



garden therapy

better living through plants

Hey there,

Happy August!

I'm pretty much living in my garden these days. Which means I'm getting to know the resident bugs VERY well. Some of them are my friends, some not so much. Then there are those who I appreciate for their role in the garden but GET OFF ME ALREADY! Yeah, I'm talking to you, Spiders.

When my hubs starts complaining about the aphids on the nasturtiums, I just smile because I know that those little aphid nurseries attract wasps who keep my lettuce bed aphid free. And I can see the ladybugs and chickadees are growing fat and happy on them.

Meanwhile, I'm using the **power of plants** to gently discourage mosquitoes away from my patio where I like to sit and enjoy myself without horrendous welts *thankyouverymuch*. Rubbing the plants to release the fragrance is so therapeutic for me and the bad buggies don't like it one bit.

I'm also adding little touches to the garden here and there to make it more inviting since I'm spending so much time out there. Small things like the homemade wind chime using sparkling beads and a piece of found driftwood can really **make an outdoor space come alive.**

Latest from the Blog



How (and Why) to Attract Ladybugs to Your Garden

Find out why you need [ladybugs](#) and how to welcome them into your garden.



Plant a Mosquito-Repelling Container Garden to Protect Entertaining Spaces

Grow [these plants](#) together to keep mosquitoes from crashing the party.



Add Sparkle to the Garden With This Beautiful Beaded Wind Chime

Make your own beautiful [wind chime](#) for the garden like my friend Rachel did.

Seasonal Goodies

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

- Cold Process All-Natural [Handmade Soap](#)

- [Edible Wildflowers](#): Grow it! Eat it!
- Homemade [After-Sun Salve](#) Recipe
- Pretty Up the Party with [Hanging Birdcage Planters](#)
- Jazz Up the Outdoors with DIY [Bug Hotel Art](#)
- A [Patio Fruit Garden](#) is a Sweet and Pretty Summer Treat!
- Garden [Photography Tips](#) to Capture Nature's Beauty
- A Guide to Growing [Figs](#) in the Home Garden
- The [Garden Fountain](#) that Transformed a Shady Front Yard Space

One more cool thing to see this week: I gave my friend Crystal at [Hello Creative Family](#) one of my [Kids' Gardening Kits](#) to try, and you won't believe how gorgeous it's looking! See it [here](#).



Enter to WIN!



Don't forget that the contest for one of my handmade flower pillows is still open this week. Click [here](#) to read more.

Have fun outdoors this week and go hug a bug (just probably not a

mosquito)!

See you in the garden,



Stephanie Rose | Garden Therapy



Oh, and a Wee Bit of Housekeeping....

Make sure you never miss an issue by adding me (hello@gardentherapy.ca) to your email contacts.

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