

# garden therapy

better living through plants

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](mailto:hello@gardentherapy.ca)) to your email contacts.

## Latest from the Blog

Gardening is a wonderful symbiotic process of nurturing and being nurtured. It starts now, in the spring, as we tenderly care for tiny seedlings and carefully plan a garden that will support the plants we choose to grow.

Later in the season, the garden will give that same care back to us in the form of produce, herbs, and flowers that have the power to nourish and heal our bodies.

This week we are celebrating all of the gifts our gardens give us.



## Yes, You can Eat that! Edible Ornamentals

[These five common garden ornamentals](#) are also edible and can be enjoyed in all sorts of different recipes. Daylily casserole, anyone?



### All-Purpose Herbal Healing Salve

The combination of calendula and lavender from the garden give this [all-purpose salve](#) its ability to heal cuts, bruises, and more.



### How to Build a Woven Bamboo Trellis

Make an attractive [DIY bamboo trellis](#) to support vining veggies like peas, beans, and squash.

## Hot off the Presses!

Speaking of celebrating garden gifts, we have something else to celebrate this week! Two more of our Garden Therapy Seed Collections have just launched. And I mean JUST. LAUNCHED. A few hours ago they went live on GardenTrends and the Garden Therapy Shop. We will share all the details about it next week on the blog, but you can be the first to see our two new collections:

- Limited Edition [Superfoods](#) Garden DIY Kit
- Limited Edition [Edible Flowers](#) Garden DIY Kit



# Seasonal Goodies

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

- How to [Propagate Herbs](#)
- Easily Refresh a [Succulent Wreath](#)
- Plant [Summer-Blooming Bulbs](#) Now for a Gorgeous Display Later
- Grow these [10 Fragrant Flowers](#) for a Heavenly Smelling Garden
- The Secrets to [High-Yield Vegetable Gardening](#) in Small Spaces
- 6 Ways to Make DIY [Concrete Stepping Stones](#)

Easter Fun!

- [Easter Egg Bath Bombs](#) Made with Natural Colors
- Mini Whole Wheat [Carrot Cupcakes](#)
- Botanical Leaf Imprint [Easter Eggs](#)

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Thank you for taking the time to read through this newsletter and get some ideas for your own garden therapy. Days can be so busy and full, especially with Spring Break and holiday weekends. Why not gift yourself the time this week to enjoy nature and celebrate all that plants give to us? I promise that I will too.

See you in the garden,



Stephanie Rose | Garden Therapy





NEW! Edible Flower Garden Kit

[Shop](#)



NEW! Superfoods Garden Kit

[Shop](#)

### Garden Therapy

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