



ADULT EDUCATION



WATERFRONT
BOTANICAL
GARDENS



Winter-Spring 2022

January - April

Adult Classes and Workshops
Friday Night Speaker Series
Garden-to-Fork: Culinary Series
Garden Highlights Walk & Talk
Heart, Mind, Spirit Series

Garden-to-Fork: Culinary Series



IT'S ABOUT THYME
Saturday, February 26
11:30 a.m. - 1:00 p.m.
Leslie Botanical Classrooms
\$30 | \$25 WBG members

Chef Nikkia Rhodes returns to WBG and will bring along students from Iroquois High School to demonstrate the power of the delicious evergreen herb, thyme. Various dishes will be demonstrated allowing you to taste the variety of ways this herb can be used in the kitchen. Cooking notes and recipes are available after class.

Chef Rhodes was named *2021 Cook of the Year* by *Southern Living*, launched the culinary arts program at Iroquois High School, and co-founded the McAtee Community Kitchen.

Menu: thyme lemonade, thyme cookies and butter-glazed carrots with thyme bearnaise sauce.

BENTO BOX DEMONSTRATION
Wednesday, March 16
6:00 - 7:30 p.m.
Leslie Botanical Classrooms
\$25 | \$20 WBG members

Bento box meals are common in Japanese culture. Many Japanese pack their meals in bento boxes or buy a pre-made bento box meal. There are many ways to make a bento box fun and decorative. Participants will receive their own bento box and ingredients to create a bento box to eat in class or take home. In partnership with the Japan / America Society of Kentucky



TASTES OF ECONOMIC BOTANY
Saturday, April 16
9:00 a.m. - 10:00 a.m.
Leslie Botanical Classrooms
\$18 | \$14 WBG members

The origins of agriculture are wide and varied, but nearly forgotten. While snacking on an array of edible foods, learn where on the planet these fruits, grains, vegetables, beverages and nuts first originated. Discover for how long in human history these foods have been cultivated, and find out which nations today are the leading producers of these crops. Understand why some fruits and hot beverages were either renamed or considered un-American to consume. Munch on samples as you are enlightened to the backstories of many plant foods found in the supermarket.

Adult Classes and Workshops

JANUARY

SILENT MEDITATION RETREAT
Sunday, January 23
12:30 - 4:00 p.m.
Graeser Family Education Center
\$30 | \$22 WBG members

In the natural world, January is a time of silence and restoration. This retreat is an opportunity for you to experience restorative and affirming relief from life's struggles. Using the beautiful spaces at WBG, incredible music, tasty food, and skillful teachers, we explore mindfulness meditation practices with curiosity and kindness. Participants are silent during most of the retreat as the instructors guide you in a variety of practice forms, including walking, eating, sitting and chair yoga; the time moves quickly. Anticipate your silence as a pleasant experience as your brain's language center relaxes. No experience with meditation required.

Light snacks and beverages provided for the Mindful Eating portion of the retreat.

FEBRUARY

BLOOMS 'N BRUSHES
Tuesday, February 1
7:00 - 9:00 p.m.
Leslie Botanical Classrooms
\$45 | \$35 WBG members

In this acrylic painting class, the artist will guide you through the steps of painting a macro image of a moth orchid (*Phalaenopsis*). Celebrating pinks and whites, this will be the perfect masterpiece to give as a gift, or as an experience to share during this season of friendship and love. All levels of artistic ability are invited, and creativity will be encouraged. Wine (for those age 21+) and non-alcoholic beverages will be available.



ORIGAMI

Thursday, February 17

6:00 - 7:15 p.m.

Leslie Botanical Classrooms

\$16 | \$12 WBG & JASK members

Origami is the Japanese art of paper folding. Learn to create a bouquet of origami flowers and fold other origami using locally sourced paper created with fibers from invasive tree fibers harvested in Louisville.

This program is a partnership with the Japan / America Society of Kentucky.



THE SCIENCE BEHIND COMPOSTING

Thursday, February 24

6:30 - 8:00 p.m.

Leslie Botanical Classrooms

\$15 | \$10 WBG members

This class covers the basics of composting, how to set up and manage a compost pile, the benefits and uses of compost, troubleshooting tips, and other ways to reduce waste from being sent to the landfill. Join in on this discussion, and have your questions answered by Chelsea Hicks, our Avish Horticulturist here at Waterfront Botanical Gardens.

MARCH

BLOOMS 'N BRUSHES

Thursday, March 3

7:00 - 9:00 p.m.

Leslie Botanical Classrooms

\$45 | \$35 WBG members



In this acrylic painting class, the artist will guide you through the steps of painting forced branches of forsythia. This will involve brilliant and bright yellows and greens. Create a perfect masterpiece to hang on your wall as winter fades into spring. All levels of artistic ability are invited, and creativity will be encouraged. Wine (for those age 21+) and non-alcoholic beverages will be available.

PRUNING WORKSHOP

Saturday, March 5

10:00 a.m. - 12:30 p.m.

Leslie Botanical Classrooms

\$15 | \$10 WBG members

Late winter is the prime time to complete numerous pruning tasks in the landscape. Build your confidence in the task by gaining insight into the tools to have in your arsenal, learning how plants respond to pruning, and prioritizing what to prune in a shrub that appears to be a mess of twigs. Also, find out which flowering shrubs to prune now, and which ones need to wait until later in the year. This class includes lecture, demonstration, and practical application on some woody plants.

AROMATHERAPY TO BENEFIT GUT HEALTH

Monday, March 7

6:30 - 7:30 p.m.

Leslie Botanical Classrooms

\$55 | \$45 WBG members

Experience how to use essential oils to improve gut health, aid in digestion, improve physical, mental, and emotional well-being. After experimenting with scents like ginger, orange, and rosemary, each student will create a take-home kit full of essential oils to improve your day-to-day life and wellbeing.

SPRING CUTTING GARDEN: PLANTING AND DESIGN

Wednesday, March 9

6:00 - 7:30 p.m.

Leslie Botanical Classrooms

\$45 | \$35 WBG members

Students will get insider information on planting a flower garden for spring fresh cut bouquets. Seeds, trays and soil included, along with tips on planning the layout of the garden and bouquets from the bounty! This lesson will be taught by *Pure Pollen Flowers* - a full-scale flower farming business featuring locally-grown and native flora.





NATURAL DYE METHODS WORKSHOP

3-Week Series • March 12, 19, and 26

10:00 a.m. - 12:00 p.m.
Leslie Botanical Classrooms
\$130 | \$100 WBG members

Explore a variety of methods used to obtain pigment and fabric prints from natural, discarded, and foraged materials in this 3-session workshop. Learn about pH and color modification, exploring steam bundle dyeing with flowers, creating dye with compost materials, and how to utilize rust and iron for expansive dye practices. You will create a takeaway item each of the sessions. Ticket price covers registration to all three Saturday mornings.

Session 1: Introduction to pH, prepare fabric and flower pounding

Session 2: Compost dyes

Session 3: Flower bundle steam dyeing

ESSENTIAL OILS FOR WOMEN

Monday, March 21

6:30 - 8:00 p.m.
Leslie Botanical Classrooms
\$60 | \$50 WBG members

We will cover a variety of common issues that women deal with like menstrual cramps, menopause, depression and stress, fine lines and wrinkles. Experience and learn how to use lavender, geranium, clary sage, and frankincense to brighten your day and general wellbeing. A take-home kit of these essential oils will be created during the class.

UNDERSTANDING HOUSEPLANTS

Wednesday, March 23

6:00 - 7:00 p.m.
Leslie Botanical Classrooms
\$35 | \$30 WBG members

Join Sayde Heckman, houseplant addict and horticulturist at Yew Dell Botanical Gardens, for an exciting and immersive lecture into the world of houseplant parenthood! From beginners to experts, you'll learn tricks about watering, lighting, pest control, plant selection, and so much more. Each attendee will go home with Sayde's #1 houseplant essential!

APRIL

REPOTTING ORCHIDS

Saturday, April 2

10:00 - 11:30 a.m.
Leslie Botanical Classrooms
\$35 | \$30 WBG members



This introductory, in-person workshop presents basic lifeforms and biology of orchid plants, including flower anatomy, growth habit, and understanding the taxonomy and names of orchids that have been bred by humans for generations. View several different flowering orchid plant types. Potting mix, pots, mounting, and a hands-on repotting demonstration will be covered.

Each registrant may bring up to two personal orchids from home to re-pot during this workshop. The take-home plant will be the Central American fragrant orchid species *Rhyncholaelia glauca*.

BLOOMS 'N BRUSHES

Wednesday, April 6

7:00 - 9:00 a.m.
Leslie Botanical Classrooms
\$35 | \$30 WBG members

Welcome spring by painting a fresh spring bouquet! This acrylic painting class will supply you with everything you'll need to create one masterpiece. All levels of artistic ability are invited, and creativity will be encouraged. Wine (for those age 21+) and non-alcoholic beverages will be available.



CREATING A RAIN GARDEN

Saturday, April 30

10:00 - 11:00 a.m.
Leslie Botanical Classrooms
\$15 | \$10 WBG members

Creating and sustaining a healthy rain garden in your yard can control water runoff, fill a yard low-spot and also positively impact the local environment. In this discussion-based program, learn about the benefits of these gardens, which attractive design is best suited for your yard, and how to maintain them throughout the year. WBG Lead Horticulturist, Andrew Hagerty introduces key installation notes for new rain gardeners.

Friday Night Speaker Series



ABRA LEE

Friday, February 11

Cocktail Hour 6:00 -7:00 pm

Presentation 7:00 - 8:30 p.m.

Graeser Family Education Center

\$40 | \$30 WBG members

Join as we discuss the historic and extraordinary horticultural legacy of some of our nation's greatest agrarians, artists, writers, photographers, educators, and florists. This exciting cultural conversation will foster a deeper understanding of these vast contributions to the American landscape as well as some plants that inspired their gardens.

Abra Lee is an Atlanta-based horticulturist, author and dynamic public speaker. Her career focuses on researching and writing about and sharing Black American garden history.

Cocktail hour offers heavy hors d'oeuvres and alcoholic beverages.



DR. MAEGEN ROCHNER

Friday, April 8

7:00 - 8:30 p.m.

Graeser Family Education Center

\$35 | \$25 WBG members

This interactive lecture looks at tree-ring dating of local historic resources such as cabins, buildings, and wood artifacts.

Dr. Rochner is a geographer and tree-ring scientist teaching and conducting research as an assistant professor of Geographic and Environmental Sciences at the University of Louisville. Her research focuses on the use of tree-ring data to reconstruct past climate and environmental conditions. This presentation includes time for Q & A. Wine and beer available during the program.

Garden Highlights Walk & Talk




March 31, April 14, April 28, May 5, May 19

6:00 - 7:15 p.m.

Waterfront Botanical Gardens
\$10 | \$5 WBG members each evening session

As spring unfolds across the Gardens, enjoy a guided educational tour -- a "walk and talk" -- with a staff horticulturist. Find out more about the plants at the Gardens: from their performance, strengths and weaknesses, to growing tips and design insights. Pick and choose which day(s) to learn about the changing plant highlights across the spring season, from late March to just after Mother's Day. Dress for the weather as this program will always be conducted outdoors.

 Further information and register online: www.waterfrontgardens.org/learn/adult-classes-and-workshops/

Contact: Kat Rivers, Adult Education Coordinator, kriver@waterfrontgardens.org

Heart, Mind, Spirit Series

CHAIR YOGA:
FREEDOM THROUGH
MOVEMENT

**February 2 and 16;
March 2, 16 and 30;
April 13 and ending
on Thursday,
April 28**

10:00 - 11:00 a.m.

Leslie Botanical
Classrooms

\$15 | \$10 WBG

members

Chair yoga invites you to find mobility in a way that is soft and gentle but also still supportive and beneficial. Build strength and confidence by joining any one or all of the sessions! Hosted every other Wednesday starting February 2 and ending on Thursday, April 28.

This program is geared toward beginners, retirees, and those with limited flexibility.



TO REGISTER

Register online at www.waterfrontgardens.org/learn/adult-classes-and-workshops/. Seating is limited and pre-registration is required.

Refund Policy

Tickets are not refundable if registration is cancelled by the purchaser. Paid registration can be transferred to another student. Multi-event series cannot be transferred. In the event that Waterfront Botanical Gardens cancels a class for any reason, we will attempt to reschedule. If there is no reschedule, the purchaser will be issued a full refund. Refunds are issued by check only.

Emergency Cancellation

In the event of an emergency cancellation, the Gardens will contact registered students with a cancellation notice (always provide/maintain a current email address and phone number).

Membership

Become a member at www.waterfrontgardens.org/support/become-a-member/

Scan here
to register

