday, February 3 • 1–3 PM**

**\$75 (\$80 for not-yet-members)**

Class will cover the types of plants that thrive in terrarium environments and how to choose the right combination for your design. First exploring the art of layering; from creating a base for drainage to adding soil and decorative elements. Each terrarium will be personalized to what suits your style. As we plant together, we will learn about the lighting and watering process for your terrarium.

## Camellia Care Roundtable

With Michael Andruczyk, Camellia Society

**Tuesday, February 17 • 6–8 PM**

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

Come learn from Virginia Camellia Society member the right ways to grow and care for Camellias. There will be table displays participants will rotate around to learn about such as pruning, air layering, showing blooms, planting and care, pests and diseases, and/or waxing blooms.

## Rose Pruning

With Horticulturist III Tensaie Fesshaye

**Tuesday, February 17 • 10–11:30 AM**

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

A demonstration and explanation of proper pruning techniques for various rose types. Participants will prune roses as part of the class. Indoor presentation followed by outdoor hands-on demonstration. Walking required.

## Herbaceous Winter Cutbacks

With Horticulturist IV Dakayla Calhoun

**Wednesday, February 18**

**10 AM–12 PM**

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

This class will be a brief introduction into herbaceous cutbacks that includes going out into the garden to see it in practice! Indoor presentation followed by an outdoor tour. Walking required.

## Kokedama: Japanese String Gardens

With Horticulturist II Ava Anderson

**Thursday, March 12 • 9:30–11:30 AM**

**\$40 (\$45 for not-yet-members)**

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

## Worm Composting

With Master Gardener Kandy Keith

**Thursday, March 19 • 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.

## Cut Flowers for the Home Gardener

With Curator of Herbaceous Plants Mary Toth

**Thursday, April 8 • 1–3 PM**

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

Discover what varieties of cut flowers you can easily grow in your backyard. Learn when and how to plant along with when to harvest flowers to be used in arrangements all season long. Participants will take home seeds to start their own cutting garden. Indoor presentation followed by an outdoor walking tour. Walking required.

## Salad Bowl Container Workshop

With Horticulturist II Annika Kohler

**Friday, April 10 • 10:30–11:30 AM**

**\$40 (\$45 for not-yet-members)**

Love a good salad? Limited space for growing food at home? This workshop will cover growing and harvesting various lettuces and salad greens in containers. We will discuss leaf and head lettuces as well as other salad-complimentary greens like spinach, arugula, mizuna and MORE! You will build and take home a container brimming with salad potential curated from expertly selected leafy greens for our climate. The knowledge you come away with can later be applied to larger containers, or raised or ground beds when you're ready to increase your yield.

## Native Perennials of the Southeast

With Vice President of Horticulture Les Parks

**Saturday, April 11 • 9:30 AM–11 AM**

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

This talk will explore the benefits of incorporating native plants, perennials in particular, into the landscape. Attendees will also be introduced to the large number of native perennials available to today's gardeners for a variety of landscape situations.

## Insect Pollinators: the Good, the Bad, and the Ugly

With Education Specialist Brittany Gernheuser

**Tuesday, April 14 • 1–2:30 PM**

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

From bees and butterflies to beetles, moths, wasps, and flies-every pollinator has a role to play. This class explores the surprising benefits of each group and offers tips on how to attract the good, avoid the bad, and appreciate the ugly in your garden.

## Spring Plant Sale-Zoom

With Vice President of Horticulture Les Parks and Greenhouse Senior Manager Meredith Courtney

**Tuesday, April 21 • 6–7 PM**

**\$5 (\$10 for not-yet-members)**

Discover which hardy and rare plants will be offered at this year's plant sale. You'll want to have your shopping list handy for this class!

## Daylilies 101

With Horticulturist IV Dakayla Calhoun

**Wednesday, April 22 • 10 AM–12 PM**

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

This class will cover everything about Daylilies from blooming periods to different bloom variations. Indoor presentation followed by an outdoor tour, weather permitting.

## Making a Reflection Bowl

With Horticulturist III Emily Wilson

**Thursday, April 30 • 1–2:30 PM**

**\$20 (\$25 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!





# explore

Let curiosity take root with our nature and wildlife programs.

## Wintering Water Birds

With Horticulturist III Sarah Davis

**Wednesday, January 21 • 9:30–11 AM**

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

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

## The Wonderful World of Woodpeckers

With Wild Birds Unlimited

**Tuesday, March 10 • 1–3 PM**

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

This program will be about all different woodpeckers we have in our area. It will cover their specific sizes and the differences between each woodpecker, including nesting behaviors, what they eat and where they can be found in the Garden..

# Instructor HIGHLIGHT

**Dana Lusher**, Nature's Nanny Wildlife Rehabber

Dana Lusher is a local wildlife rehabber, and has been teaching at Norfolk Botanical Garden since 2015. We were able to catch up with her and ask a few questions about how she got started as a wildlife rehabber.

### How long have you operated Nature's Nanny Wildlife Rehabilitation?

NNWR was founded in October of 2014 to help fund the work that we had been doing since 2011. There is no funding for wildlife rehabilitation and as a 501(c)3 organization we would be eligible to apply for grants and donations to help feed and care for our patients.

### What inspired you to become a wildlife rehabilitator?

I was a mental health counselor for 20+ years. I had a 4 day per week schedule and would spend my off day photographing wildlife at the Garden. I was there more than home. On my days off and after work I could be found strolling the paths. In fact. This is where I met my first wild eagle, owl, frog, otter, etc. When the program I had loved for so many years went down, I chose a change of career and became a pet sitter. While building my business I had plenty of time to pursue nature and photography and it was during this pursuit that I met my first wildlife rehabilitator. One of the baby owls I had been photographing came down and needed help. I followed the baby's recovery and watching how the rehabber affected that baby's life, I wanted to help! She finally allowed me to come volunteer and rehab, for me, was a match made in heaven!

### What's your favorite part about your job?

To call rehabbing a job has so many inaccurate implications. It is a mission, a passion, a drive. But not a job. A job you typically go home from and receive pay and maybe even accrue vacation leave. As a rehabber you are faced with a 24/7 involvement in wildlife that is such a blessing. You find yourself constantly evaluating, researching and reaching out for support. It is a huge job—with an a never ending

## Garden Stars

In partnership with the Back Bay Amateur Astronomers

**Tuesday, January 27 • 7–8:30 PM**

**Tuesday, February 24 • 7–8:30 PM**

**Tuesday, March 24 • 8–9:30 PM**

**Tuesday, April 21 • 8:30–10 PM**

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

See website for description.

## Owl Meet & Greet

With Nature's Nanny Wildlife Rehab

**Thursday, January 22 • 6–8 PM**

**Thursday, February 19 • 6–8 PM**

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

## Owl Prowl

With Nature's Nanny Wildlife Rehab

**Thursday, March 19 • 7–9 PM**

**Thursday, April 9 • 7–9 PM**

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



stream of patients who need you! Very early on in rehabbing I discovered that a large number of our patients came in due to accidental human interaction. I realized that I could keep solving one incident at a time forever and never reduce this impact, or I could work on the source of these injuries. I decided to start an education program to introduce birds to people and work towards teaching others to live with wildlife without accidentally hurting them. This has been an amazing adventure! I love the opportunity and getting to see the effect on those who are able to meet them!

### If you could give a tip for people to takeaway to help protect wildlife what would it be?

Realize that wild animals are so much more than eating and reproducing! They have homes, families, friends and personalities! They play, they grieve, they work together in their environment. If people can appreciate those things about wildlife, then likely they will live their lives as good neighbors to our wildlife and intentionally help them rather than accidentally harm them!! If you see a sick or injured animal you can call Eastern Virginia Wildlife rescue at 757-255-8710 or myself at 757-714-5093 and get them real help in real time.

# create

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

## Wednesday Oil Painting (8-Week Class)

With Artist Adele Loomans

**Wednesdays, February 25-April 15 • 9:45–11:45 AM**  
\$175 (\$200 for not-yet-members)

## Thursday Oil Painting (8-Week Class)

With Artist Adele Loomans

**Thursdays, February 26-April 16 • 9:45–11:45 AM**  
\$175 (\$200 for not-yet-members)

## Watercolors

With Artist Diana Davis

**Saturdays • 9 AM–12 PM**

**Sunsets • January 10**

**Orchids • February 7**

**Dogwood and Chickadees • March 7**

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

## Floral Design Certification Course (6-Week Class)

With Curator of Herbaceous Plants & Certified Floral Designer Mary Toth

**Tuesdays & Thursdays, January 6–February 12**

**5:30–7:30 PM**

**\$1,200 (\$1,400 for not-yet-members)**

## Floral Design Workshops

With Curator of Herbaceous Plants & Certified Floral Designer Mary Toth

**Rustic Winter Arrangement • February 18 • 1–2:30 PM**

**Vertical Floral Arrangement • March 10 • 1–2:30 PM**

**Hogarth Curve Floral Arrangement • March 26 • 1–2:30 PM**

**Spring Centerpiece • April 15 • 1–2:30 PM**

**\$65/Workshop (\$80 for not-yet-members)**

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

With Artist Norene Spencer

**Tuesdays, February 3-March 3 • 11 AM–1 PM**

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

## Beginner-Stained Glass Workshop

With Instructor Sue Hill, Shill Creations Studio, LLC

**Tuesday, January 27 • 9:30 AM–1 PM**

**Tuesday, March 24 • 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.

## Living Spring Wreath Workshop

With Dee Hall Goodwin, Floral Designer & Flower Farmer, Mermaid City Flowers

**Saturday, January 17 • 10 AM–12 PM**

**\$80 (\$90 for not-yet-members)**

Welcome the season with a hands-on workshop creating a living spring wreath from moss, greenery, and seasonal plants. Using sustainable, foam-free techniques, you'll design a fresh piece that continues to grow and evolve after you bring it home. Open to all experience levels.



Artwork by Lynne Frailing

## Loose Watercolor (3-Week Class)

With Artist Lynne Frailing

**Tuesdays, January 6-January 20 • 12:30–3:30 PM**

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

Students will work from a class photo or bring their own photo to copy into a painting, instruction will emphasize working from thin to thick paint dilution to define a scene or subject then moving from large to small space.

## Botanical Drawing (3-Week Class)

With Artist Lynne Frailing

**Tuesdays, March 3-March 17 • 9:30 AM–12:30 PM**

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

This class will offer a variety of illustration processes to examine and illustrate a botanical subject through botanical drawing and painting from botanical species. The instructor holds a certificate in botanical illustration from Lewis Ginter Botanical Garden.

## Beyond the Brush with Watercolor

With Artist Lynne Frailing

**Saturday, April 11 • 9:30 AM–12:30 PM**

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

Experimenting with watercolor will lead to a better understanding of how to use watercolor to describe and express a scene. Techniques will include salt for texture, stamping through grids, printmaking and gouache.

## Crochet

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

**Intro to Crochet (3-Week Class) • Thursdays,**

**January 8-January 22 • 6 –8 PM**

**\$70 (\$80 for not-yet-members)**

**Knit 101 • Saturday, February 7 • 10 AM–12 PM**

**Crochet 101 • Tuesday, March 31 • 6 –8 PM**

**Crochet with Beads • Saturday, April 11 • 10 AM –12 PM**

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

## Pressed Flower Coaster Workshop

With Briana from So Many Flowers

**Tuesday, January 27 • 6 –8 PM**

**\$60 (\$70 for not-yet-members)**

## Pressed Flower Suncatcher Workshop

With Briana from So Many Flowers

**Tuesday, April 7 • 6 –8 PM**

**\$80 (\$90 for not-yet-members)**



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

# live well

## Yoga (4–Week Class)

Wednesdays, January 7–January 28, February 11–March 4, March 18–April 8  
9:30–10:30 AM or 10:45–11:45 AM

With Certified Instructor Carly Joelle

Fridays, January 9–January 30, February 13–March 6, March 20–April 10  
9:30–10:30 AM

With Certified Instructor Brier King

**\$50 (\$65 for not–yet–members)**

## Beginner T'ai Chi (8–Week Class)

In partnership with the Tidewater T'ai Chi Center

Thursdays, January 22–March 12, March 26–May 14 • 9:30–10:30 AM

**\$100 (\$120 for not–yet–members)**

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

In partnership with the Tidewater T'ai Chi Center

Thursdays, January 22–March 12, March 26–May 14 • 10:30–11:30 AM

**\$100 (\$120 for not–yet–members)**

## Evening Yoga (4–Week Class)

With Certified Instructor Karen Babcock

Thursdays, January 8–January 29, February 5–February 26 • 6–7 PM

**\$50 (\$65 for not–yet–members)**

## Mindful Mobility (4–Week Class)

With Certified Instructor Brier King

Tuesdays, March 10–March 31 • 6–7 PM

**\$50 (\$65 for not–yet–members)**

## The Fundamentals of Pizza Making

With Chef David Hannah

Thursday, February 12 • 6–8 PM

Thursday, April 9 • 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, January 10 • 10 AM–12 PM

Saturday, March 7 • 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.



Elderberry (*Sambucus*)

## Winter Wellness

With Herbalist Mary K Scott

Saturday, January 17 • 10 AM–1 PM

**\$50 (\$60 for not–yet–members)**

Explore the 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, February 7 • 10 AM–1 PM

**\$50 (\$60 for not–yet–members)**

Explore the beneficial magic emerging from the soil in spring! Lessons on how to harvest and extract the healing constituents through several different methods. Everyone will take home a chickweed salve!

## Bread Making Workshop

With Tylor Alexander from Pilgrim Bread

Thursday, February 26 • 6–8 PM

Tuesday, March 17 • 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.



# dig deeper

Go beyond the basics for a deeper understanding.



First Landing State Park

## Birds and Plants of Winter Walking Tour

With ODU graduate student, Devani Jolman

**Tuesday, January 13 • 10–11:30 AM**

**\$20 (\$25 for not–yet–members)**

How do our birds survive during the winter? As we walk around the garden, we will be watching for birds and learning about the plants that they rely on in the winter! Also, we will learn about the plants that you can use to attract birds in the winter. Please bring binoculars, if you have them. Walking required.

## Fermented Foods

With David Carter, Owner of Fritillary Farm

**Wednesday, January 21 • 1–3 PM**

**\$20 (\$25 for not–yet–members)**

In this class we will discuss how to ferment foods with lacto-fermentation. We will cover what foods are suitable for fermenting in this way, as well as basic equipment, and processes.

## Greenhouse 101

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

**Friday, January 23 • 10 AM–12 PM**

**\$20 (\$25 for not–yet–members)**

Ever wondered what it takes to grow plants year-round in a greenhouse? Whether you're new to greenhouse use or looking to improve your setup, this class will give you the foundational knowledge you need to succeed.

## Wetlands of Hampton Roads

With ODU graduate student, Devani Jolman

**Tuesday, February 10 • 10 AM–12 PM**

**\$20 (\$25 for not–yet–members)**

What are wetlands and why are they important to Hampton Roads? Come and learn about the beautiful and essential ecosystem and how they impact the place you call home. We will then go into the garden to view a wetland in action! Indoor presentation, followed by outdoor walking tour.

## Landscaping with Native Plants

With Horticulture Associate of Virginia Tech Dr. Laurie Fox

**Friday, February 20 • 10 AM–12 PM**

**\$20 (\$25 for not–yet–members)**

Join Dr. Laurie Fox from the Virginia Tech Hampton Roads AREC for a fun discussion about using native plants in your landscape. She will cover which ones, where to put them and how to plant and care for them.

## Plant Propagation

With David Carter, Owner of Fritillary Farm

**Wednesday, March 4 • 1–3 PM**

**\$20 (\$25 for not–yet–members)**

This plant propagation class will cover basic seed preparation, soils and media, parameters for seed starting, as well as rooting cuttings, and tips and tricks for success.

## Gardening with Butterflies and Caterpillars

With Maurice A. Cullen, Local Naturalist and Moth Aficionado

**Tuesday, March 10 • 6–8 PM**

**\$20 (\$25 for not–yet–members)**

Attracting butterflies is relatively easy but if you ever wanted to take a step further, this presentation is for you! Discover how you can transform your garden into a thriving habitat for these fascinating insects by providing the essential resources they need throughout their life cycle.

## Virginia's Underwater Marine Prairies: Status, Threats, and Restoration

With Dr. Christopher J. Patrick, PhD. Director, SAV Monitoring & Restoration Program, Associate Professor VIMS, William & Mary

**Monday, April 6 • 1–2 PM**

**\$20 (\$25 for not–yet–members)**

In this hour-long presentation, we explore one of Virginia's most remarkable and important marine habitats, seagrass meadows. Participants will 1) Receive an overview of the life history and ecology of seagrass and other SAV (submersed aquatic vegetation) in Virginia's estuarine and marine waters, 2) Learn about the history of seagrass populations in the region over the past century, and 3) Find out how scientists at the Virginia Institute of Marine Science are continuing to track and restore seagrass meadows.

## Frogs and Toads of Southeastern Virginia

With Maurice A. Cullen, Local Naturalist and Moth Aficionado

**Tuesday, April 7 • 6–8 PM**

**\$20 (\$25 for not–yet–members)**

Frogs and toads are well known for their lively songs during the spring season. Their vocalizations can be heard throughout Southeastern Virginia, signaling the return of warmer weather and the beginning of their active period. Join us for an engaging presentation designed to highlight our region's native frogs and toads.

## First Landing State Park Field Trip

With First Landing State Park Rangers

**Thursday, April 23 • 9:30–11:30 AM**

**\$20 (\$25 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, email us at [youthed@nbg.org](mailto:youthed@nbg.org), or call (757) 441-5830 ext.463.

## SERIES DESCRIPTIONS

### Jr. Master Gardeners

Join us as we *Learn, Grow, Eat & Go* with the Early Childhood JMG 4-week program! **Recommended for ages 3-6.**

### Little Sprouts 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.**

### Homeschool Garden Stewards

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



### 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 14 • 10—11 AM**  
**\$14/child for NBG members.**  
**(\$22/child and \$20/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 7 • 10—11 AM • Shamrock Theme**  
**Saturday, April 4 • 10—11 AM • Spring Theme**  
**\$14/child for NBG members.**  
**(\$22/child and \$20/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 7 • 10—11 AM**  
**\$14/child for NBG members.**  
**(\$22/child and \$20/adult for not-yet-members.)**

### Family Twilight Trek

Join us for an after-hours walking tour to learn about some of our favorite nocturnal Garden critters. Recommended to ages 5+ with caregiver assistance. Moderate walking required. *All child and adult attendants must have a registered ticket.* **Friday, March 13 • 6—7:30 PM • Raccoons**  
**Friday, April 10 • 6:30—8 PM • Gray Fox**  
**\$12/child and \$5/adult for NBG members.**  
**(\$20/child and \$16/adult for not-yet-members.)**

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

## 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 14 • 10 AM—12 PM**  
**Sunday, February 15 • 10 AM—12 PM**  
**\$10/child for NBG Members.**  
**(\$15/person for not-yet-members.)**





### Spring STEAM 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 10 · 10 AM—3 PM**

**\$10/child for NBG Members.**

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

### Garden 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.*

**Friday, April 25 · 10—11 AM**

**\$12/child for NBG members.**

**(\$22/child and \$20/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, 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!

**DELUXE ADD-ON ACTIVITIES:** Interested in our deluxe add-on activities? Starting at \$5/child, hosts can include crafts, walking tours, goodies bags, and more! For a full list of add-on pricing and options, email [youthed@nbgs.org](mailto:youthed@nbgs.org)



## 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 or patch. 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@nbgs.org](mailto:youthed@nbgs.org)!



### Girl Scout Shapes in Nature Day

Bring your Girl Scouts to NBG to earn *Shapes in Nature* Badges.

**Saturday, March 28 · 11 AM—12:30 PM**

**\$18/Scout and \$20/adult chaperones.**

**(Adult NBG members may chaperone for free.)**

**No sibling tag-alongs.**

### Girl Scout Outdoor Art Day

Bring your Girl Scouts to NBG to earn their *Outdoor Art* Badge.

**Saturday, May 2 · 11 AM—12:30 PM**

**\$18/Scout and \$20/adult chaperones.**

**(Adult NBG members may chaperone for free.)**

**No sibling tag-alongs.**

## EDUCATOR PROFESSIONAL DEVELOPMENT



Join NBG to earn the Explore Your Environmental Project Learning Tree activity guide! *Coffee and snacks provided. Educators must bring their own lunch.*

**Saturday, March 21 · 9 AM—3 PM**

**\$15/Educator**

**Registration opens December 1!**

Scan the QR code to visit the Educator Professional Development website page for more information on the PLT workshop!



## SCHOOL FIELD TRIPS & OUTREACHES

Book an NBG guided or self-guided field trip or outreach program for the 2025-2026 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!

Title I pricing and scholarship information and opportunities are available upon request.



Scan the QR code to visit the NBG School Programs website page for more information on how to book a field trip or outreach!