



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>.

The garden gives us so many gifts. It gives us **space to relax and play**. It gives us **gorgeous blooms** and the vegetables that **feed our families**.

I love to take the gifts my garden gives me, like vegetables, herbs, and flowers, and turn them into something wonderful to share with my family and friends. That's why this week on the blog we have posts that celebrate the gift of food from the garden and two ideas for using garden botanicals to create lovely gifts that anyone would feel lucky to receive.

All that, plus I'm excited to share a brand new project I have been working on that is all about giving back.

Latest from the Blog



The Sowing Kindness Project

I had a tough time writing this post because of all the feelings it brought up, but my sincere hope is that it will do some good. See how I'm [giving back](#) through garden therapy (and how you can, too).



Herbal Foot Soak Recipe

Give tired, achy feet a lift with healing [herbal foot soak](#) made with ingredients from the garden.



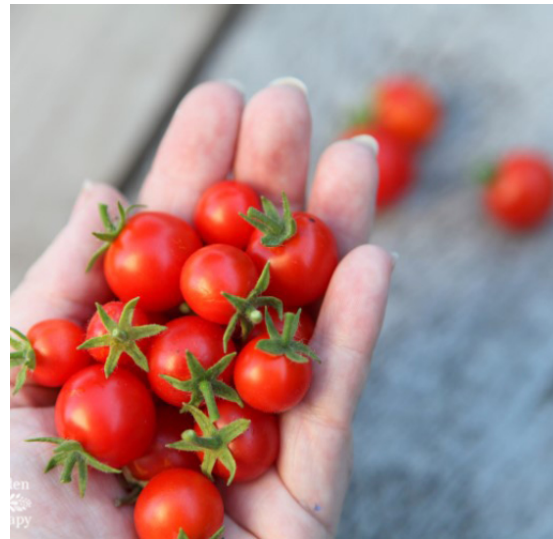
These Blooms Never Fade: How to Frame Pressed Flowers

Preserve your favorite garden flowers or a special bouquet by making them into [wall art](#).



Perennial Vegetables to Plant This Season and Enjoy for Years to Come

Plant [these veggies](#) once and harvest year after year.



The 5 Best Small-Space Vegetables to Grow Mountains of Food

You can [get a huge harvest](#) in a tiny space with these powerhouse vegetables!

Seasonal Goodies

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

- Decorative Ideas for Creating a [Summer Container Garden](#)
- Quirky [Concrete and Hypertufa](#) Planters
- Brighten Skin with this [Floral Water](#) Recipe
- Yes, You Can Eat That! [Edible Ornaments](#)
- The Secrets to Growing [Upside-Down Tomato Plants](#)
- How to Make the Perfect [Edible Flower Ice Cubes](#)

As spring begins to feel like summer, blooms are bursting forth, vegetables are growing, and the garden is my personal oasis. I'm overflowing with gratitude for the bounty and the joy it provides.

I'd love to know, what did your garden give you this week? You can always email me questions, ideas, and thoughts. Just hit reply to share your garden joy (or frustrations!).

See you in the garden,



Stephanie Rose | Garden Therapy



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