

# NYBG

FOR IMMEDIATE RELEASE: May 29, 2020

## **Learn from Home: From the Garden to the Kitchen, NYBG's Online Adult Education Classes in June Offer Opportunities for All Plant-lovers to Grow Their Knowledge**

Expert Instructors Lead Virtual Sessions on Shade Gardening, Flower Identification, Making Delicious Berry Jams, Cooking with Mushrooms, and Much More



The New York Botanical Garden's online Adult Education classes in June, which are now available for registration, offer opportunities for plant-lovers of all experience levels to expand their knowledge and appreciation of the many ways that plants enhance life. NYBG's expert instructors offer virtual, interactive learning in a variety of topics, from shade gardening and flower identification to making delicious jams with berries, using mushrooms to add flavor and sophistication to dishes, and much more. These online classes can provide an enriching respite during uncertain times.

NYBG is temporarily closed, and all in-person events, on-site programs and classes, and exhibitions have been suspended. The necessary action complies with public health guidelines issued by federal, state, and local governments and the CDC to support stringent efforts to contain the spread of COVID-19. Essential staff continue to provide expert care for NYBG's living collections and to maintain the operations of the Garden's 250-acre landmark landscape. While the Garden's gates may be closed temporarily, our virtual gates are wide open.

Most of NYBG's online classes take place via Zoom, the online meeting service. An email with login instructions will be sent to those who have registered shortly before a class begins. Instructors are able to lecture and lead discussions as well as display PowerPoint presentations, videos, or any other digital resource. All students can participate through the microphone or video camera on a computer or mobile device.

NYBG's online classes and courses in June include:

- **Shady Characters**

*Saturday, June 6, 2020; 10:30 a.m.–1:30 p.m.*

*Garden Member/Non-Member: \$65/\$69*

This class will explore plants that thrive in shady conditions while bringing charm and color. Participants will learn how to expand their palettes from reliable standards such as hosta and plant for architectural and textural interest across the spectrum of trees, vines, shrubs, and perennials. They will also discover ways to ameliorate the issues that lack of sun presents so they can cherish shade as the calming treasure it is.

- **Fundamentals of Gardening**

*Saturdays, June 6–July 18, 2020 (excluding July 4, 2020); 10:30 a.m.–12:30 p.m.*

*Garden Member/Non-Member: \$295/\$325*

Explore the basic principles underlying successful, environmentally friendly gardening, including the structure and physiological processes of plants and their relationships to the settings in which they grow.

- **Gut Health: The Key to Your Immune System**

*Tuesday, June 9, 2020; 6:30–9:30 p.m.*

*Garden Member/Non-Member: \$45/\$49*

Our digestive tract is key to our immune system. Keeping it in tip-top shape is crucial to maintaining good health. This class will examine the difference between good and bad bacteria and explore how each affects energy level and overall health. With a focus on how to strengthen digestion, participants will learn how to create better eating habits.

- **Flower ID from A to Z**

*Mondays, June 15–29, 2020; 11 a.m.–1 p.m.*

*Garden Member/Non-Member: \$195/\$215*

There are many types of flowers available for floral designers, from exotic imports to locally grown. Students will learn to identify new varieties of old favorites, seasonal flowers, and various foliage. Topics include the special handling needs of many flower types.

- **Seasonal Berry Jam**

*Saturday, June 13, 2020; 11 a.m.–1 p.m.*

*Garden Member/Non-Member: \$75/\$85*

Be prepared to get a little messy making seasonal berry jam! Trained in preservation techniques at Cornell University, instructor Stephen Nocera will show participants three distinct methods of making jam, using less sugar and no additives or pectin. He will demonstrate his techniques in real time, and participants will have ample opportunities to ask questions along the way. They will also receive recipes to make jam at home.

- **Daylilies in Watercolor Workshop**

*Sunday, June 14, 2020; 10 a.m.–3:30 p.m.*

*Garden Member/Non-Member: \$95/\$105*

Participants will learn basic watercolor techniques while painting a daylily from a provided photograph. Flat wash, layering, and dry brush techniques will be covered.

- **Flower Arranging at Home**

*Wednesday, June 17 or Tuesday, June 23, 2020; 4:30–6 p.m.*

*Garden Member/Non-Member: \$25/\$29*

Bring cheer into your home and exercise your botanical creativity with live, real-time guidance from your instructor as you build your elegant arrangement with fresh flowers and veggies from your own garden, farmers market, or local grocery store.

- **Kusudama Origami**

*Wednesday, June 24, 2020; 11 a.m.–1 p.m.*

*Garden Member/Non-Member: \$79/\$85*

One of three styles of origami, kusudama was inspired by the patterns of herbs and flowers in Japanese medicine balls. Participants will experience the meditative quality of this simple yet intricate art as they connect multiple versions of the same folded-paper shape into a pattern.

- **The Kitchen Mycologist**

*Thursday, June 25, 2020; 6:30–8:30 p.m.*

*Garden Member/Non-Member: \$59/\$65*

Knowing a little mycology—the study of fungi—can make you a better mushroom cook. This illustrated talk teaches basic mycology through the lens of your kitchen. It explores the intersection of mycology and the selection, storage, preparation, and nutritional value of mushrooms as well as why some are more expensive than others.

A complete list of NYBG's online classes and courses is available through [NYBG at Home](#), which gathers NYBG's virtual content into a convenient, one-stop resource.

For more information and to register for classes, go to [nybg.org/adulted](https://nybg.org/adulted)

###

The New York Botanical Garden is located at 2900 Southern Boulevard, Bronx, New York 10458. For more information, visit [nybg.org](https://nybg.org)

The New York Botanical Garden is located on property owned in full by the City of New York, and its operation is made possible in part by public funds provided through the New York City Department of Cultural Affairs. A portion of the Garden's general operating funds is provided by The New York City Council and The New York State Office of Parks, Recreation, and Historic Preservation. The Bronx Borough President and Bronx elected representatives in the City Council and State Legislature provide leadership funding.

**Media Contact:** Stevenson Swanson at [sswanson@nybg.org](mailto:sswanson@nybg.org)