



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>.

Even though gardening is an ancient practice, it is so creative and versatile that people are still coming up with new and exciting ideas that have never been done before!

This week, I'm thankful for those time-tested gardening techniques I can depend on as well as fresh ideas that get me thinking about the garden in different ways.

As you can see, this week's blog posts are all about celebrating the old and the new, from the ancient art of companion planting to the modern trend of kokedama.

Plus, I (finally) shared the recipe for the summer lotion bar that I promised to share in my [Vanilla Bean Winter Lotion Bar recipe](#). It took me a little while, but I hope it was worth the wait!

Latest from the Blog



These Powerful Flowers Deter Pests Naturally in the Vegetable Garden

Plant these [superhero flowers](#) and say goodbye to garden villains.



How to Build Chinese Intensive Beds for a Huge Harvest

Learn the [centuries-old garden technique](#) that will give you a giant yield in a limited space.



Calendula Summer Lotion Bars Recipe

Moisturize and heal with homemade [lotion bars](#) especially formulated for summer skin.



Create an Urban Floating Forest with Ferns and Kokedama

Make your own outdoor hanging [moss ball](#) garden!

Seasonal Goodies

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

- Organic Ways of [Getting Rid of Pests](#) in the Garden
 - How to Make a [Butterfly Feeder](#)
 - [Smart Watering Plant Sitters](#): How Not to Kill Your Garden When You Travel
 - DIY Beach Glass [Solar Lights](#)
 - Design [Hanging Baskets](#) like a Pro
 - All-Natural [Bug Spray](#) Recipe
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What techniques do you come back to year after year in your garden? Is there anything brand new you're trying this season? I'd love to know how the old and new come together for you.

See you in the garden,



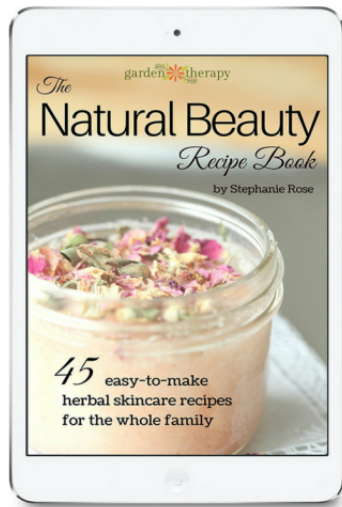
Stephanie Rose | Garden Therapy



One More Thing...

Last week I announced the Sowing Kindness Project that helps to spread seeds of kindness through gardens and plants. Each month I will be sharing seeds by giving a [Garden Therapy Seed Collection Kit](#) to someone nominated by you. I will also be donating 10% of all my [eBook](#) sales to a group that helps people through gardening. For June, I've chosen the [UBC Landed Learning Program](#).

Read more about the Sowing Kindness Project [here](#).



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Garden Therapy

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Suite #358 2055 Commercial Drive,
Vancouver, BC V5N 0C7

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