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CONTACT: Erica Smith

Director of Marketing

(863) 734-1210

esmith@boktower.org



Celebrate 90 Years of Blooming History February 1 through March 31

LAKE WALES, Fla.—Celebrating 90 years of history, the Spring Bloom Festival at Bok Tower Gardens revels in the majesty of Mother Nature

from February 1 through March 31 with a full calendar of events and beautiful floral displays at Pinewood Estate.

For 90 years, this annual rite of spring has delighted visitors with more than 150 varieties of camellias and hundreds of azaleas in bloom. As the exact date range for peak bloom is hard to predict, guests are encouraged to return throughout the spring bloom season to experience the ever-changing palette of colors.

“Azaleas really steal the show, but my favorite are the camellias” said David Price, President, Bok Tower Gardens. “And the best time to visit is February through the first few weeks of March while the bloom cycles for camellias and azaleas are overlapping,” said Price.

Violas, snapdragons, pansies, gerbera daisies, flowering cabbage and other annuals also escort the arrival of spring with glorious displays of color. Trees in bloom include native plums and deciduous magnolias.

Abloom with Music, Tours and More!

Like the blooms that fill the Gardens, live music will delight visitors throughout the two-month festival culminating with the **90th Anniversary International Carillon Festival** March 20-24. The 60 carillon bells ring every half hour and during daily concerts at 1 and 3pm.

90th Anniversary Spring Bloom Walking Tours

Visitors can enjoy complimentary guided walking tour of the Gardens in bloom Monday-Friday at 12pm and 2pm and Sunday at 2pm from January 7 through April 14. Tours depart from the Visitor Center.

Spring Bloom at Pinewood Estate

The jewel of Bok Tower Gardens, Pinewood Estate will blossom with specially designed floral displays located throughout the 20-room, Mediterranean-style 1930s winter retreat. The estate is open for historical tours daily from 10am to 4pm for an additional fee.

Spring Bloom Schedule of Events (January-March)

BRUNCH IN THE GARDENS: Jan. 6 & Jan. 20. 11am-1pm. Enjoy the delicious Blue Palmetto Café cuisine while surrounded in the beauty of Central Florida’s most picturesque brunch destination. Brunch includes unlimited scrambled eggs, bacon, biscuits & gravy, waffles eggs benedict, fresh fruit and bottomless mimosas (available at 12pm) served

in Outdoor Kitchen. \$40 members/\$47 non-members (kids 5 and under free/\$15 kids ages 6-12). (Brunch also offered Apr. 14 & Apr. 28)

TAI CHI IN THE GARDENS: Saturday mornings through April 6. 8:30am-9:30am Learn the ancient art of Tai Chi surrounded in the serenity of the Gardens. Individuals of all ages and physical conditions can use the fluid movements to help release tension, increase balance and relax. \$10 members/\$17 non-members.

YOGA DANCE: Jan. 8, Feb. 5 & March 5. 5:30pm-6:30pm. Experience a unique approach to movement, combining the time-honored traditions of yoga, user-friendly dance, meditation in motion, breath and the energy centers of the body. Class is appropriate for all levels of fitness and physical ability. \$15 members/\$22 non-members. (Class also offered on Apr. 2)

90th ANNIVERSARY EDWARD BOK MEMORIAL CARILLON CONCERT: Jan. 9. 1pm & 3pm. Commemorate the life of Edward W. Bok. Included with general admission or membership.

VEGGIE FEST: Jan. 11-13. Join Certified Vegan Lifestyle and Educator Coach Naomi Green in the Outdoor Kitchen for a weekend series of vegan cooking workshops. Naomi recovered from breast cancer in 2014 and she credits yoga and her vegan diet with her health, healing and happiness. Part of the Florida Food Series presented by Visit Central Florida.

VEGGIE FEST “ROLL YOUR OWN VEGAN SUSHI”: Jan. 11. 6pm-8pm. Learn the art of rolling your own delicious and vegan sushi with Chef Naomi Green. Class includes hands-on instruction, sampling and discussion on how to incorporate more veggies into your favorite sushi recipes, dips, sauces and condiments. \$40 members/\$47 non-members. Part of the Florida Food Series presented by Visit Central Florida.

VEGGIE FEST “THE PERFECT SNACK: MAKING PLANT-BASED ENERGY BITES”: Jan. 12. 11am-12:30pm. Learn about different whole grains, fruits, nuts and seeds that combine to create these shiny bites of goodness perfect for all ages from 1 to 100, and a delicious whole food sprinkle for sweetening cereal and more! \$10 members/\$17 non-members. Part of the Florida Food Series presented by Visit Central Florida.

VEGGIE FEST “TOTALLY SLURPABLE PAD THAI ZOODLES”: Jan. 12. 2pm-3:30pm. Enjoy using Zoodles? Here's a great way to learn how

to create a bowl of them using seasonal vegetables and other whole foods paired with a Ginger Goddess Dressing to make it a meal that supports weight loss and vibrant health. Sample and recipe included. \$10 members/\$17 non-members. Part of the Florida Food Series presented by Visit Central Florida.

SOUNDS AND YOGA FOR ENERGY BALANCING: Jan. 12 & Mar. 30. 9am-12pm. Join Reiki Master and Sound Healer Kristen Tenpenny on an exploration of the layers of energy inside you. Learn to measure your energy and its direction with a pendulum, how to remove blockages and get your energy flowing. \$35 members/\$42 non-members.

BASIC EARTH SKILLS: January 12. 2pm-4pm. Earth skills are relying on nature to provide for survival. Learn skills that kept our ancestors alive before the use of modern technology. \$10 members/\$17 non-members.

VEGGIE FEST “INSTANT POT TRAINING: MAKING RED LENTIL SOUP & MORE”: January 13. 11:30am-1pm. Curious about the Instant Pot? Come see how to use one and watch the magic in action! Join us for lunch in this fun hands-on introduction to whole food plant-based no oil cooking that is delicious and nutritious! \$20 members/\$27 non-members. Part of the Florida Food Series presented by Visit Central Florida.

DR. MARTIN LUTHER KING CARILLON CONCERT: Jan. 15. 1pm & 3pm. Celebrate the life of humanitarian and civil rights leader Martin Luther King Jr. Included with general admission or membership.

VISIONARIES OF THE LAKE WALES RIDGE: Jan. 16. 12pm-1pm. Edward Bok was one of the early visionaries who helped to save an ecosystem. Director of Education, Tricia Martin, will share information about how science, serendipity and persistence came together to protect a very special place. Included with general admission or membership.

WATERCOLOR PAINTING CLASS WITH CATHY FUTRAL: Jan. 19. 9am-4pm. Explore the beauty of watercolor in morning exercises from flowers, using complementary colors and contrasts in various compositions on quality watercolor paper (palettes of paint and brushes loaned). Class includes breakfast, lunch, instruction and all materials. \$85 members/\$92 non-members.

DOG DAY: Jan. 20. Enjoy extra special dog-inspired events. Regular general admission applied to humans and \$5 per dog. 50% of canine proceeds benefit Humane Society of Polk County.

MEDITATION WITH CRYSTAL & TIBETAN SINGING BOWLS: Jan. 22, Feb. 19 & Mar. 19. 5:30pm-6:30pm. Experience a sound healing with Reiki Master Kristen Tenpenny through the vibrations of the ancient Tibetan and crystal singing bowls that reduce stress, pain and tension while producing a deep, meditative state. \$15 members/\$22 non-members.

FOR THE BIRDS: Jan. 23. 12pm-1pm. Avian Ecology Research Program Director, Dr. Reed Bowman, will talk about the history of citizen science projects with respect to birds, how technology is transforming the power of citizen-science data, and the critical questions regarding the conservation of birds that these programs can address. Included with general admission or membership.

FARM TO TABLE DINNER WITH CHEF AMY FREEZE “BEST OF AS SEEN ON TV”: Jan. 24. 6pm-8pm. Enjoy a four-course menu inspired by Chef Amy’s television and media appearances. Start with a specially paired cocktail, followed by dishes created for the Food Network and a dessert from the televised event at the World Food Championships. Craft beer and wine included. \$45 members/\$55 non-members. Part of the Florida Food Series presented by Visit Central Florida.

WHISKEY TASTING AND PAIRING CLASS: Jan. 25. 6pm-7:30pm. Learn the art of distilling, barrel aging and finishing, grains identification and flavor classifications from Master Distiller Rob Robillard. Enjoy samples of the world’s rarest whiskeys and unusual food pairings. \$35 members/\$45 non-members. Part of the Florida Food Series presented by Visit Central Florida.

WELL BEING MADE EASY: January 26. 10am -12pm. Join Emily Ruff, Executive Director of the Florida School of Holistic Living, to discuss tools and techniques to build the honoring of our sacred emotional mental and physical health into our daily routine. This workshop will also highlight local plants that can support this deepening relationship. \$13 members/\$20 non-members.

SECRETS OF A CHEF: Jan. 26. 1pm-3pm. Learn the tips and tricks of a professional chef to improve your status in the kitchen. Class includes knife skills, measuring tips, cooking techniques, recipes and more. \$35

members/\$45 non-members. Part of the Florida Food Series presented by Visit Central Florida.

ARTISTRY OF THE TOWER & GARDENS: Jan. 30. 12pm-1pm.

Included with general admission or membership. Carillonneur Geert D'hollander and Collections Manager Jaime Fogel will share an in depth history of the carillon include rare artifacts from the library's extensive collection. Included with general admission or membership.

90TH ANNIVERSARY FOUNDER'S DAY WEEKEND CELEBRATION:

Feb. 1-3, 10am-3pm, Included with general admission or membership. Celebrate Bok Tower Gardens 90th Anniversary, as the historic iron Yellin gates are open for visitors to cross the moat and enjoy guided tours of the exterior of the Tower. Included with general admission or membership.

THE RESILIENCE ADVANTAGE: Feb. 2. 9am-11am. Join Kelly

Andrews as she presents The HeartMath® approach to personal resilience, a life changing coaching process that will help you identify the things in life that drain you as well as fill you. Learn breathing techniques and self-regulation skills that will build your intuitive skills by connecting more fully through your heart. \$45 members/\$52 non-members.

HARMONY DARK SKY STAR PARTY: Feb. 2. 4pm-10pm. Learn about the night sky with astronomers, meet animals who survive in the dark, and enjoy a special astronomy inspired carillon concert. Speakers include famed NASA astronaut Dr. Story Musgrave. Included with general admission or membership.

BEYOND QUINOA: Feb. 6. 11am-1pm. Explore the rich flavors, textures, and benefits of the other delicious whole grain options such as millet, amaranth, farro, teff, and buckwheat. Enjoy learning about the grains with a food demonstration and tasting. \$15 members/\$22 non-members.

NATURALIST TRAINING: February 9. 9:30am-11:30am. Develop a deeper understanding of the natural world around us. Learn skills to increase your awareness and see more nature. Nature education is an art and a science that helps to open the window into the natural world. \$5 members/\$14 non-members.

HEALTHY SKIN CARE PRODUCTS: February 9. 2pm-4pm. Join herbalist Debbie Krause and learn to make herbal infused salves. Know

all the ingredients that go on your skin as you make a multipurpose skin care salve to take home. \$25 members/\$32 non-members.

MUSIC ON THE TERRACE WITH BRIAN SUTHERLAND: Feb. 10. 12pm-2pm Enjoy live music on the Terrace while enjoying lunch at the Blue Palmetto Café. Included with general admission or membership.

YOUR CENTRAL FLORIDA LAWN: Feb. 13. 12pm-1pm. Does your lawn have you stressed out? Join the experts from UF IFAS to learn how to select the right turf grass for your home. Discover helpful tips about turf problems, along with how to maintain your lawn. Included with general admission or membership.

FOR THE LOVE OF CHOCOLATE: Feb. 14. 1pm-2pm & 5:30pm-6:30pm. Rekindle your passion for chocolate while sampling and learning how to make a simple dark chocolate syrup and add various flavors like brandy and herbs. \$10 members/\$17 non-members.

VALENTINE'S DAY AT PINWOOD ESTATE: Feb. 14. 6pm-8pm. Celebrate this day of love with a romantic dinner in the historic estate. The evening includes unlimited wine and craft beer, a gourmet dinner, live music and a finale Carillon concert complete with champagne and chocolates. \$300 per couple.

BOK AFTER DARK "VALENTINE'S DAY": Feb. 14. 5pm-8:30pm. Spend the most romantic evening of the year in the Gardens and experience live music with The New Orleans Nighthawks Jazz Band on the Terrace from 5:30pm to 7:30pm, followed by an 8pm carillon concert with Geert D'hollander. Enjoy dinner and shopping specials. Included with general admission or membership.

TIME FOR A CHANGE MEDITATION RETREAT: Feb. 16 & Mar. 23. 9am-1pm. Join Reiki Master and Sound Healer Kristen Tenpenny for a retreat dedicated to better understanding of energy medicine postures, breathing exercises, guided visualization meditation, walking meditation and sound healing. \$40 members/\$47 non-members.

**THE EARTH KEEPERS SECRET GRATITUDE CEREMONY:
ANCIENT WAYS FOR MODERN PEOPLE:** Feb. 16. 5pm-8pm. Join world traveler Ray Crist and Elder Don Sebastian Paucar Flores in a three-hour ceremony about the earth's well-being and the gifts offered to us when we return to balance and the Jaguar Path. \$35 members/\$47 non-members.

CHILDREN'S MEDITATION & YOGA RETREAT: Feb. 17 & Mar. 31. 10:30am-12pm. Join Sound Healer Kristen Tenpenny as she shows

kids (ages 8-12) how meditation can be fun and easy! Little ones will learn tastes, sounds, smells, yoga stretching postures, breathing exercises, guided visualization, and experience a sound healing grand finale. \$20 members/\$27 non-members.

PRESIDENTS' DAY CARILLON CONCERT: Feb. 19. 1pm & 3pm. Commemorate the day with special concerts featuring patriotic musical selections. Included with general admission or membership.

TEA TIME AT BOK TOWER GARDENS "TEAS OF BOK TOWER GARDENS": February 20. 1pm- 2pm. Step outside and look for delicious teas right in your back yard. Learn and try teas that grow here at Bok Tower Gardens and learn how to enjoy tea from your backyard. \$5 members/\$15 non-members.

90TH ANNIVERSARY CARILLON CLASSIC 5K RUN/WALK: Feb. 23. 7:30am. Enjoy a run or walk through one of Central Florida's most beautiful courses as the Carillon rings out in celebration. \$25 per person.

ACRYLIC PAINTING CLASS WITH CATHY FUTRAL: Feb. 23. 9am-4pm. Learn canvas stretching and staining, palette prep, and composition along with acrylic techniques and their various mediums such as matts and varnishes. Price includes breakfast, lunch, instruction and all materials included. \$85 members/\$95 non-members.

MUSIC ON THE TERRACE WITH MARCUS BRIXA AND JOSH DAMPIER: Feb. 24. 12pm-2pm. Enjoy live music on the Terrace while enjoying lunch at the Blue Palmetto Café. Included with general admission or membership.

SINGING BRONZE Visitor Center Exhibit: Learn more about the very involved and highly technical progress of casting bells. Exhibit is in conjunction with the International Carillon Festival held later in March. Sponsored in part by the Ronald Barnes Memorial Fund and The Guild of Carillonneurs in North America. Included with general admission or membership.

NATURAL BASKET MAKING: March 2. 9am-12pm. A hands-on workshop to create useful, durable baskets from local natural materials. \$40 members/\$47 non-members.

FERMENTING CONDIMENTS AND PICKLES: Mar 2. 1pm-3pm. Explore various fermented condiments and traditional brined pickles in this hands-on workshop that will also cover topics from hot sauces to mustards. Each attendee will make and take home jar of pickles to

enjoy. \$30 members/\$37 non-members. Part of the Florida Food Series presented by Visit Central Florida.

MUSIC ON THE TERRACE WITH VINTAGE ROAD: Mar. 3. 12pm-2pm. Enjoy live music on the Terrace while enjoying lunch at the Blue Palmetto Café. Included with general admission or membership.

GARDENING IN THE SHADE: Mar. 6. 12pm-1pm. Explore the right plant, right place principle and learn about shade loving plants and other tips for gardening in the shade with professionals from UF IFAS. Included with general admission or membership.

BOK AFTER DARK “80s NIGHT”: Mar. 8. 5pm-8pm. Experience live music on the Terrace with Dane Myers from 5pm to 7pm followed by a 7:30pm carillon concert with Geert D’hollander. Blue Palmetto Café and The Shop at Bok will be open with dining and shopping specials for purchase. Included with general admission or membership.

VEGETABLE AND HERB GARDENING FOR CENTRAL FLORIDA: Mar. 9. 10am-12pm. Learn the fundamentals of how to start a vegetable garden and explore different types of gardening methods with local expert Ray Cruze. This class will cover the basics of media choices, insect control, fertilization and irrigation. Participants will take home a tomato plant in a coir bag. \$25 members/\$37 non-members.

MUSIC ON THE TERRACE WITH DELANEY DEW “ST. PATRICK’S DAY WEEKEND CELEBRATION”: March 16. 12pm-2pm. Enjoy live music on the Terrace while enjoying lunch at the Blue Palmetto Café. Included with general admission or membership.

MUSIC ON THE TERRACE WITH MRS. MURPHY’S CHOWDER “ST. PATRICK’S DAY WEEKEND CELEBRATION”: Mar. 17. 12pm-2pm. Enjoy live music on the Blue Palmetto Café Terrace with dining specials. Included with general admission or membership.

ST. PATRICK’S DAY CARILLON CONCERT: Mar. 17. 1pm & 3pm. Singing Tower Carillon performs favorites from the Emerald Isle. Included with general admission or membership.

FAMILY CAMPING ADVENTURE: Mar. 16-17. Set-up begins 3pm and tear-down by 12pm on Sunday. A unique opportunity to camp out in the Gardens and explore nature. Activities include guided walks, campfire, star-gazing, lawn games, and more. Bring your own tent and sleeping bags. \$30 members/\$40 non-members.

EDIBLE PLANTS “EAT THE INVASIVE WEEDS”: March 20. 5:30pm-6:30pm. Save Florida’s unique ecosystems by preserving native Florida plants. Get rid of those pesky delicious invasive plants by eating them! Join us for this lecture and learn how to cook and eat these plant invaders. Included with general admission or membership.

90TH ANNIVERSARY INTERNATIONAL CARILLON FESTIVAL: Mar. 20-24. Enjoy four of the world’s top carillonneurs as they present a festival of carillon artistry. Live concerts each day with special events occurring throughout the festival. Included with general admission or membership.

TEA TIME AT BOK TOWER GARDENS “TEA FOR STRESS RELIEF”: March 20. 1pm -2pm. A really nice cup of tea can make all your troubles seem far away. Relax and enjoy a cup of tea as you learn the many different teas to distress your day. \$5 members/\$15 non-members.

BOK AFTER DARK “INTERNATIONAL CARILLON FESTIVAL”: Mar. 20. 5pm-8pm. Experience live music on the Terrace from 5pm to 7pm with The Sofa Kings followed by a 7:30pm carillon concert with Geert D’hollander. Blue Palmetto Café and The Shop at Bok will be open with dining and shopping specials for purchase. Included with general admission or membership.

FARM TO TABLE DINNER WITH CHEF AMY FREEZE “BEST OF BRINNER – BREAKFAST FOR DINNER”: Mar. 21. 6pm-8pm. This four-course, breakfast-for-dinner, dinner will include recipes that Chef Amy created for a Jones Dairy Farm sausage and a breakfast –themed dessert from the 2014 World Dessert Championships. \$45 members/\$55 non-members. Part of the Florida Food Series presented by Visit Central Florida.

THE INSECT JUNGLE IN YOUR BACKYARD: Mar. 27. 12pm-1pm. Learn about and discuss the insect ecosystem of your backyard with examples of how insects regulate each other's populations and plants, and how this affects our everyday lives. Included with general admission or membership.

HAMMOCK HOLLOW FAIRY FEST: Mar. 30. 10am-1pm. Earn your wings by joining the Hammock Hollow fairies for a special day exploring the magic of the Garden with activities including elf and fairy crowns, face painting, story time, crafts, refreshments and more. Fantasy attire

encouraged and activities are appropriate for children ages 4-12. \$10 member child/\$17 non-member child.

SPRING BLOOM WINE WALK: Mar. 30. 2pm-5pm. Sip and stroll through the Gardens will enjoying 10 carefully curated wines from around the world and light nibbles at each stop. Enjoy a special after party from 5pm-7pm with live music, dinner specials and shopping. \$25 members/\$35 non-members.

Spring Bloom Festival events are proudly sponsored in part by Visit Central Florida and the State of Florida, Department of State, Division of Cultural Affairs.



About Bok Tower Gardens:

Voted Florida's best garden, Bok Tower Gardens is a National Historic Landmark located 10 miles from LEGOLAND Florida, 55 miles southwest of Orlando and 60 miles east of Tampa near Lake Wales in Central Florida's rolling hills of citrus. Open every day of the year from 8 a.m. to 5 p.m. The Visitor Center, Café and Gift Shop are open 9 a.m. to 5 p.m. Admission is \$15 for adults (effective Oct. 1, 2018) and \$5 for ages 5-12. Members and children under 5 are admitted free. For more information contact Bok Tower Gardens, 1151 Tower Boulevard, Lake Wales FL 33853; 863-676-1408 or visit www.boktowergardens.org.

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boktowergardens.org 863.676.1408

info@lakewaleschamber.com

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