



Hey there,

At this time of year, **I am always amazed by the abundance of my small urban garden.** I have enough fresh produce to feed my family, share with friends, and preserve for the year ahead. Right now the tomatoes are ripening and I am making my favorite sauce with them, plus choosing which varieties to save seeds from for next year.

It's nice during this time when the garden is so lush and full to preserve its beauty as well as its flavors. My favorite way to do this is by imprinting concrete with leaves so I can enjoy my garden foliage all year round.

This week on the blog, we are celebrating garden tomatoes and focusing on how to preserve summer's abundance through cooking, crafting, and seed saving.

Latest from the Blog



DIY Leaf Print Stepping Stones

Make unique [stepping stones](#) printed with leaves from your own garden.



Roasted Heirloom Tomato Pizza Sauce

This delicious [sauce](#) is so easy, it practically makes itself!



Saving Heirloom Tomato Seeds Through Fermentation

Follow [these steps](#) to save your tomato seeds and plant them next year.

Seasonal Goodies

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

- Plant a [Mosquito-Repelling Container Garden](#) to Protect Entertaining Spaces

- [Feeding Hens](#) with Kitchen Scraps
- [Wood Burned Coasters](#) with Floral Pyrography
- Your Guide to [Pruning Hedges](#)
- How to Make the Perfect [Edible Flower Ice Cubes](#)
- Exquisite [Botanical Soap](#) that Cleanly Preserves the Garden
- Create a [Secret Garden](#) as a Therapeutic Outdoor Space.
- A Culinary [Kitchen Garden](#) Perfect for Small Spaces
- All-Natural [Bug Spray](#) Recipe
- Sunshine in a Bowl: Watermelon Peach Banana [Vegan Ice Cream](#)

August is already flying by! Slow down this week and enjoy all of the amazing bounty the garden has to offer.

See you in the garden,



Stephanie Rose | Garden Therapy



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

Hey, why is my newsletter coming in on Saturday?

I'm switching things up to bring you the newsletter when most of our subscribers like to read it. If you are a die hard fan of the mid-week edition, we got you covered as well! Just don't open the Saturday email and we will send it again on Wednesday at 7:00 PM Pacific.

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>.

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.

PS:

Copies of my sold out [Home Apothecary](#) book should be back in stock soon.
[Head over here](#) to get a signed copy!

Garden Therapy

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