

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.

Hello, My Friend!

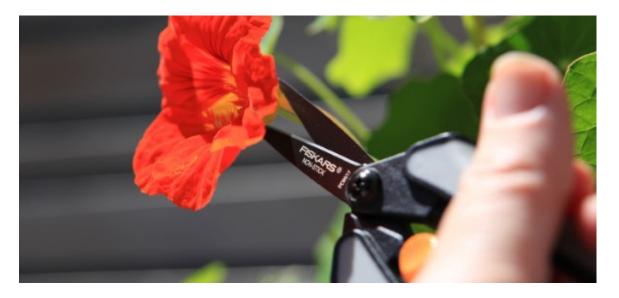
I just got back from a blissful week in Alberta. I went back to my childhood home and laughed it up with some dear friends. I danced in the garden while celebrating a lovely wedding. I toured gardens and collected wild roses for recipes. It was heaven.

There's something about being outdoors that just puts everyone at ease. Fresh air, lush green leaves, and the scent of blooming flowers provide the perfect backdrop for friends and family to get together and connect.

That's why I love outdoor entertaining so much. There's really nothing better than a summer evening on the patio with a few friends or a garden wedding.

Whether you want to design a garden that doubles as an entertaining space, bring nature to your next dinner party with edible flowers, or DIY some sweet favors for your next outdoor event, we've got something on the blog this week to **bring you some garden magic.**

Latest from the Blog



Harvesting, Preparing, and Storing Edible Flowers

How to get your <u>edible flowers</u> ready for culinary use.



The Many Garden Design Aesthetics of the Pacific Northwest

Get inspired by the multitude of garden styles that thrive in the Pacific Northwest.



Mason Jar Candle Wedding Favors

Give your next event a personal touch with <u>DIY candle favors.</u>

Seasonal Goodies

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

- The Essential Guide to Growing <u>Lavender</u>
- How to Propagate Herbs

- 16 Recipes to Use and Preserve Fresh Basil
- Pallet Planter Ideas to Stylishly Bring Upcycling to the Garden
- A Beautiful Way to Catch Runoff: How to Build a <u>Dry Stream</u>
- Plant a <u>Mosquito-Repelling Container Garden</u> to Protect Entertaining Spaces

Spend some time outside with the people you love this week and enjoy everything that nature has to offer, together.

See you in the garden,



Stephanie Rose | Garden Therapy

PS: Like my new picture? This was taken at my friends Kirstin & Jorge's wedding in Canmore, Alberta. There were flowers everywhere! What a way to celebrate a perfect union.













Edible Flower Collection Kit



Fiskars Pruning Snips and Knife Set

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Garden Therapy

https://gardentherapy.ca/

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