

PHOTO: DAN JOHNSON

WILDFLOWERS

COVER PHOTO: AMANDA BAKER PHOTOGRAPHY

ARRANGEMENT: ARTHUR WILLIAMS, BABYON FLORAL DESIGN, INC.

Wild Colorado

2019 BONFILS-STANTON SERIES



DENVER BOTANIC
GARDENS

Keep close to Nature's heart... and break clear away, once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean.

— JOHN MUIR

Wildflower Wednesday
Third Wednesday of every month,
April – October | \$20, \$16 member

Sometimes we need a quiet stroll among the wildflowers—without hours of driving and hiking! Denver Botanic Gardens has hundreds of native wildflowers to enjoy. The recent release of the Gardens' book "Wildflowers of the Rocky Mountains," authored by the experts of our Horticulture Department, has renewed interest in knowing and growing our best native plants. On the third Wednesday of every month (April – October) wander with one of these authors through our acres of naturalistic gardens to see which wildflowers are at their peak. Since many bloom at Denver's elevation before they bloom in the mountains, seeing them here first can help you learn what to look for, where and when.



PHOTO: DAN JOHNSON

A Guided Walk – Forest Bathing

Instructor: Leona Campbell

Sun, April 7, May 12 or June 2, 9:00 a.m. – 11:30 a.m. | \$30, \$25 member

Mon, July 8, Aug. 5 or Sept. 9, 9:00 a.m. – 11:30 a.m. | \$30, \$25 member

Experience the relaxing practice of shinrin-yoku, also known as forest bathing. Shinrin-yoku involves "bathing" in the atmosphere of the forest through mindful engagement of the senses. Studies suggest that a regular practice of forest bathing may be associated with a reduction in blood pressure, heart rate and stress hormones. Over the course of the walk, your guide will lead you through a series of invitations to engage your senses for closer connection with surrounding nature.

With the support of the Bonfils-Stanton Foundation and in line with the Gardens' mission of connecting people with plants, the Gardens is excited to bring you a series designed to push the boundaries of gardens as art and unveil a better understanding of our *Wild Colorado*.

Through our 2019 series, we dive into the scenery, talent and passion of the wonderfully diverse state of Colorado. From rolling hills of native flora to the passions of local artists we dissect our understanding of the world around us through thoughtful connections with art, deeper understanding of wildflower ecosystems and unique analysis of landscape design. Whether you join us in a meadow garden tour with Lauren Springer or view a film about Piet Oudolf we know you will find a way to be inspired by the beauty that surrounds us.

In today's world of immediate gratification and indefinite expectations we challenge participants to explore the theme of temporary artistry. The fleeting elegance of something hand-made, one-of-a-kind and temporary inspires and unburdens the art of creating beauty. Through workshop, lectures, trips and tours we hope this is the year you see our *Wild Colorado* in a whole new light. For more information, visit botanicgardens.org/bonfils-stanton.

April

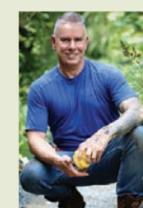
WORKSHOP: Home Mushroom Cultivation

Instructor: Michael Heim

Sun, April 7, 9-11:30 a.m. | \$90, \$85 member

Through a lecture and hands-on demonstrations, learn about the mushroom and its life cycle, how fungi interact in the forest ecosystem, the different categories of mushrooms and the range of suitable species for home cultivation. Each participant receives a growing kit.

LECTURE: The Artisan Vegetable Garden for the Home Chef



Speaker: Matt Mattus

Thu, April 11, 6:30 p.m., food tasting at 6 p.m.

\$20, \$15 member

If the heirloom tomato movement has taught us anything it's that variety matters, and the answer isn't always to choose the heirloom variety over a newer hybrid. The new home chef appreciates education, varieties and methods. Matt introduces us to brand new cultural methods, as well as new tips and tricks on how to outsmart pests and master challenging crops. Best of all, participants leave with a

long list of new and old varieties to try that will elevate the garden and delight the home chef.

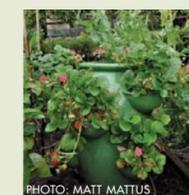


PHOTO: MATT MATTUS

WORKSHOP: Create a Foodie Container Garden
Fri, April 12, 10-11:30 a.m. | \$37, \$34 member

If you love to cook (or just eat!), then this workshop is for you. Join Matt Mattus, author of "Mastering the Art of Vegetable Gardening," as he demonstrates how to create a customized container garden fit for a foodie. Participants customize their own mini food garden in a container guided by Matt's expertise and leave with a beautiful and useful container of garden edibles planted with your favorite herbs, veggies and flowers.

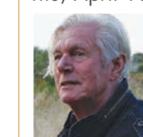


PHOTO: MATT MATTUS

"Five Seasons: The Gardens of Piet Oudolf," directed by Thomas Piper
Film viewing and talk with director Thomas Piper

Denver Art Museum, Sharp Auditorium

Thu, April 18, 6-8 p.m. | \$10 public



Revolutionary landscape designer Piet Oudolf is known for designing public works such as New York City's popular High Line and the Lurie Garden in Chicago's Millennium Park that redefine our conception of gardens as works of art in themselves. This gorgeous, meditative documentary immerses viewers in his work, taking us inside Oudolf's creative process.



WORKSHOP: Hand-Tied Bouquets

Instructors: Lisa Weddel, AIFD, PFCI and Laura Tonner

Thu, April 25, 2-4 p.m. or Tue, Aug. 20, 6-8 p.m. | \$60, \$55 member

Learn how to turn flowers from your garden into a popular European-style bouquet. Lisa Weddel and Laura Tonner, co-owners of Designs Inspired by You, give instruction to create bouquets with locally sourced blooms and all-natural armatures.

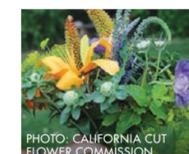


PHOTO: CALIFORNIA CUT FLOWER COMMISSION

WORKSHOP: Flower Crowns with a Bloom Ring

Instructors: Lisa Weddel, AIFD, PFCI and Laura Tonner

Thu, April 25, 5-7 p.m. or Wed, June 26, 3-5 p.m.

\$55, \$50 member

Be a queen for the day after designing a crown and ring made from blooms. Join Lisa Weddel and Laura Tonner, co-owners of Designs Inspired by You, for this fun floral design class.



PHOTO: BRENDA PRICE PHOTOGRAPHY

Wild Foraging Mushroom Basics

Instructor: Michael Heim

Sun, April 28 or June 2, 9 a.m. – 2 p.m. | \$40, \$35 member

Head to a secret location with wild mushroom enthusiast Michael Heim for a day trip/ mushroom foray and a walk in nature. Gain a firm handle on the foundations of mushroom identification as you locate a variety of medicinal and edible fungi growing in the wild. Discuss mushroom anatomy and learn the skills for contrasting mushrooms that may be poisonous with those that may inspire a dinner party. Bring your field guides to unlock some nature! Return with a better understanding of what it means to hunt for mushrooms—and maybe some fungi for tasting.



May

Wild Wednesday Hikes Through Colorado's Life Zones

Instructors: Michael Guidi and Jen Toews

Wednesdays, May 15, 29, June 12, July 10, or 17, 8:30-11:30 a.m. | \$25, \$20 member

This series leads participants on a journey through the major life zones of Colorado, from the plains to the alpine tundra. Participants learn the basic characteristics and ecology of nearly every life zone in the state. Use this knowledge to read and understand Colorado's landscapes more fully. Learn to identify specific plants and recognize how they fit into the broader ecology of the region.



PHOTO: ARTHUR WILLIAMS

WORKSHOP: Modern European Floral Armatures

Instructor: Arthur Williams, AIFD, EMC, CFD, CPF

Wed, May 15, 6-8 p.m. | \$60, \$55 member

When it comes to floral design, some vases seem more challenging than others. Arthur Williams, owner of Babylon Floral Design, Inc., provides guidance to make artful arrangements in those "difficult" vases. Using natural materials, create a stunning modern armature to showcase your arrangement.

WORKSHOP: Edible Wild Foods Gourmet – Identification, Harvesting and Use of Wild Plants for Delicious, Nutritious Dishes

Instructor: Susan Evans

Sat, May 18, 9 a.m. – noon | \$55, \$50 member

Start with an outdoor herb walk, identifying local wild edibles. Then prepare a delicious, four course meal including a delicious appetizer, soup, salad and pasta. Discover how to add wild edibles to your current recipes to boost nutrition and flavor. Recipes and lunch included. Discover the fun of dining on the wild side!

WORKSHOP: Botanical Jewelry – Wearable Succulents

Instructor: Cindy Anderson, AIFD, CFD, PFCI

Tue, May 21 or July 23, 6-8:30 p.m. | \$60, \$55 member

Spend the evening creating botanical jewelry with Cindy Anderson. Learn construction methods used by floral professionals and create jewelry and accessories with fresh products. May: Succulent necklace & ring | July: Succulent headband & bracelet



PHOTO: SCOTT DRESSEL-MARTIN

LECTURE: Shady Characters: Ferns, Flowers and Fun for Colorado Shade Gardens

Speaker: Panayoti Kelaidis

Thu, May 23, 6:30 p.m., food tasting at 6 p.m. | \$20, \$15 member

Having a shady garden doesn't mean you're limited to growing impatiens and periwinkle. Discover 50 die-hard perennials that thrive in Denver shade gardens. We start with an hour-long walk to key shady spots at Denver Botanic Gardens to see how the plants look in the ground. Next, we divide and pot a few choice plants to take home. Finally, we look at images of gardens that have achieved the impossible: year-round beauty in the shade!

LECTURE: Gardenlust – A Botanical Tour of the World's Best New Gardens



Speaker: Christopher Woods

Thu, May 30, 6:30 p.m., food tasting at 6 p.m. | \$20, \$15 member

For three years, Christopher Woods traveled the world seeking out contemporary gardens and found 50 of the best. With wit and humor, he describes the most arresting features in public parks in exotic locations like New Delhi and Dubai, mission-redefining botanic gardens in Chile and Australia, and the most enviable details of lavish private estates and gemlike city yards. Throughout, he reveals the fascinating people, plants and stories that make these gardens so lust-worthy.

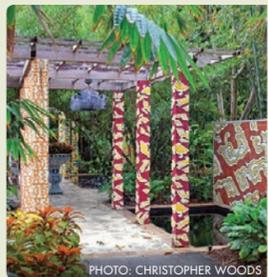


PHOTO: CHRISTOPHER WOODS

WORKSHOP: Three-Dimensional Thinking in Contemporary Garden Design

Fri, May 31, 10 a.m. – noon | \$42, \$38 member

Using his new book, "Gardenlust: A Botanical Tour of the World's Best New Gardens," Christopher Woods leads students through a discussion into contemporary garden design from around the world. He highlights successes and failures in landscape architecture and emphasizes the importance of architecture as a necessity for thoughtful garden design.



PHOTO: CHRISTOPHER WOODS

June

TOUR: Xeric Paradises

Sun, June 23, 8 a.m. – 3 p.m. | \$26, \$22 member

Everyone talks xeriscape, but this tour features those who live and breathe it! Visit three premier gardens that have pioneered many of the plants and concepts shaping Colorado water-smart gardening. Each of these gardens emphasizes native plants, but with a unique take on native gardens and how to incorporate them into the urban cityscape.

Jim and Dorothy Borland: This ample garden on a corner lot contains hundreds of native plants, almost all grown from seed by Jim, which weave a tapestry of color through the garden year. The hidden gardens in the equally large back yard receive more water and cover the gamut of perennials, herbs and vegetables. There's even a robust pawpaw! The Borlands have a botanic garden fit to a city lot.

Kelly Grummons: For three decades, Kelly has been a cutting-edge nursery owner and plantsman. His private garden showcases his extraordinary artistic eye and displays perfect specimens of the many gems he's introduced to the trade. Don't miss the 500-year-old Ponderosa pine bonsai.

The Gardens at Kendrick Lake: These gardens revolutionized regional expectations of xeriscape demonstration gardens. Here you will not only find the best in xeric and Plant Select® specimens, but also hundreds of superb specimens that are approaching their second decade of mature growth. Staff from Denver Botanic Gardens and Lakewood Parks will be on hand during the tour to answer questions.

WORKSHOP: Grab & Go Flower Arrangements

Instructors: Lisa Weddel AIFD, PFCI and Laura Tonner

Wed, June 26, 6-8 p.m. or Tue, Aug. 20, 3-5 p.m.

\$60, \$55 member

Learn tricks of the trade to make those colorful bunches of flowers from the farmers market or local grocer into professional arrangements. Leave with your very own vase arrangement.



July



PHOTO: ARTHUR WILLIAMS

WORKSHOP: Modern European Constructed Centerpiece

Instructor: Arthur Williams, AIFD, EMC, CFD, CPF

Wed, July 31, 5-8 p.m. | \$65, \$60 member

Arthur Williams, owner of Babylon Floral Design, Inc., demonstrates how to create a reuseable sculptural base to showcase your blooms. Leave with the perfect centerpiece to display your garden and foraged flowers as a work of art.

TRIP: Wildflowers of the Rocky Mountain Region – Southern Rockies

Mon – Thu, July 29 – Aug 1 | \$1,250, \$1,100 member

Experience the wonders of the southern Rockies with two Denver Botanic Gardens horticulturists and authors of "Wildflowers of the Rocky Mountain Region" (2018). This trip is based in Pagosa Springs, a popular destination with natural hot springs in the middle of town, a beautiful backdrop of the Rockies, a convergence of natural habitats and diverse flora. This trip includes three unique day trips that showcase a small portion of the diversity of the Pagosa area. Explore alpine, montane, steppe and riparian habitats; visit waterfalls and unique geological formations; and enjoy late season wildflowers. In the evenings, dine in local restaurants and breweries and relax in the hot springs.



PHOTO: ARTHUR WILLIAMS



PHOTO: ARTHUR WILLIAMS

August



Festival of Flowers: Floral Designing and Flower Feast

Instructors: Lisa Weddel AIFD, PFCI, Laura Tonner and Susan Evans

Wed, Aug. 7, 5:30-8:30 p.m. | \$60, \$55 member

Spend an enchanting evening at Chatfield Farms celebrating the sensory delights of flowers. Led by the designers from Designs Inspired by You, create a lovely floral centerpiece. Then indulge in a delicious, farm-to-table dinner featuring edible flowers and fresh, organic produce. Discover how to incorporate edible flowers, the scrumptious flavors of summer and the art of flower arranging for delightful effect. Recipes, beverage, dinner and floral centerpiece included.

TRIP: Wildflowers of the Rocky Mountain Region

Thu – Mon, Aug. 15-19 | \$1050, \$890 member

The small town of Gothic is an old mining town, a point of access to incredible displays of the southern Rockies' wildflowers and home to the world-famous Rocky Mountain Biological Laboratories (RMBL). Join two of Denver Botanic Gardens' horticulturists and authors of "Wildflowers of the Rocky Mountain Region" (2018) for an insider's look at this beautiful location. Spend a couple of days exploring the surrounding areas on guided hikes and learning about high elevation pollinators and their importance to alpine ecosystems. High sagebrush steppe, montane forest and wildflower meadows abound in the quaint and quirky nearby town of Crested Butte. Stay in the cabins on the RMBL site and live like the scientists who hone their craft in this one-of-a-kind living laboratory.

TRIP: Natures' Adaptations – River to Desert with Denver Botanic Gardens

Fri, Aug. 16, 6:30 a.m. – Sun, Aug. 18, after lunch | \$450, \$420 member

Experience the ecological beauty of one of the West's most beautiful classrooms. Join Denver Botanic Gardens and Centennial Canoe Outfitters, Inc., for a leisurely, guided and outfitted 31-mile canoe trip through the Escalante and Dominguez Canyons Wilderness Area on the Gunnison River. Paddle beside high walls of red sandstone and shale deposited during the age of the dinosaurs and take interesting side trips into deep box canyons that leave you awed by the immense geological time record and relaxed by the silence of the wilderness. Observe the massive cottonwood trees along the river bends that support huge nests of blue herons, hawks and eagles. As you canoe, camp and hike along the scenic Gunnison River, learn how human, plant and animal life have adapted to this unique river and desert environment and how local, native cultures used plants. Explore the river's vegetation, including some rare plant populations found only in this region and use these plants as inspiration in arts and crafts.



PHOTO: DENVER BOTANIC GARDENS

September

WORKSHOP: Ethnobotanical Gems of Maya Wisdom from the Yucatán

Instructor: José Feliciano Ake Kinil and Shelley Torgove (translator)

Sat, Sept. 14, 11 a.m. – 1 p.m. | \$42, \$37 member

In this hands-on workshop, learn some of the most important skills used by traditional Maya healers to bring about change and balance. We focus on *limpia*, medicinal plant "bundles" used in prayers for performing a cleansing, and talk about traditional belief systems as they relate to the healing properties of plants. José demonstrates and explains the ancient art of an egg *limpia* and how it can be used as a home remedy for those suffering from the effects of modern-day stress.



PHOTO: ARTHUR WILLIAMS

WORKSHOP: Seasonably Chic Floral Design

Instructor: Arthur Williams, AIFD, EMC, CFD, CPF

Wed, Sept. 18, 6-8 p.m. | \$60, \$55 member

Arthur Williams, owner of Babylon Floral Design, Inc., demonstrates how to create natural flower support structures to design stunning arrangements. Inspired by autumn, this class combines fresh and dried materials in unexpected ways.



PHOTO: SAXON HOLT

Mary and Larry Scripter's Wildlife-Friendly Niwot Garden: Tour and Talk

Tour and talk – Lauren Springer and Mary Scripter

Fri, Sept. 20, 3-5 p.m. or 4-6 p.m. | \$41, \$38 member

Sat, Sept. 21, 3-5 p.m. or 4-6 p.m. | \$41, \$38 member

Tour one of the Front Range's most unique gardens, planted and tended by owners Mary and Larry Scripter and designed by Lauren Springer. This large, naturalistic, four-season garden features a flower-rich stylized meadow and a tree and shrub screening planted with bird-, pollinator- and other wildlife-friendly water-wise plants. The Scripter garden has been featured in Martha Stewart Living and Sunset magazines and photographed by nationally prominent photographers. It is also a designated Audubon Habitat Hero garden. Mary and Lauren host the tours and Lauren lectures on designing and managing such a garden. All participants leave with a plant list of their "star players."

SPEAKER BIO: Lauren Springer has designed plantings at Denver Botanic Gardens, Chatfield Farms and the Gardens on Spring Creek in Fort Collins where she is on staff. Her books include award-winning titles such as "The Undaunted Garden," and "Plant-Driven Design" (co-authored with her husband, Scott Ogden). Also a propagator, she has introduced numerous plants to the trade and to Plant Select. A pioneer in water-wise landscapes, in creating gardens that evoke natural spaces and in merging beauty with wildlife function, she has received Audubon Society Habitat Hero designations for four of her design projects.

LECTURE: Maya Medicine – Traditional Healing in Yucatán, Mexico

Speakers: José Feliciano Ake Kinil and Shelley Torgove (translator)

Thu, Sept. 26, 6:30 p.m. | \$20, \$15 member

In Mexican villages it's common to hear the only remaining herbalist or midwife state that they are the last one in their village still practicing their art and working with plants. Most don't have apprentices and almost never does the younger generation choose to carry on their ancestral healing traditions. It is the elders who are sought to share their medicine knowledge. José Feliciano Ake Kinil is an exception. He is a third-generation, young-but-practiced Maya healer and student who has made it his life's work to follow the rich traditions of the medicine people, herbalists and healers of the Yucatán. José shares specific information on the ethnobotanical uses of plants of the Yucatán Peninsula, stories of growing up in a Maya family that never lost these traditions and what it has been like to follow the life path that he has chosen—or as the elders say, the life path that has chosen him. This is a unique perspective that has not been shared before.



3 WAYS TO REGISTER:

ONLINE botanicgardens.org

BY PHONE 720-865-3500

IN PERSON Visitor Center, 1007 York Street
During general admission hours

Programs, presenters and times are subject to change.
Speaker accommodations generously provided by the Queen Anne Bed & Breakfast.

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