

FOR IMMEDIATE RELEASE

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PRESS CONTACT

Kelly Mutz

C:303-324-1646

kelly.mutz@botanicgardens.org

Erin Bird

C: 720-865-3552

erin.bird@botanicgardens.org

AUGUST: HIGHLIGHTS AT DENVER BOTANIC GARDENS

ALL PROGRAM PRICES INCLUDE ADMISSION TO THE GARDENS, EXCLUDING OFFSITE EVENTS

Full calendar: www.botanicgardens.org



HOURS

York St.: 9 a.m.– 8 p.m.

Chatfield Farms: 9 a.m.– 4 p.m.

Plains Conservation Center: 6:30 a.m.– 6 p.m.

SCFD FREE DAYS

August 16: York St., 9 a.m.– 8 p.m.

August 16: Chatfield Farms, 9 a.m.– 4 p.m.

August 18: Plains Conservation Center, 9 a.m. – 2 p.m.

YORK ST: EVENTS

[Water Garden Society Water Blossom Celebration](#)

Saturday, August 6, 9 a.m. – 1 p.m.

Included with admission

This event is held each year to celebrate the beautiful water gardens at the Gardens and all they have to offer. It's an excellent opportunity to learn about container/water gardening, get free plants and attend docent led tours. Experts are on hand to answer any questions you may have.

[Evenings al Fresco](#)

August 8, 10, 15, 17, 22, 31 4:30-8:30 p.m.

\$30, \$20 member

Talented local musicians and small ensembles perform throughout the York Street location as visitors stroll and explore at their own pace. Reduced capacity allows for a more socially distanced experience. Awash in the golden light of the evening, this collaborative series enhances the beauty of the Gardens with musical performances, providing respite and renewal in nature. Denver Botanic Gardens is proud to partner with Swallow Hill Music to produce this series as part of Music at the Gardens.

[Mushroom Fair](#)

Sunday, August 14, 7-9 a.m.

Included with admission

The Colorado Mycological Society's Annual Mushroom Fair is an open event promoting fungi education and knowledge. Come explore fungi topics in science, medicine, environmental connections, cultivation, art, culinary,

crafts and much more. A Kids Corner will be available with arts and crafts for children. Come experience the fascinating world of fungi.

YORK ST: EXHIBITIONS

[Ursula von Rydingsvard: The Contour of Feeling](#)

Through September 11

Included with admission

An ambitious exhibition featuring large cedar sculptures by one of the most influential sculptors working today.

Ursula von Rydingsvard: The Contour of Feeling is an ambitious exhibition featuring large cedar sculptures by one of the most influential sculptors working today. von Rydingsvard is renowned for her towering cedar and bronze public outdoor sculptures; this exhibition provides a unique, indoor opportunity to experience a large collection of cedar sculptures and works on paper.

[Curator Conversations: The Contour of Feeling](#)

Thursday, August 18, 9:30-10:15 a.m.

\$19, \$15 member, \$13 student

Explore *The Contour of Feeling* with a curator and discover one of the most influential sculptors working today. von Rydingsvard is renowned for her towering cedar and bronze public outdoor sculptures; this exhibition provides a unique, indoor opportunity to experience a large collection of cedar sculptures and works on paper. Learn about the artist and hear a behind-the-scenes perspective of the exhibition.

[Film Screening: Ursula von Rydingsvard: Into Her Own](#)

Thursday, August 18, 4-5:30 p.m.

\$15, \$12 member

This feature-length documentary follows some of von Rydingsvard's recent commissions from beginning to final installation, including those for MIT and Princeton University. It also explores her early struggles, passion and profound drive to become an artist. Told mostly through the artist's own voice, the film includes interviews with colleagues, family members and close friends who offer additional perspective on her life and work.

YORK ST: ADULT PROGRAMS

[Sunrise Vinyasa Yoga at the Gardens](#)

Tuesdays and Thursdays, 7:30-8:30 a.m.

\$12, \$10 member

Vinyasa yoga weaves flowing movement with challenging postures and cultivates a sense of peace and calm by the end of each class. Practicing vinyasa yoga on a daily basis can improve posture, flexibility and endurance. Beyond the physical benefits, yoga helps to bring a sense of clarity to challenging situations in life, reminds us to stay present and focused in an ever-changing environment, and can help us find contentment in our surroundings. The postures practiced in this all-levels class will promote alignment, flexibility, focus, endurance and help detoxify the body. Advanced registration is required. Please bring a mat, a towel and water.

[Garden of Sound: An Evening with Nathan Hall](#)

Thursday, August 4, 6-7 p.m.

\$15, \$7 member

Recorded at Denver Botanic Gardens during his participation in the Land Line artist residency, Nathan Hall's newest electronic soundscape explores behind the scenes at the Gardens. Experience these unique sounds and learn more about the inspirations and techniques behind his work. Nathan Hall is a Denver-based composer and artist who uses music and sound as tools to explore a variety of fields including science, nature, fine arts, history and sexuality.

[Beginning Mushroom Identification](#)

Thursday, August 4, 6-8 p.m.

\$108, \$98 member

Whether you want to collect mushrooms to learn about them or to eat them, you will want to be able to identify them. This evening lecture cover how to properly collect and identify mushrooms using their features and environment. This is the first out of two lectures and will be followed by a field trip to collect mushrooms and practice identifying them. All levels welcome. Students will be notified of the location for the trip the day before the trip.

Unboxed: Latin-Inspired Recipes with Fresh Produce

Saturday, August 13, 10 a.m. – noon

\$85, \$80 member

Join multicultural, Honduras-born and Colorado-raised Chef Sandoval of Xatrucho concepts for a class full of new cooking techniques and tricks to invigorate your weekly cooking routine. Get inspired as we use the freshly picked produce from the Gardens in this fun, yet educational, cooking demonstration. Chef Sandoval highlights Latin-inspired recipes with an emphasis on Honduran cuisine to brighten up your kitchen and emphasize seasonal flavors.

Nature Writing with Lighthouse

Saturday, August 13, 9:30-11:30 a.m.

\$20

In these informal writing sessions, join Lighthouse Writers Workshop instructor Hillary Leftwich, to discuss themes connected to writing outdoors while gaining inspiration through writing prompts. For part of the session, head outside into the Gardens to write, then return to share your work. See where writing among the flora and fauna takes you.

Guided Meditations: A Monthly Series

Tuesday, August 16, 7-8 p.m.

\$18, \$15 member

Join us each month for a new intention and time in the Gardens. In a world of distractions and competing demands, a walking meditation focusing on the present moment enhances respite and repose. Join us as we explore the powerful benefits of practicing mindfulness with our breath and steps amid the serenity of the Gardens.

Summer Series: Sunset Yoga & Silent Disco

Friday, August 19, 6-8 p.m.

\$26, \$22 member

Join us to celebrate summer through breath, movement, and Silent Disco! During this all-levels-vinyasa practice, take time to experience your own personal journey soaking up the Colorado sun, the scenic gardens and tapping into the rhythm of your own body. Bring your mat, water bottle, invite a friend, and be ready for a good time. See you on your mat soon!

Invitation to Ikebana: Contemporary

Saturday, August 20, 1-3 p.m.

\$48, \$43 member

Ikebana, the art of Japanese flower arranging, has a worldwide appeal due to the uniqueness and simplicity of the style. Sogetsu School of Ikebana was founded in 1927 in Japan by Sofu Teshigahara whose vision was to adapt traditional Ikebana to more contemporary times. The guiding principles are that anyone may create, using any materials, anywhere at any time. While retaining traditional Ikebana concepts such as asymmetry, open space, and depth, he explored new dimensions of creativity and design. Join us for an introductory Ikebana workshop. We begin with a demonstration of the art form followed by participants each creating their own arrangement.

Fermentation and Root Remedies

Saturday, August 27, 9 a.m. – 2 p.m.

\$94, \$88 member

Fall is the perfect season for connecting with roots. We spend time grounding and digging herbal roots in the garden, discussing seasonal energy patterns, preventative care, digging tools, and best practices regarding harvesting roots. Many of the roots we learn about and make remedies from contain the prebiotic compound Inulin. In this class, we shift our focus to fermentation and discuss microbiomes, beneficial bacteria, probiotics, digestive health, nutrition, and immunity while creating a deliciously supportive herbal ferment to take home and enjoy.

YORK ST: CHILDREN AND FAMILY PROGRAMS

Seedlings

Tues-Wed: 3-6 years old, 9:15 and 10:30 a.m. Thu: 24-36 months old, 9:15 and 10:30 a.m. Fri: 18-24 months old, 9:15 and 10:30 a.m.

\$10 nonmember toddler or preschooler, \$8 member toddler or preschooler; one adult per child is admitted free of charge

Seedlings classes offer a fun, hands-on way for young children to explore the plant world while developing an understanding and appreciation for plants and their importance. Seedlings programs are offered for three different age groups and are modified to fit the developmental needs of each group. Week of Aug. 2: Sunflowers Galore; Aug. 9: Garden Games; Aug. 16: Magical Monarchs; Aug. 23: Curious Corn; Aug. 30: Fantastical Garden Creatures.

Summer Low Sensory Mornings

Saturday, August 20, 8-9 a.m.

Free, registration required

Experience Denver Botanic Gardens without the crowds. This therapeutic horticulture program is intended to give individuals and families who prefer a quiet, less crowded environment a chance to experience the Gardens with limited attendance. Explore on your own and learn about other sensory-based programming that will inspire curiosity and awaken your senses, like our Sensory Processing and Autism Resource Kits.

PLAINS CONSERVATION CENTER

Prairie Birding Safari Ride

Saturday, August 13, 8-9:30 a.m.

\$8

Presented and Managed by the City of Aurora. Enjoy the open prairie and its diversity of plant and animal life as you search for resident birds while riding in a safari vehicle. Whether you are new to birding or a seasoned pro, all skill levels are welcome. The City of Aurora's Parks, Recreation & Open Space department's mission is to encourage active lifestyles and create healthy environments for people, nature and community.

Canning and Pickling in the 1800s

Saturday, August 20, 9 a.m.- noon

\$24, \$20 member

Cucumbers can be a lot like zucchini - they overwhelm the kitchen at times. Good thing is that they can be made to last as a winter vegetable - just pickle them. In this class we will make several types of refrigerator and canned pickles. Of course, the canned ones will be made over the 1800s wood-burning stove. If the harvest is good, we might even pickle a few other vegetables just for fun.

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About Denver Botanic Gardens

Green inside and out, Denver Botanic Gardens began in 1951 and is considered one of the top botanical gardens in the United States and a pioneer in water conservation. Accredited by the American Alliance of Museums, the Gardens' living collections encompass specimens from the tropics to the tundra, showcasing a plant palette chosen to thrive in Colorado's semi-arid climate. The Gardens is a dynamic, 24-acre urban oasis in the heart of the city, offering unforgettable opportunities to flourish with unique garden experiences for the whole family – as well as world-class education and plant conservation research programs. Additional sites extend this experience throughout the Front Range: Denver Botanic Gardens Chatfield Farms is a 700-acre native plant refuge with an active farm in Jefferson County; Mount Goliath is a high-altitude trail and interpretive site on the Mount Evans Scenic Byway. The Gardens also manages programming at Plains Conservation Center in Aurora. For more information, visit us online at www.botanicgardens.org.