

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>

Gardening season is in full swing, and I am doing everything I can to create a garden that does more while I do less.

How am I doing this?

By looking at the garden through a new lens.

There are simple things you can do to get more out of your garden while making things easier on yourself, from rethinking the way you care for your lawn or what to do with roses, to keeping your produce contained in small, manageable hanging baskets, to repurposing newspaper into biodegradable pots that can be planted directly in the ground when the time comes.

This week on the blog we've got new ways to rethink, repurpose, and conserve in the garden.

Latest from the Blog



How to Water Your Lawn by Doing Less (and Conserving More)

Find out how encouraging weeds and watering less often will give you a [healthier, happier lawn](#) this year.



Healing Benefits of Rose for Beauty Products

See why adding [rose petals](#) to your skincare products will make them more effective, and learn how to make simple rosewater.

Garden Produce You Can Grow in a Hanging Basket

Grow a huge amount of food in a tiny space with [hanging baskets](#).



How to Make Newspaper Seedling Pots

These little [DIY pots](#) are super easy to make and use, plus they are biodegradable.

Seasonal Goodies

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

- What's So Special About [Milkweed](#)?
- How to Summer [Houseplants](#) in Beautiful Arrangements
- How to Make Gorgeous Painted [Beehives](#)
- DIY a [Floating Planter](#) for Water Gardens and Ponds
- Lawn Care Unplugged: How to Use a [Reel Mower](#)
- The [Beneficial Insect](#) Super 7: You Want these Bugs in Your Garden
- All-Natural [Sunscreen Lip Balm](#) Recipe
- [Living Jewelry](#) for Serious Plant Geeks

Are there some changes that you can make in your life that could make things easier? What about items you have around your home that can be used in a whole new way? By taking a step back and looking at the garden through a new lens, you

may surprise yourself and come up with something fantastic!

See you in the garden,



Stephanie Rose | Garden Therapy



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