

# GROW



Course Calendar & Catalog | MAY—AUGUST 2026

norfolk  
botanical  
garden

Photo of a Queen of the Prairie (*Filipendula rubra*) by Graphic Design & Digital Content Specialist Julia Giacona

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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.



Scan to Register Online

**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**

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# May

- 5/01 Landscaping with Cold Hardy Palms in Hampton Roads  
Tidewater African Violet Show & Sale
- 5/05 Rose Garden Walk & Talk  
Sumi-e: Japanese Ink Painting (5-Week Class)  
Mother's Day Basket Arrangement
- 5/06 Suds & Buds
- 5/08 Mother's Day Walk & Talk  
Gardening as You Age  
Family Twilight Trek
- 5/09 Monarch Waystation Workshop  
Watercolors: Hummingbird and Lily of the Valley  
Storybook Tea Party  
Jr. Garden Artists: Mother's Day Plates & Mugs
- 5/12 Importance of Summer Time Bird Feeding  
First Landing State Park Field Trip
- 5/16 Virginia Bonsai Society Show & Sale
- 5/19 Roses: An Introduction
- 5/20 Colonial Garden Walk & Talk
- 5/26 Owl Prowl  
Herbal Tea Container Workshop
- 5/27 Yoga (4-Week Class)
- 5/28 Beginner T'ai Chi (8-Week Class)  
Intermediate T'ai Chi (8-Week Class)  
Garden Stars  
Evening Yoga (4-Week Class)
- 5/29 Yoga (4-Week Class)  
Hardy Ferns of Virginia

## Monarch Waystation Workshop



With Senior Horticulturist of Design & Conservatory Programs Linda Saunders, Butterfly Expert Lauren Tafoya and Horticulturist II Isabelle Armistead

Learn the basics of monarch butterflies and their life cycles, migration, and what it takes to be certified as a Monarch Waystation. Create a colorful container that will attract monarch butterflies to your yard.

Saturday, May 9 • 9 AM–12 PM  
 \$50 (\$65 for not-yet-members)

## Wild Herb Foraging Walk

With Botanist and Founder of Wild Herb Academy April Punsalan

Friday, June 5 • 9:30 AM–11:30 AM  
 \$25 (\$35 for not-yet-members)



# June

- 6/02 **Book Binding**  
Splendid Summer Container Workshop
- 6/03 **Fruit and Vegetable Garden Planning**
- 6/05 **Wild Herb Foraging Walk**
- 6/06 **Mirror Lake Walk & Talk**  
Watercolors: Spicebush Swallowtail and Coneflower
- 6/07 **Tidewater Daylily Society Show & Sale**
- 6/09 **Plant Marker Clay Workshop**  
Learn to Knit (3-Week Class)  
Storybook Tea Party
- 6/11 **Hummingbird Container Workshop**  
Fairy & Gnome Summer Homes
- 6/12 **Herb Container Workshop**  
Family Twilight Trek
- 6/13 **Reclaimed Barnwood Succulent Planter**  
Welcome Summer Walk & Talk  
Jr. Garden Artists: Father's Day Mugs
- 6/14 **Butterfly Festival**
- 6/16 **Sunset Kayaking**  
Tidewater Mushroom Company Field Trip
- 6/17 **Butterfly Garden Walk & Talk**
- 6/18 **The Fundamentals of Pizza Making**  
Perennial Garden Walk & Talk  
Owl Prowl  
Sunset Kayaking  
Dinosaurs in the Garden
- 6/23 **Mosaic Pollinator Watering Station**  
The Art of Pressing Flowers  
Sunset Kayaking
- 6/24 **Who Shapes the Land? Grazers and Human Stewardship with Living Soil**
- 6/25 **Bread Making Workshop**  
Garden Stars  
Sunset Kayaking
- 6/26 **Indigenous Gardens: How We Cultivated the American Landscape**
- 6/30 **Red, White, and Blue Centerpiece**  
Sunset Kayaking

## Kitchen Garden Spotlight



Just steps from Tram Stop 6 is the Potager Kitchen Garden, a space designed, planted, and cared for by the Norfolk's very own Master Gardeners! Visit on Wednesdays and Fridays all summer long from 9:30–11:30 a.m. to meet and greet with the gardeners who bring this space to life.

## Kitchen Garden Veggie Tasting

With Norfolk Master Gardeners

Wednesday, July 22 • 10–11 AM  
\$5 (\$10 for not-yet-members)

## Connect with Nature

Norfolk Botanical Garden is available to provide engaging speakers for upcoming meetings and host informational tables at community events. The Garden's Adult Outreach program offers a variety of opportunities for community groups to connect with nature.

Learn More Here



Photo Credit: City of Norfolk: Andrew Cooper

# GARDEN WALK & TALKS

Casual, informative garden tours with plenty of time for questions and photos.  
Outdoor program with moderate walking, weather permitting.  
Mobility scooters available upon request—call to reserve when registering.

Space is limited, pre-registration is required.  
\$5 per person.

## Rose Garden Walk & Talk

With Horticulturist III Tensaie Fesshaye  
Tuesday, May 5 • 11 AM –12 PM

## Mother's Day Walk & Talk

With Horticulturist III Emily Wilson  
Friday, May 8 • 1 –2 PM

## Colonial Garden Walk & Talk

With Horticulturist III Steve Saunders and NBG Volunteer Catherine Severo  
Wednesday, May 20 • 10 –11:30 AM

## Mirror Lake Walk & Talk

With Horticulturist III Shelby Correia  
Saturday, June 6 • 10 –11:30 AM

## Welcome Summer Walk & Talk

With Vice President of Horticulture Les Parks  
Saturday, June 13 • 9:30 –11 AM

## Butterfly Garden Walk & Talk

With Horticulturist II Izabelle Armistead  
Wednesday, June 17 • 10 –11:30 AM

## Perennial Garden Walk & Talk

With Horticulturist III Sarah Huseman  
Thursday, June 18 • 10 –11 AM

## Hosta Walk & Talk

With Horticulturist IV Dakayla Calhoun  
Wednesday, July 1 • 10 –11:30 AM

## Crape Myrtle Walk & Talk

With Horticulturist II Izabelle Armistead  
Tuesday, July 7 • 10 –11:30 AM

## Le Jardin Walk & Talk

With Horticulturist III Steve Saunders  
Wednesday, July 15 • 10 –11:30 AM

## Native Tree Walk & Talk

With Horticulturist IV Daniel Fulford  
Thursday, July 30 • 10 –11:30 AM

## Salvia Walk & Talk

With Horticulturist IV Dakayla Calhoun  
Wednesday, August 5 • 10 –11:30 AM

## Subtropical Garden Walk & Talk

With Horticulturist III Sarah Huseman  
Tuesday, August 11 • 10 –11 AM

## Meadow Walk & Talk

With Horticulturist IV Andrew Earehart and Horticulturist II Izabelle Armistead  
Thursday, August 27 • 10 –11:30 AM



# July

- 7/01 **Yoga (4-Week Class)**  
**Wednesday Oil Painting (8-Week Class)**  
**Hosta Walk & Talk**
- 7/02 **Thursday Oil Painting (8-Week Class)**  
**Evening Yoga (4-Week Class)**  
**Sunset Kayaking**
- 7/03 **Yoga (4-Week Class)**
- 7/04 **Storybook Tea Party**
- 7/07 **Worm Composting**  
**Botanical Art (3-Day Class)**  
**Crape Myrtle Walk & Talk**  
**Sunset Kayaking**
- 7/09 **Landscape Floral Arrangement**  
**Sunset Kayaking**  
**Fairy & Gnome Summer Homes**
- 7/10 **Family Twilight Trek**
- 7/11 **Watercolors: Summer Vegetables**  
**Jam, Jelly, and Canning 101**  
**Needle Felting**
- 7/14 **Moth Night**  
**Sunset Kayaking**
- 7/15 **Le Jardin Walk & Talk**
- 7/16 **The Fundamentals of Pizza Making**  
**Sunset Kayaking**  
**Dinosaurs in the Garden**
- 7/18 **Jr. Garden Artists: Picnic Plates**
- 7/21 **Biedermeier Arrangement**  
**Intro to Tunisian Crochet**  
**Garden Stars**  
**Sunset Kayaking**
- 7/22 **Kitchen Garden Veggie Tasting**
- 7/23 **Owl Prowl**  
**Sunset Kayaking**
- 7/24 **Greenhouse 101**
- 7/28 **Sunset Kayaking**
- 7/29 **Lacto-Fermentation Workshop**
- 7/30 **Beginner Ta'i Chi (8-Week Class)**  
**Intermediate T'ai Chi (8-Week Class)**  
**Native Tree Walk & Talk**  
**Sunset Kayaking**
- 7/31 **Yoga (4-Week Class)**

# August

- 8/01 Storybook Tea Party
- 8/04 Evening Yoga (4-Week Class)  
Mosaic Light Workshop  
Bread Making Workshop  
Sunset Kayaking
- 8/05 Yoga (4-Week Class)  
Saliva Walk & Talk
- 8/06 Sunset Kayaking
- 8/08 Jr. Garden Artists: Picnic Plates
- 8/11 Subtropical Garden Walk & Talk  
Tropical Centerpiece  
Sunset Kayaking
- 8/13 Sunset Kayaking  
Fairy & Gnome Summer Homes
- 8/14 Invasive Plant Management  
Family Twilight Trek
- 8/15 Still Life Drawing and Painting  
Jam, Jelly, and Canning 101  
Branch Loom Workshop  
Virginia Honey Bee Festival
- 8/18 Knitting with Beads  
Sunset Kayaking
- 8/20 Owl Prowl  
Sunset Kayaking  
Dinosaurs in the Garden
- 8/21 Plant Propagation
- 8/25 Beginning Beekeeping (3-Week Class)  
Sunset Kayaking
- 8/27 Meadow Walk & Talk  
Garden Stars  
Bespoke Arrangement  
Sunset Kayaking
- 8/28 Setting up Young Trees for Success:  
A Guide to Structural Pruning  
WOW End of Summer Celebration
- 8/29 A Few Great Native Plants and  
Why You Should Plant Them  
Watercolors: Sunflower and  
Carolina Wren

## Festivals Are Back!

**BUTTERFLY  
FESTIVAL**



Sunday, June 14  
10AM – 4PM

**VIRGINIA  
HONEY BEE  
FESTIVAL**



Saturday, August 15  
10AM – 4PM

## Coming October! FALL PLANT SALE



## GARDEN TO- GO KITS

# garden

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



## Landscaping with Cold Hardy Palms in Hampton Roads

With Horticulturist II Hunter Goan

**Friday, May 1 • 10 AM–12 PM**

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

In this class, we will learn how to incorporate palms into the Virginia landscape as well as the specific care for different species. We will also discuss how palms can fit a wide range of landscapes, including low-maintenance options. Indoor presentation followed by an outdoor tour. Walking required.

## Monarch Waystation Workshop

With Senior Horticulturist of Design & Conservatory Programs Linda Saunders, Butterfly Expert Lauren Tafoya and Horticulturist II Izabelle Armistead

**Saturday, May 9 • 9 AM–12 PM**

**\$50 (\$65 for not-yet-members)**

Learn the basics of monarch butterflies and their life cycles, migration, and what it takes to be certified as a Monarch Waystation. Create a colorful container that will attract monarch butterflies to your yard.

## Roses: An Introduction

With NBG Volunteer Catherine Severo

**Tuesday, May 19 • 10–11:30 AM**

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

In this class we will discuss the geography and development of different classes of roses, including species roses and hybrids, their incredible diversity and their uses in the garden



## Herbal Tea Container Workshop

With Education Specialist Brittany Gernheuser

**Tuesday, May 26 • 1–3 PM**

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

Explore how different teas are traditionally used and how they can affect the body. Also learn best practices for growing, harvesting, and processing tea herbs. Create a tea garden of your own to take home.

## Hardy Ferns of Virginia

With Horticulturist II Annika Kohler

**Friday, May 29 • 10 AM–12 PM**

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

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

## Splendid Summer Container Workshop

With Curator of Herbaceous Plants Mary Toth

**Tuesday, June 2 • 1–2:30 PM**

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

Create a lush and colorful container with summer annuals that will wow all of your neighbors.

## Hummingbird Container Workshop

With Horticulturist III Emily Wilson

**Thursday, June 11 • 1–3 PM**

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

Learn about hummingbirds, take a tour of the hummingbird garden, and take home a planter filled with hummingbird-attracting plants. Indoor presentation followed by an outdoor walking tour. Walking required.

## Herb Container Workshop

With Horticulturist II Annika Kohler

**Friday, June 12 • 10 AM–12 PM**

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

Make and take! Learn all about various herbs and their uses, including those we'll be planting. All materials included.

## Indigenous Gardens: How We Cultivated the American Landscape

With Horticulturist II Hunter Goan

**Friday, June 26 • 10 AM–12 PM**

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

In this class, learn the history and cultures that cultivated this continent over thousands of years, and how these traditions can carry us all forward in a changing world. Indoor presentation followed by an outdoor tour. Walking required.

## Worm Composting

With Master Gardener Kandy Keith

**Tuesday, July 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.

## Setting up Young Trees for Success: A Guide to Structural Pruning

With Horticulturist II Hunter Goan

**Friday, August 28 • 10 AM–12 PM**

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

A Guide to Structural Pruning-Attendees will learn proper pruning techniques for everyday gardening as well as the specifics behind structural pruning. Indoor presentation followed by an outdoor tour. Walking required.

## A Few Great Native Plants and Why You Should Plant Them

With Vice President of Horticulture Les Parks

**Saturday, August 29 • 9:30–11 AM**

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

This talk discusses the value of native plants, and will introduce attendees to some of the best native perennials, shrubs, and trees that not only thrive in the climate of Coastal Virginia, but also benefit local insects, birds, and mammals.



# explore

Let curiosity take root with our nature and wildlife programs.

## Garden Stars

In partnership with the Back Bay Amateur Astronomers

**Thursday, May 28 • 8:30–10 PM**

**Thursday, June 25 • 8:30–10 PM**

**Tuesday, July 21 • 8:30–10 PM**

**Thursday, August 27 • 8:30–10 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.

## Owl Prowl

With Nature's Nanny Wildlife Rehab

**Tuesday, May 26 • 7–9 PM**

**Thursday, June 18 • 7–9 PM**

**Thursday, July 23 • 7–9 PM**

**Thursday, August 20 • 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.

## Importance of Summer Time Bird Feeding

With Wild Birds Unlimited

**Tuesday, May 12 • 1–3 PM**

**\$20 (\$25 for not–yet–members)**

Some customers feel that you don't have to feed in the summertime because that is when there is a lot of natural resources available for the birds, but then you miss out on all of the activity from nesting. Parent birds bringing their fledglings to feeders and bird baths is one of the most enjoyable times of the year to feed and watch birds. Feeding the birds year-round is important and it brings joy to us year-round as well.



## Sunset Kayaking

In partnership with Tula Paddle Sports

**June 16, 18, 23, 25, 30 • 6:30 PM–Sunset**

**July 2, 7, 9, 14, 16, 21, 23, 28, 30 • 6:30 PM–Sunset**

**August 4, 6, 11, 13, 18, 20, 25, 27 • 6 PM–Sunset**

**\$50 (\$65 for not–yet–members)**

## Beginning Beekeeping (3-Week Class)

With Beekeepers Guild of Southeast Virginia

**Tuesdays, August 25, September 1, and September 8 •**

**6:30–8:30 PM**

**\$50 (\$65 for not–yet–members)**

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

## Moth Night

With Maurice A. Cullen, Local Naturalist and Moth Aficionado

**Tuesday, July 14 • 8:30–10:30 PM**

**\$20 (\$30 for not–yet–members)**

Come learn about moths with an indoor presentation slideshow of many local moths and how to attract them. 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.



# create

Cultivate your creativity with these garden-inspired workshops.

All supplies included.



## Wednesday Oil Painting (8-Week Class)

With Artist Adele Loomans

Wednesdays, July 1-August 19 • 9:45–11:45 AM  
\$175 (\$200 for not-yet-members)

## Thursday Oil Painting (8-Week Class)

With Artist Adele Loomans

Thursdays, July 2-August 20 • 9:45–11:45 AM  
\$175 (\$200 for not-yet-members)

## Watercolors

With Artist Diana Davis

Saturdays • 9 AM–12 PM

Hummingbird and Lily of the Valley • May 9  
Spicebush Swallowtail and Coneflower • June 6  
Summer Vegetables • July 11  
Sunflower and Carolina Wren • August 29  
\$60 (\$75 for not-yet-members)

## Floral Design Workshops

With Curator of Herbaceous Plants & Certified Floral Designer Mary Toth

Mother's Day Basket Arrangement • May 5 • 1–2:30 PM  
Red, White, and Blue Centerpiece • June 30 • 1–2:30 PM  
Biedermeier Arrangement • July 21 • 1–2:30 PM  
Bespoke Arrangement • August 27 • 1–2:30 PM  
\$65 (\$80 for not-yet-members)  
Landscape Floral Arrangement • July 9 • 1–2:30 PM  
Tropical Centerpiece • August 11 • 1–2:30 PM  
\$70/Workshop (\$85 for not-yet-members)

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

With Artist Norene Spencer

Tuesdays, May 5-June 2 • 11 AM–1 PM  
\$85 (\$110 for not-yet-members)

## Book Binding

With Artist Meredith Brown

Tuesday, June 2 • 6–8 PM  
\$30 (\$40 for not-yet-members)

This lesson explores the history of simple bookbinding and two beginner methods: pamphlet stitch (three- and five-hole) and Japanese stab binding (four-hole). We'll decorate our covers, then head outside to discuss nature journaling and using natural elements to create one-of-a-kind art.

## Plant Marker Clay Workshop

With Instructor Greg Bryant

Tuesday, June 9 • 9:30–11:30 AM  
\$50 (\$60 for not-yet-members)

Customize your own! Durable, waterproof, high-fired clay. Stick with the favorites—basil, cucumber, tomatoes, etc.—or personalize with a funny or meaningful quote about the trials and tribulations of gardening.

## Reclaimed Barnwood Succulent Planter

With Instructor Melissa Tebbenhoff

Saturday, June 13 • 10 AM–12 PM  
\$60 (\$70 for not-yet-members)

## Mosaic Pollinator Watering Station

With Instructor Sue Hill, Shill Creations Studio, LLC

Tuesday, June 23 • 9:30 AM–1 PM  
\$115 (\$125 for not-yet-members)

In this workshop, design and craft a beautiful, safe watering station.

Learn the basic techniques of cutting, assembling, attaching, grouting, and sealing. Use different substrates for different climates.

## Botanical Art (3-Day Class)

With Artist Lynne Frailing

July 7, 8 and 9 • 9:30 AM–12:30 PM  
\$125 (\$150 for not-yet-members)

Students will bring a photo or specimens of their choice from which to draw or paint using watercolor, ink or pencil. Instruction will include observational drawing and how to use each art medium.

## Still Life Drawing and Painting

With Artist Lynne Frailing

Saturday, August 15 • 9:30 AM–12:30 PM  
\$75 (\$85 for not-yet-members)

Summer is a perfect time to observe nature. Students will be asked to bring a specimen from nature—bloom, leaf, shell, plant with which to observe with sighting tools and draw with pencil and pens.

## Needle Felting

With Instructor Marilyn Estrada

Saturday, July 11 • 10 AM–12 PM  
\$40 (\$50 for not-yet-members)

## Branch Loom Workshop

With Instructor Marilyn Estrada

Saturday, August 15 • 9:30 AM–12:30 PM  
\$35 (\$45 for not-yet-members)

Create a one-of-a-kind nature-inspired woven art piece using branches, yarns, lichens, mosses, feathers, shells, and more. Supplies are included, but feel free to bring your own items to personalize your branch loom.

## Mosaic Light Workshop

With Instructor Sue Hill, Shill Creations Studio, LLC

Tuesday, August 4 • 9:30 AM–1 PM  
\$115 (\$125 for not-yet-members)

In this hands-on workshop, you will learn the basics of glass cutting, assembling, and finishing under the guidance of an experienced teaching artist. You will design a tabletop or wall plug-in light that will best fit your space.

## Crochet/Knit

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

Learn to Knit (3-Week Class) • Tuesdays, June 9-June 23 • 6–8 PM

\$85 (\$95 for not-yet-members)

Intro to Tunisian Crochet • Tuesday, July 21 • 6–8 PM

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

Knitting with Beads • Tuesday, August 18 • 6–8 PM

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

## The Art of Pressing Flowers

With Briana from So Many Flowers

Tuesday, June 23 • 6–8 PM

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

Want to press flowers but not sure where to start—or not getting great results? In this class, learn expert tips for successful flower pressing. You'll receive a small press to fill with flowers and create a framed piece using pre-pressed blooms for inspiration.



# Sow the seeds for your healthy lifestyle. live well

All supplies included.



## Yoga (4-Week Class)

Wednesdays, May 27–June 17, July 1–July 22, August 5–August 26 • 9:30–10:30 AM

With Certified Instructor Carly Joelle

Fridays, May 29–June 19, July 3–July 24, July 31–August 28 (no class on August 14) • 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, May 28–July 16, July 30–September 17 • 9:30–10:30 AM

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

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

In partnership with the Tidewater T'ai Chi Center

Thursdays, May 28–July 16, July 30–September 17 • 10:30–11:30 AM

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

## Evening Yoga (4-Week Class)

With Certified Instructor Karen Babcock

Thursdays, May 28–June 18, July 2–July 23 • 6–7 PM

With Certified Instructor Brier King

Tuesdays, August 4–August 25 • 6–7 PM

**\$50 (\$65 for not-yet-members)**

## The Fundamentals of Pizza Making

With Chef David Hannah

Thursday, June 18 • 6–8 PM

Thursday, July 16 • 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, July 11 • 10 AM–12 PM

Saturday, August 15 • 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.



## Kitchen Garden Veggie Tasting

With Norfolk Master Gardeners

Wednesday, July 22 • 10–11 AM

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

Join us for an informal, educational tasting of familiar and uncommon vegetables that grow in Coastal Virginia.

## Bread Making Workshop

With Tylor Alexander from Pilgrim Bread

Thursday, June 25 • 6–8 PM

Tuesday, August 4 • 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.



## Gardening as You Age

With Horticulture Associate of Virginia Tech Dr. Laurie Fox

**Friday, May 8 • 10 AM–12 PM**

**\$20 (\$25 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.

## First Landing State Park Field Trip

With First Landing State Park Rangers

**Tuesday, May 12 • 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.

## Fruit and Vegetable Garden Planning

With David Carter of Fritillary Farm

**Wednesday, June 3 • 1–3 PM**

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

This class will cover the basic planning of a fruit and vegetable garden. In this class we will cover planting times, site selection, plant selection, plant spacing, as well as design.

## Wild Herb Foraging Walk

With Botanist and Founder of Wild Herb Academy April Punsalan

**Friday, June 5 • 9:30 AM–11:30 AM**

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

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

## Tidewater Mushroom Company Field Trip

With Tidewater Mushroom Company Owner Jason Hes

**Tuesday, June 16 • 10 AM–12 PM**

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

In this class you will learn about the day-to-day cultivation side of mushrooms. How we operate as an urban farm. As well as teaching about the composition of mushrooms along with some of their nutrients and bioactive compounds. Participants will receive information on where to meet after registration.

## Who Shapes the Land? Grazers and Human Stewardship with Living Soil

With Elizabeth Riffle of Riffe Farms Market & Co-op

**Wednesday, June 24 • 1–3 PM**

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

This interactive program examines how bison—North America's historic keystone grazing species—soil health, and regenerative agricultural practices work together to restore ecosystem function. Through hands-on demonstrations and locally sourced soil comparisons, the program connects soil health directly to flooding.

## Lacto-fermentation Workshop

With David Carter of Fritillary Farm

**Wednesday, July 29 • 1–3 PM**

**\$55 (\$65 for not-yet-members)**

In this class we will cover basic fermenting principles and begin two ferments. You will be provided with a fermenter and produce from Fritillary Farm for an in-person instruction in your first fermentation.

## Greenhouse 101

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

**Friday, July 24 • 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.

## Invasive Plant Management

With Horticulture Associate of Virginia Tech Dr. Laurie Fox

**Friday, August 14 • 10 AM–12 PM**

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

What is an invasive plant? Do you recognize these invasive plants? Dr. Laurie Fox with Virginia Tech will answer all these questions and more in her presentation on managing these difficult plants in our landscapes.

## Plant Propagation

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

**Friday, August 21 • 10 AM–12 PM**

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

Whether you're a seasoned gardener or a curious beginner, you'll learn simple, practical techniques to multiply your plants and grow your garden.



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

## SERIES DESCRIPTIONS

### Critter Club

#### Tuesday Mornings

Go into the woods to learn about some of the different critters who call the Garden home. *Recommended for ages 6-12.*

### Garden Artists

#### Friday Mornings

Cultivate your child's creativity as we use craft supplies and natural materials to create garden-inspired works of art. *Recommended for ages 5-10.*

### Jr. Master Gardeners

#### Saturday Mornings

Join us as we Learn, Grow, Eat & Go with the Early Childhood Jr Master Gardener program. *Recommended for ages 3-6.*



## NBG MEMBER EXCLUSIVE PROGRAMS

Join us in the Garden for free Member programs on Wednesday and Thursday mornings this summer! Activities recommended for ages 3+. Pre-registration required. Space is limited to the first 15 registered children. Adult chaperone attendance and supervision is required.

### Garden to Fork

#### June • 10 AM

Meet at the WOW Children's Garden to learn about growing your own fruit and vegetable garden.

### Gardening for Pollinators

#### July • 9:30AM

Meet at the Butterfly House to examine how pollinators support vegetable gardens.

### Trees & Me

#### August • 10AM

Meet at the WOW Children's Garden to learn about the different foods that grow on trees.



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

### Storybook Tea Party

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

**Saturday, May 9 • 10–11AM • Roses**

**Saturday, June 6 • 10–11AM • Butterfly**

**Saturday, July 4 • 10–11AM • Bumblebee**

**Saturday, August 1 • 10–11AM • Dinosaurs**

**\$14/child for NBG Members.**

**(\$22/child and \$20/adult for not-yet-members.)**

### Family Twilight Trek

Join us each month this summer for exclusive after-hours tours while learning about some of our featured Garden creatures. Recommended for ages 5+ with some chaperone assistance. Moderate walking required. All child and adult participants must have a registered ticket. Not-yet-members are encouraged to arrive early to enjoy the Garden before the program start time!

**Friday, May 8 • 7–8:30PM • Frogs**

**Friday, June 12 • 7:30–9PM • Fireflies**

**Friday, July 10 • 7:30–9PM • Cicadas**

**Friday, August 14 • 7:30–9PM • Possums**

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

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



### Jr. Garden Artists: Mother's Day Plates & Mugs

Paint the perfect decorative plate and mug set as a gift for someone special in your life. Recommended for ages 4+ with some chaperone assistance.

**Saturday, May 9 • 10–11AM**

**\$14/child for NBG Members.**

**(\$22/child and \$20/adult for not-yet-members.)**

### Jr. Garden Artists: Father's Day Plates & Mugs

Paint the perfect decorative plate and mug set as a gift for someone special in your life. Recommended for ages 4+ with some chaperone assistance.

**Saturday, June 13 • 10–11AM**

**\$14/child for NBG Members.**

**(\$22/child and \$20/adult for not-yet-members.)**

## 2026 WOW THEME: GARDEN TO FORK



### Garden to Fork

INCREDIBLE EDIBLES

Join us in the WOW Children's Garden for our summer theme, *Incredible Edibles: Garden to Fork*, to learn about the parts of the plants we eat, best practices for sustainable gardening at home, the benefits eating fresh fruits and vegetables, and the mental, physical, and dietary importance of gardening, growing our own food, and making healthy food choices.

#### Jr. Garden Artists: Picnic Plates

Paint a set of plates to take on your summer picnics. Recommended for ages 4+ with chaperone assistance.

**Saturday, July 18 · 10-11AM**

**Saturday, August 8 · 10-11AM**

**\$14/child for NBG Members.**

**(\$22/child and \$20/adult for not-yet-members.)**

#### Fairy & Gnome Summer Homes

Make a miniature summer home for the fairies and gnomes in your garden. Each fairy garden includes an air plant! Recommended for ages 5+ with some chaperone assistance.

**Thursday, June 11 · 10-11AM**

**Thursday, July 9 · 10-11AM**

**Thursday, August 13 · 10-11AM**

**\$14/child for NBG Members.**

**(\$22/child and \$20/adult for not-yet-members.)**



#### Dinosaurs in the Garden

Learn about the dinosaur plants and animals who live in the Garden, then make your own dinosaur terrarium to take home. Each dinosaur terrarium includes an air plant! Recommended for ages 8+.

**Thursday, June 18 · 10-11:30AM**

**Thursday, July 16 · 10-11:30AM**

**Thursday, August 20 · 10-11:30AM**

**\$14/child for NBG Members.**

**(\$22/child and \$20/adult for not-yet-members.)**

#### WOW End of Summer Celebration

Join us in the WOW Children's Garden after hours to celebrate WOW's 20th birthday with crafts, games, and other activities! Make sure to come out early to play in the fountains. Recommended for ages 3+ with some chaperone assistance.

**Friday, August 28 · 7-8:30PM**

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

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

### GIRL SCOUT PROGRAMS

Bring your Girl Scout Troop to the Garden this summer for a guided or self-guided program! Each of our offered programs allow the participating Scouts to complete the necessary requirements to earn the corresponding badge or patch.

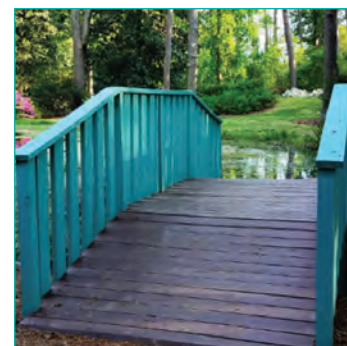
**Girl Scout Programs:**  
**GSCCC Explore NBG Patch**  
**Daisy Animal Observer Badge**  
**Brownie Bug Badge**  
**Junior Flower Badge**  
**Cadette Tree Badge**  
**Cadette Night Owl Badge**  
**Outdoor Art Badges**  
**Math in Nature Badges**

### GIRL SCOUT BRIDGING CEREMONIES

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

#### DELUXE CEREMONY OPTION:

Add a one-hour WOW classroom rental to your bridging ceremony to celebrate with your Troop! Pricing starts at \$400



### CHILDREN'S BIRTHDAY PARTIES

Book a birthday party in the WOW Children's Garden! Rental pricing starts at \$300 for NBG Members and includes a WOW classroom rental, themed table decorations, Garden admission for party guests, and paperware for the party. Once the party is complete, party hosts and guests can explore the Garden, play in the WOW Splash Fountains, visit the seasonal Butterfly House, and more!

**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@nbg.org](mailto:youthed@nbg.org)