



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) to your email contacts.

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

Check out our Amazon Affiliate Shop: <https://www.amazon.com/shop/gardentherapy>

With Mother's Day coming up this month, I've been thinking about the significance of mothers. Moms nurture, teach, and shape our entire world when we are children, and it doesn't end when we are adults. They love and provide for us (despite our sometimes bad behavior!), and often without appropriate thanks.

And there is one Mom who has been doing this since the beginning of time.

Mother Nature.

She takes care of all of us, provides us with food, water, and a home, and, just like all mothers, she needs a little help now and then.

Helping the environment doesn't have to be a huge task. There are small things we can do in our daily life that give back to the earth, such as lending a helping hand to local pollinators by providing them with the food they need to survive. In return, they'll help our gardens grow and provide us with a beautiful display of flitting birds, bees, and butterflies.

My newest Seed Collection, [Patio Pollinator](#), has everything you need to grow an instant garden that looks beautiful and attracts pollinators. Planting a pollinator garden is a simple, fun way to help the environment, and the kit

contains seeds that thrive in containers, so even small-space gardeners or those who only have a patio or balcony can do their part to save the bees!



See what butterflies, bees, and hummingbirds you can attract with a small-space patio pollinator garden from [my Patio Pollinator blog post](#).

Latest from the Blog



The Amazing Power of Bee Pollen

What is bee pollen, anyway, and what can it do for you? [Find out!](#)



5 Simple Stretches for Gardeners

Prevent stiffness and injury in the garden by spending a few minutes doing these [stretches](#) first.



Plants and Tips to Create a Bee-Friendly Garden

Learn a few easy things you can do around the garden to [attract and benefit local bees](#).

Seasonal Goodies

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

- What Everyone Needs to Know About [Ticks and Lyme Disease Prevention](#)
- Gartending: Sweet Herbs for the [Cocktail Hour Garden](#)
- [Quinoa Tabbouleh](#): a Beautiful Fresh Herb Salad
- Grow the [Best Tomatoes](#) in Town with Advice from a Pro
- Modern [Petunia Varieties](#) to Grow this Year
- Make this Stunning Terracotta Pot Succulent [Centerpiece](#)
- DIY a Pretty [Beaded Suncatcher](#) Mobile
- The Essential Guide to Growing Happy + Healthy [Succulents](#)

As we flutter into May, I hope that you will take some time to appreciate all that Mother Nature gives us. And get out there and hug a bee! :)

See you in the garden,





Mother's Day Gifts (Mother Nature Approved)



Limited Edition Edible Flowers
Seeds + Mini Greenhouse & Recipe
Cards

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Limited Edition Ornamental Edibles
Seeds + Roo Apron in Orchid

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Garden Therapy

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