



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>.

A Wee Bit of Housekeeping - Privacy Policy Updates

Privacy and transparency are a priority for us, and we are currently updating our [privacy policy](#) to reflect these priorities and comply with the new European Union General Data Protection Regulation. Please read the new policy and let us know if you have any questions.

For the past few weeks, Vancouver has been graced with warm temperatures, sunny weather, and blue skies. I've been getting outdoors as much as possible to enjoy it, but people aren't the only ones soaking it in! **The plants are loving it too**, and they're showing their love by bursting forth with big, beautiful blooms.

My garden flowers have been bringing me so much joy, so this week on the blog we are highlighting the many uses of flowers, from **stunning centerpieces** to **culinary ingredients** to the **simple bliss** of a hydrangea blooming in the garden.

Latest from the Blog



Set Summer Nights Aglow with Beeswax Flower Floating Candles

Handmade beeswax candles and fresh blooms from the garden come together to make a stunning [summer centerpiece](#)



Why is My Hydrangea Not Blooming?

Find out how to make a stubborn [hydrangea](#) bloom.



Double Duty Plants: 20 Edible Flowers for Companion Planting in the Vegetable Garden

[These flowers](#) will help your produce grow, then you can harvest and eat them along with your veggies!

Seasonal Goodies

Here are a whole bunch more ideas for getting garden therapy this week

based on What's in Season.

- The Easy Way to [Start a Garden](#) from Scratch (that Won't Break the Bank!)
- Want to Know [WHEN to Prune](#)? This Will Answer All of Your Questions
- Sour [Cherry Lemonade](#) Concentrate Recipe
- Make a Fresh and Fragrant [Scented Wreath](#) for Aromatherapy
- DIY Solar [Fairy Light Chandelier](#) for the Garden
- Convert Lawn into a Vegetable Garden with [Raised Beds](#)

I love rethinking the flower garden and growing blooms in creative ways, so I have designed a few kits that highlight the many different benefits of flowers. You can read about that here in [this post](#) I wrote for the National Garden Bureau.

Don't forget to stop and smell (or eat!) the flowers this week!

See you in the garden,



Stephanie Rose | Garden Therapy



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Garden Therapy

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