



Yay! Your weekly edition of **What's in Season**, the Garden Therapy newsletter is here. Make sure you never miss an issue by adding me (hello@gardentherapy.ca) to your email contacts.

You can read past newsletters by visiting our archives <https://gardentherapy.ca/newsletter-archives>

Foodscaping is exactly what it sounds like: landscaping using plants that you can eat. I love this concept because it combines both the beauty and function of the garden.

This week I launched my latest Garden Therapy DIY Kit, which contains everything you need to grow an instant edible garden that looks beautiful and can feed your whole family.

On the blog, we have some great tips on how to grow food while maintaining beauty in the garden, and a step-by-step guide for starting a garden journal (and why you need one).

Latest from the Blog



Ornamental Edibles: Grow an Artful Potager Vegetable Garden

Everything you need to grow an [edible garden](#) that looks as good as it tastes!



Edible Edges: Landscaping That's Good Enough to Eat!

Plant [edible edges](#) for a small-space solution that looks great and yields a ton of food.



How to Start Keeping a Garden Journal (and Why You'll Thank Me)

Learn how keeping a journal helps your garden grow and follow [these tips](#) to get started.



Grow Your Own Spring Salad Garden

Say goodbye to those expensive store-bought salad mixes and grow your own budget-friendly [salad container garden](#).

Seasonal Goodies

Here are a whole bunch more ideas for gettin' your garden therapy on this week based on What's in Season.

- Design a [Decorative Vegetable Garden](#) with a Rainbow of Colorful Plants
- DIY Berrylicious [Living Strawberry Wreath](#)
- Add Sparkle to the Garden with a [Beaded Wind Chime](#)
- Indoor Plant Care: How to [Refresh a Terrarium](#)
- Handmade [Sea Sponge Soap](#) Bars
- [Soil Food](#): Find the Best Amendment for Your Own Backyard
- [Grow Light Shelving](#) for Seed Starting Indoors
- Heavenly [Coconut Oil Sugar Scrub](#) Recipe
- DIY a Multi-Level [Strawberry Tower](#)
- [Swiss Chard](#): Grow it! Eat it!

Do you have a favorite edible plant that doubles as a garden focal point? I'd love to hear what it is!

See you in the garden,



Stephanie Rose | Garden Therapy



NEW Limited Edition Ornamental
Edibles Seed Kit

[Shop!](#)

Three Year Gardener's Gratitude
Journal by Donna Balzer

[Enter Here](#)

Garden Therapy

<https://gardentherapy.ca/>

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