



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>.

Often when I am describing the amazing benefits of being in the garden, people will reply:

"I wish I could do that, but I don't have a garden."

Many people, especially those living in apartments and urban areas, feel like they don't have the outdoor space to grow a garden and leave it at that.

Here's the thing, though. **You don't need a garden to experience garden therapy.** There are so many ways that you can find peace and beauty in plants without a traditional garden of your own. Take a walk through a public green space. Grow your own tomatoes in a bag on your patio. Cultivate a miniature tree in a pot. Take the essence of the garden with you wherever you go by blending your favorite floral scents into a homemade perfume. The possibilities are endless!

Latest from the Blog



Botanical Perfume Recipe: Blend Your Own Custom Scent

Learn how to blend essential oils like a pro and create a [signature fragrance](#).



How to Grow Trees in Containers (and the Best Ones to Choose)

Do you love trees but think you don't have the room for them? [These trees](#) thrive in small spaces.



No Garden? No Problem! How to Grow Tomatoes Without a Garden

See five creative ways to [grow tomatoes](#) without a garden.

Seasonal Goodies

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

- Insect Bite Roll-On [Remedy](#)

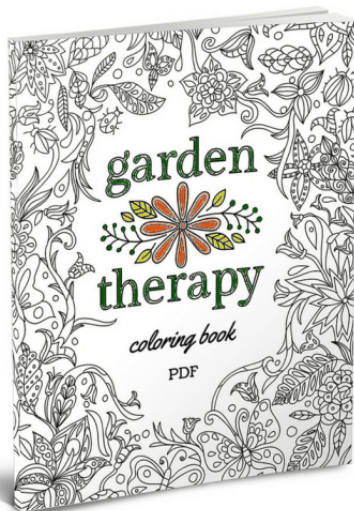
- Tips for Beautiful [Hanging Baskets](#)
- The [Top 5 Medicinal Herbs](#) to Grow in the Garden
- [Intensive Planting](#) Boosts Yield and Saves Water
- Building with Secondhand Stuff: Make a [Wood Pallet Planter](#)
- [Sun Tea](#): Two Ways, Hundreds of Possibilities

This week, try to experience nature somewhere unexpected. Notice the small green spaces tucked into public areas, stop and look at flowers growing up through cracks in the sidewalk, and realize that garden therapy is everywhere.

See you in the garden,



Stephanie Rose | Garden Therapy



The Garden Therapy Coloring Book

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Garden Therapy

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