



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>.

NEW: Check out our [Members Only Library](#). Use the password "LOVEGARDENTHERAPY" to gain access to over 30 freebies and check back often to see what's new.

Hi My Friend!

Summer is in full swing, and I am pretty much living outdoors. Even though spring is traditionally the busy time for gardeners, **I am still working away every day in the dirt.** I'm harvesting and eating lettuce and edible flowers every day. I'm sowing seeds now so I can harvest even more in the fall.

Why am I doing all this work? Because I love it. It makes me feel amazing. I'm grateful every day for the perennials I planted long ago that still give me gorgeous blooms each year. The sun on my face and the dirt on my hands lifts my mood and heals my spirit.

This isn't just because I'm a crazy plant lady! Don't get me wrong, it's partially that, but it is also scientifically proven that **gardening increases overall well-being and improves mental health.** I feel the effects of that every single day and my wish is for you to feel it too.

Latest from the Blog



Speedy Plants to Sow in Summer for a Fall Harvest

Seed starting isn't just for spring! Plant [these seeds](#) right now for a bountiful fall garden.



Gardening for Mental Health: Reducing Anxiety and Depression with Green Activities

The Wellness Garden author Shawna Coronado is here to explain the [mood-boosting power](#) of gardening.

Seasonal Goodies

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



The Ultimate Perennial Gardening Resource Guide

Everything you need to know to grow [perennials](#) in any garden.

- Healing [Cuticle Balm](#) Recipe
- How to Dry, Use, and Grow [Calendula](#)
- Attract Pretty Pollinators with an Irresistible [Butterfly Garden](#)
- A Thrifted [Straw Purse Planter](#) for Summer
- [Lavender Linen Water](#) Recipe and Printable Label
- The Surprising [Superfood](#) from Your Backyard

The Sowing Kindness Project

Have you heard? For the month of July I am [sowing kindness](#) by using 10% of all eBook sales to print and send as many [sympathy cards](#) as I can to various hospitals, where they will be distributed to patients who are struggling and don't have much support.

My friends at GardenTrends are also giving away one [Garden Therapy Edible Flowers Seed Collection Kit](#) as a way to spread joy this month (there's nothing more joyful than eating flowers, after all!).



What are you up to in the garden at this time of year? I hope you find some inspiration on the blog this week to get outside and find a little joy.

See you in the garden,



Stephanie Rose | Garden Therapy



Superfoods Garden Seed Collection
Kit

[Shop!](#)



Ornamental Edibles Seed Collection
Kit

[Shop!](#)

Garden Therapy

<https://gardentherapy.ca/>

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

SHARE

TWEET

FORWARD

You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)