

garden therapy

better living through plants

Hey there,

I don't know where you are in the world, but **here in British Columbia, the air is full of smoke.** Wildfires are raging across the province, polluting the air and forcing people from their homes. I am lucky to be far enough from the fires that they are not threatening my home, but **the air quality has me congested, coughing, and feeling bad.**

I'm very thankful at this time to have so many plants around me doing what they can to purify the air. I can't imagine what this would be like without them.

Since I'm feeling so thankful for my plants right now, the blog this week is full of late-summer tips for plant care and some mini tours of my friends' beautiful gardens.

Latest from the Blog



Women, Gardens, and Community: Garden Therapy Seed Collection Trials

I gave some of my best gardening friends the Garden Therapy DIY Kits this spring. Now it's time to check on how [their gardens](#) are growing.



How to Make Cut Flowers Last Longer

Follow [these tips](#) to keep your beautiful bouquets alive as long as possible.

My Indoor Herb Growing Schedule Throughout the Year

Here is how I grow my [indoor herbs](#) all year round.



How to Divide Succulents Through Easy Home Plant Propagation

Easily divide and propagate succulents with [this guide](#).

So, Will All This Wildfire Smoke Affect Your Plants?

This week I got an email from a reader asking whether the smoke will harm her vegetable garden and trees, so I did a bit of research on the topic, and here is what I found:

- **Smoke cover changes the availability of sunlight to the plants.** This could be welcome respite to plants suffering from the stress of the high temperatures at this time of year, or it could be detrimental to those sun-lovers who thrive in strong intense sun.
- **Particles that fall can cover plants' leaves** and clog pores, reducing gas exchange in the leaf. I can see and feel a gritty film on my garden plants since the wildfire smoke has come to town.
- **The extra carbon dioxide created by the wildfire smoke could**

be beneficial for plants as well. "A plant uses carbon dioxide to make sugar and other foods for itself and us. Any increased carbon dioxide levels around the plants would be carbon dioxide fertilization for the plants," according to the New Mexico State university forum [here](#).

- **Chemicals in smoke stimulate seed germination** and studies show it can help plants grow sturdier according to [this source](#). So your plants may grow stronger, and so might the weeds!
- Winemakers have been studying the effects of smoke on grapes. So far **testing has shown no change in the flavor** of the grapes but when they are made into wine it can have an unpleasant aroma and flavor called [wine taint](#).

So the best thing for you to do is to **give your garden a healthy watering** if your watering restrictions allow it, giving the soil and roots of the plants extra water to help with the dry air all around. In addition, **rinsing the leaves with a sprinkler or hose** is a good way to clean off the particles while we await rainfall. **Being mindful of drought conditions is important** with watering, but also knowing that **supporting the health of garden plants helps to clean the air from wildfire smoke**. Plants are amazing biofilters to have in and around your home. That being said, I do not recommend watering lawns, the reasons for which you can read [here](#).

Seasonal Goodies

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

- All-Purpose Herbal [Healing Salve](#)
- The Home Gardener's Guide to [Shovels and Spades](#)
- Five [Fall Bulbs](#) to Plant for Long-Lasting Spring Color
- DIY [Solar Light Chandelier](#) for the Garden
- Warm Up to Fall with [Spiced Peach Brandy Preserves](#)
- Insect Bite Roll-on [Remedy](#)
- Easy-to-Make [Hydrangea Wreath](#)

Stay safe out there and be sure to thank your plants for all they do for us.

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.

Garden Therapy

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