



garden therapy

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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](mailto: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.

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Hi My Friend!

Summer is such a busy season! I'm not gonna lie, it's beating me up a bit. Sure, I've been off camping and throwing parties and that is what summer is all about, right? But it's taking a toll on my body. I don't talk about my struggle with chronic pain much because luckily, through Garden Therapy and lifestyle changes, I mostly have it under control. But right now, even though my days are filled with fun, the flare ups can really put a damper on things.

**So when I need a little lift, I head out to my garden.** It may seem counter-intuitive to get active outdoors when you are feeling rough, but gentle garden therapy can make a world of difference. Whether it's the lift in spirit that I get from seeing cheery flowers blooming or the help that comes with the use of homemade botanical remedies, I can count on the garden to help.

I am thankful every day for the countless ways that gardening has changed my life for the better, and I hope that I am able to share some of that positivity with you through my projects and blog posts.

This week on the blog we have small, simple ways to **harness the power of plants and improve everyday life.**

## Latest from the Blog



### Herbal Roll-on Remedies for Headache, Sleep, and Cold & Flu

Make simple [essential oil remedies](#) for common ailments.



### Flowering Annuals to Perk Up a Shady Garden

These colorful plants were made for the [shade](#).



### DIY Lavender Wreath

Prune your lavender and make a beautiful, fragrant [wreath](#) with the clippings.

## Seasonal Goodies

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

- [Edible Edges](#): Landscaping That's Good Enough to Eat!
- [Heat-Tolerant Plants](#) that Love the Sun
- The Best Ever [Deli-Style Sour Pickles](#) Recipe
- How to [Propagate](#) Plants from Cuttings
- Add Beauty to Your Fence with Colorful [Vertical Planters](#)
- Harvesting [English Lavender](#) and How to Use it
- Free Printable Flower [Seed Packets](#)
- Decorative Wooden [Plant Markers](#)
- A Super Simple DIY [Wasp Trap](#)
- [Vintage Silver Planters](#) to Pretty Up Your Houseplants

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Take your time to enjoy the little things nature has to offer this week. Notice the different aromas in your herb garden. Give thanks for a flower blooming in an unexpected place. Even with these small gestures, I'm sure that the garden will give you what you are looking for.

See you in the garden,



**Stephanie Rose | Garden Therapy**

## **PS**

To help uplift those who need it, I'm embarking on a journey of [sowing kindness](#) where I do what I can to give a little support to people who don't have it.

My friends at GardenTrends are helping spread the love by giving away an Edible Flower Garden Kit. Read more about it and enter [here](#).





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