



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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Hello My Friend!

You know, the more I garden, the more I appreciate how much plants do for me on a daily basis. In the summer, the garden gives abundantly and I'm working hard to keep up! I'm eating salad at least twice daily and turning anything I can find into something useful, even the "weeds." And on those days when I'm feeling a little blue, I know that simply harvesting a flower in bloom can make the day brighter.

**Plants make my life better every single day.**

That joy is something I want to spread far and wide, so this week I created a set of four printable cards with a punny phrase and a pretty garden-themed watercolor design.

My hope is that you'll send these cards to people you know who need some garden therapy. **Much happiness can grow from one tiny seed, all you have to do is plant it.**

## Latest from the Blog



### Bug Off, Naturally: Terracotta Pot Citronella Candles

Light up the night and deter mosquitoes and other biting insects with these stylish [DIY candles](#).



### Honey Dandelion Lip Scrub

Exfoliate, heal, and soothe lips with this natural [scrub recipe](#).



### The Sowing Kindness Project: Sending Love When it's Needed Most

This month for the [Sowing Kindness Project](#), I'm thinking about the little things we can do for those who are struggling.



### Punny Printable Sympathy Cards for Plant-Lovers

Do you know someone who needs a little lift? Of course you do. Send them a sweet [sympathy card](#) to lend some support.

# Seasonal Goodies

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

- How to Make an Upcycled [Suitcase Planter](#) with Gas Pipe Legs
- Creating Beauty and Structure with a [Rock Wall Garden](#)
- Worm Plunger: a Brilliant Solution for Small Garden [Composting](#)
- Beating the Heat: Protect Your Plants from [Heat Stress](#)
- DIY [Mason Jar Solar Lights](#) for Summer Nights
- Care and Pruning for Decorative [Topiaries](#)

How do plants lend a helping hand in your life? Take a moment this week and offer a little love to someone you know who needs it and let's sow kindness together.

See you in the garden,



Stephanie Rose | Garden Therapy



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