



Hello my friend,

I don't know about you, but at this time of year I'm eating salad from the garden every day. Salad, salad, salad! Which is delicious, but it can start to get boring if it's the same old thing every time.

That's why I'm shaking up my salads with **unusual greens** and **homemade infused vinegars**. I just made one with nasturtium and rosemary and it is AMAZING. I can't wait for you to try making some of your own.

This week on the blog we've got lots of ways to bring some zing to your salad, plus a brand new salve recipe that works wonders on bug bites, rashes, and other minor ailments.

Latest from the Blog



Fresh Herb and Nasturtium Infused Vinegar Recipe

Add even more garden goodness to your salads with this tasty [infused vinegar](#).



Unusual Greens to Try in Your Next Salad

Skip the boring salad and try these [greens](#) instead.



Activated Charcoal Drawing Salve Recipe for Bug Bites, Blisters, Splinters

I can't believe how well this [charcoal salve](#) is healing my mosquito bites!

Oh, and speaking of annoying bugs...

If your glorious garden harvest is attracting a lot of fruit flies to your kitchen, you may want to uninvite them with this super-simple [DIY trap](#).

Seasonal Goodies

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

- How to Harvest and Preserve [Fresh Herbs](#)
- Gorgeous Lavender Oatmeal [Soap Cupcakes](#)
- How to Install a [Disappearing Fountain](#) in Your Home Garden
- Woodworking for Gardeners: Make a Handmade [Flower Press](#).
- [Fall Perennial Gardening](#): Garden Design on a Budget
- Hopscotch [Stepping Stones](#) for the Garden
- Free Printable Herb [Seed Envelopes](#)
- CSI Horticulture: Organic Control of [Plant Disease](#)

The garden is full of culinary delights at this time of year. What are you harvesting and eating this week?

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:

My friend Ann Drake from [On Sutton Place](#) has been growing the [Garden Therapy Edible Flowers Kit](#) and she made a delightful culinary creation with her squash blossoms. Get the recipe [here](#).

Garden Therapy

<https://gardentherapy.ca/>

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