



This year's BBD T-shirt design is by Rodrigo Castillo

Backyard Biodiversity Day at Mead Botanical Garden

October 24 - 9:00 a.m. – 3:00 p.m.

SCHEDULE AND LOCATIONS OF HIKES, TALKS, WORKSHOPS

SPEAKER PRESENTATIONS

Talks will be in the Discovery Barn – follow the “SPEAKERS” signs from the entrance road to the Discovery Barn (generally located toward the north end of the Garden, beyond the public restrooms)

10:00 – From Privacy Hedges to Sod Substitutes: How to use native plants in the landscape:

Amanda Martin owner of Grounded Solutions – Florida Native Landscape Consultation and Design.

Wanting to know which native plant species are the most commonly used? Which plants yield robust growth in the landscape without becoming a problem? Join us for a well-rounded discussion about using native plants in the landscape and how these commonly used species react in different soil and light situations.

12:00 - Backyard Habitat: Supporting Birds, Beneficials & Beyond

Clarissa Chairez is the Master Gardener Volunteer Coordinator here in Orange County.

Discover how simple changes like plant layering, water features, and reduced chemical use can create a healthier environment for wildlife while improving the long-term success of your garden.

1:30 - Mead Garden, Birding Hot Spot and Critical Migration Stop

Kathy Rigling, Education Coordinator for Orange Audubon Society and a Master Naturalist, will explain the migration patterns that bring birds to Mead Botanical Garden for a nurturing community space as they migrate through Florida in the Spring and Fall. She will also discuss the birds that can be found year-round and nesting.

HIKES

Hikes starting **at the hour** will **begin at the HIKES flag** near the Tarflower Chapter sales tents. Hikes beginning in the half hour will **begin at the south end of Mead Botanical Garden at the Tarflower Chapter restoration areas tent. Follow the purple “RESTORATION” signs.**

10:30 - Tour of The Native Upland Habitat Restoration Areas

Hal Stringer, Tarflower Member and Co-Chair of the Tarflower Mead Garden Committee will lead a half hour hike through Mead Botanical Gardens Native Upland Forest areas which have been planted by the Tarflower Chapter of the Florida Native Plant Society with proceed from the Backyard Biodiversity Day native plant sales (since 2013). See the seasonally changing Sandhill, Scrubby Flatwoods, and Xeric Hammock, learn about the plants and the rare gopher tortoises who call these areas home. Hike will **begin at the south end of Mead Botanical Garden at the Tarflower Chapter restoration areas tent. Follow the purple RESTORATION signs.**

11:00 - Pollinator Prowl

Mary Keim and Randy Snyder are Central Florida naturalists and long-time members of FNPS, Tarflower Chapter and Orange Audubon Society. They have led field trips on a variety of topics including local birds, butterflies, pollinators, dragonflies, trees and wildflowers. Both have degrees in biology from UCF.

Mary and Randy will lead a walk through various areas of Mead Botanical Garden where pollinators such as butterflies, moths, native solitary bees, beetles, hummingbirds and other native creatures may be observed throughout the year as seasonal flowering and growth of larval host plants changes.

11:30 - Tour of The Native Upland Habitat Restoration Areas

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12:00 Creatures of the Creek

Ron Blair, native Florida freshwater aquarist, will work with visitors along Howell Creek and Alice's pond to capture, identify, then release native fish and other aquatic animals using dip nets. Expect shallow wading. Parental supervision is required for children under 12. Dip nets provided for use during the visit to the creek and Alice's pond. Learn to carefully capture creatures which will either be released from the nets, or some may be viewed temporarily in small tanks near the collection area before being released. **Meet a volunteer hike assistant at the HIKES flag near the Tarflower Chapter's tents or follow Mead Garden's signs to ALICE'S POND.** Howell Creek forms the east boundary of Mead Botanical Garden which is located near the Creek's headwaters. Howell Creek flows almost 20 miles to join the St. Johns River. The aquatic animals that are found in the waters of Mead Botanical Garden are an important indicator of the health of this creek, swamp, and lake system.

12:30 - Tour of The Native Upland Habitat Restoration Areas

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1:00 - Medicinal Plant Hike

Maggie O'Halloran is the Executive Director of the Florida School of Holistic Living. Maggie is an herbalist and educator in Central Florida. At Mead Botanical Garden, the diverse native habitats, open areas, and planted collections include plants that you may have in your home yard and whose herbal/medicinal qualities you may be surprised to learn about. **Meet Maggie at the HIKES flag** near the Tarflower Chapters tents by the native plant sale.

1:30 - Tour of The Native Upland Habitat Restoration Areas (LAST HIKE OF THE DAY)

Hal Stringer, Tarflower Member and Co-Chair of the Tarflower Mead Garden Committee will lead a half hour hike through Mead Botanical Gardens Native Upland Forest areas which have been planted by the Tarflower Chapter of the Florida Native Plant Society with proceed from the Backyard Biodiversity Day native plant sales (since 2013). See the seasonally changing Sandhill, Scrubby Flatwoods, and Xeric Hammock, learn about the plants and the rare gopher tortoises who call these areas home. Hike will **begin at the south end of Mead Botanical Garden at the Tarflower Chapter restoration areas tent. Follow the purple RESTORATION signs.**

WORKSHOPS

10:30 How do I use these Instant Garden Plants?

Catherine Bowman is a botanist/ecologist, ecological consultant, and the Tarflower Mead Garden Committee Chair. She will review the plants in each of the Instant Garden groups, focusing on their water and sun needs, mature size, bloom times, wildlife usage, and potential natural propagation from seeds. The workshop will note special characteristics such as scent, color and taste of leaves and fruits if applicable, typical pollinators and what you can expect to see as the plants change through the seasons.

9:45, 10:45, 11:45, 12:45 SOMA Breathing workshop

James Read, owner of Vagus Connection specializes in the integration of breathwork into physical and spiritual practice. Sign-up for a 15 minute introductory Breathwork session and experience how breathwork can help you reconnect with your body, reduce stress, and improve your overall health. Through guided breathing techniques, you can calm your nervous system, boost energy levels, and release emotional tension. Breathwork supports mental clarity, emotional balance, and physical relaxation, empowering you to feel more grounded and present in your daily life. James's other company, **Uncle Jeeb's Fine Culinary Concoctions**, will be providing tea samples and selling hand-blended loose-leaf teas.