



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>.

Hey there,

The amount of joy I get from my small garden still amazes me. I've been harvesting edible flowers like crazy and so I have more recipes to share this week. **It's hard not to be happy when eating flowers, right?**

I'm full of appreciation for the simple joys a garden can bring and I do what I can to share that with others. It's as simple as sprinkling flower petals on salad at dinner or giving away a cheery bouquet from the herb garden.

I'm also mindful of my footprint on the earth and so I look for environmentally-friendly recycling projects and small efforts here and there to help local wildlife populations.

This week on the blog, you'll find simple ideas to celebrate the garden through appreciation of its gifts. Plus, I have **something special just for you!**

Latest from the Blog



Add Some Color to the Table with Flowerfetti Salad

Jazz up your summer salads with [edible flowers](#).



Chive Blossom Vinegar and Vinaigrette

Infuse vinegar with fresh [chive blossoms](#) and make a summery salad dressing.



Give Wildlife a Helping Hand with DIY Wood Pallet Bird Apartments

House your [backyard birds](#) in style.



Gorgeous Bouquets from the Herb Garden

Get creative with [herbs](#) for your next arrangement!

Seasonal Goodies

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

- Make a [Wine Box Herb Garden](#) Fit for a Connoisseur

- These [Printable Canning Labels](#) are the Essential Party Dress for Your Jam!
- Nature's Candy: Growing + Eating [Blueberries](#)
- Make a Pretty [Birdcage Succulent Planter](#)
- Homemade Low-Sugar [Strawberry Freezer Jam](#)
- DIY [Dog Cookies](#) that Make Dogs Go Squirrely

In case I haven't said it lately, I appreciate you coming along on this garden therapy journey with me each week. I started writing a blog because I was looking for others who shared my love of gardening. Over the years the blog has changed but my appreciation for connecting with other plant lovers has only grown.

As a thank you for being part of it all, I've created the [Garden Therapy Members' Only Library](#).



This is where you can download a whole bunch of fun stuff like wall art, canning labels, seed envelopes, and more. To access the library, just use the password "LOVEGARDENTHERAPY" and you can instantly download over 30 projects with more to come in the near future.

I hope that you can find something you appreciate in this very special library. And thank you for being part of Garden Therapy.

See you in the garden,





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