ENGAGE: WITH THE FWBG AND BRIT COMMUNITY

Welcome Autumn to Your Garden at the Botanic Garden Virtual Plant Sale

It’s September, and that means that sometime soon the temperature will start to fall and the blistering heat of summer will have passed. Suddenly, you’ll want to spend more time outside. Suddenly, sitting on the patio or the porch will be delightful. Suddenly, you’ll want to work in your garden!

If that sounds heavenly, make sure you stock up on plants at the Botanic Garden Virtual Plant Sale, running Sept. 26 through 29, with order pick-up Oct. 2 through 4. Members will have access to a one-day preview sale on Sept. 25 as well as 10 percent off their order.

“The plant sale is an opportunity for area residents to shop for plants specifically selected to thrive in north central Texas gardens,” said Botanic Garden Sr.
Horticulturist Steve Huddleston.

Learn more about the sale and make plans to shop today! [Interested in volunteering? Send an email to volunteer@brit.org]

Help Bella Change the World, One Seed at a Time

Early Giving is open for this year’s North Texas Giving Day campaign! Click on the image to see how BRIT is making an impact in the North Texas community and beyond. With your support we can continue to make a difference through plant research and education. Help us make NTXGD 2020 our best campaign yet! Donate now!

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GARDEN: WHAT’S IN BLOOM


A trip to a local nursery can be overwhelming, with so many choices of attractive plants. One advantage to shopping at the Botanic Garden Plant Sale is that you can be sure the flowers, shrubs and trees available are all proven winners for north central Texas.

“Our goal is to offer plants that we know will thrive in North Texas gardens,” said Botanic Garden Sr. Horticulturist Steve Huddleston. “These are varieties that we grow ourselves both in the Botanic Garden and at our own homes.”

Read a preliminary list of plants that will be on offer and start planning your fall garden today.
LEARN: STAY CURIOUS

Improve Your Health and Digestion with Delicious Fermented Foods

For most of human history, fermentation was one of the few ways to safely preserve foods. Sauerkraut, kimchi, kefir and yogurt are all examples of fermented foods. They take advantage of the action of bacteria to break down sugars, helping foods last longer while improving their taste.

Recent research suggests the benefits don’t stop there. Fermented foods may also promote a healthy digestive system.

“Many fermented foods contain bacteria that improve the health of your gut,” said Dixya Bhattarai, Fort Worth-based dietician, nutrition expert and cook. “This has all kinds of benefits to your overall health and well-being.”

Learn more about the benefits of fermented foods and sign up now to attend Bhattarai's course, "Gut Health and Fermentation - Part I," on Sept 19 from 1 to 2:30 p.m.

PLANT: THE SEEDS OF AN ENVIRONMENTAL STEM EDUCATION

Take Your Family on a Walk Through a Story
For a unique experience that combines literacy, science and nature, take your family on a StoryWalk® this fall at BRIT and the Garden.

“In a StoryWalk, the pages of a book are placed along a pathway to propel the reader along,” said BRIT School Program Manager & Special Collection Librarian Kat Goldin. “It makes reading an active experience involving movement, attention and reflection.”

This fall’s StoryWalk is *Full of Fall* by April Pulley Sayre, a picture book full of richly colored images of fall landscapes. The story helps children discover the magic—and the science—of seasons changing. Learn more about StoryWalk and plan your visit today!

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RESEARCH: FROM PLANT TO PLANET

**Fall Is in the Air—And Our Native Ferns Can Feel It, Too**

When you think about north Texas native plants, ferns probably don’t come to mind. But there are more than 25 species of native ferns growing in our area!

How do we know? Our fern curator Dr. Alejandra Vasco and her students studied historical and recent herbarium collections, visited local sites and analyzed pictures posted by citizen scientists to the social network iNaturalist.

Dr. Vasco’s project aims to better understand the native ferns in our area by looking at where they grow, what species they are, how their spores look under a microscope and when is the best time to go fern-hunting.

Ferns are green plants that reproduce sexually by spores (they have no flowers or seeds). They need water to sexually reproduce, so although they can survive during the dry and hot conditions of the north Texas summer, they get green and happy during the cooler, rainy fall weather. Sept. through Nov. and March through May are the best months to see ferns in our local parks.

For more information or if you want to contribute photos to this project visit: [https://www.inaturalist.org/projects/ferns-and-lycophytes-of-the-dallas-fort-worth-metroplex](https://www.inaturalist.org/projects/ferns-and-lycophytes-of-the-dallas-fort-worth-metroplex).
Many of our members love the opportunity to visit gardens across the United States and Canada just like Linda. Reciprocal admission is available at all membership levels. For a list of participating gardens, visit the American Horticultural Society website.

Consider becoming a member today so you, too, can explore gardens from coast to coast.

Thank you,
Katherine Campbell
Director of Membership

I’ve enjoyed visiting and volunteering at the Botanic Garden for years, and I also volunteer at BRIT. One thing I love about my membership is that it offers free entry to reciprocating botanic gardens and arboreta. I visited the North Carolina Arboretum last year, and I used my membership. I have a list of gardens in several states that I intend to visit.

— Linda Stevens,
Member, Volunteer, Master Naturalist

JOIN TODAY!