



garden therapy

better living through plants

Hello my friend,

Phew, it's hot out there! Too hot to even spend much time in the garden. I'm still going out there every day though to at least take a mindful walk around, deadhead any flowers that need it, and harvest a few herbs and other edibles. At this time of year, I am thankful for the amount of shade I get in my yard. It prevents me and my plants from entirely wilting in the heat.

To refresh and recharge during the hot days, I rely on the **healing and aromatic properties of fresh herbs** and have been drinking a lot of cooling lavender lemonade. Oh, I've also been taking lavender-scented baths at the end of the day to relax and replenish. Did I mention that I like lavender?

On the blog this week, we have some **creative ideas and gentle ways to enjoy the garden** even if it's too hot to get out there much.

Latest from the Blog



Easy Homemade Lavender Bath Salts Recipe

The easiest-ever way to [pamper your skin](#).



Lavender Soda + Lavender Syrup + Lavender Lemonade

Cool down with a refreshing floral [beverage](#) straight from the garden!



More Flowers Please! Deadheading Flowers to Increase Blooming

Learn why, how, and when to [deadhead](#), plus when to skip it.



Make a Gorgeous Culinary Herb Wreath

Hang this aromatic and beautiful [herbal wreath](#) in the kitchen for easy access to garden herbs.

Seasonal Goodies

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

- Grow [True Blue Garden Plants](#) with Blue Flowers, Foliage, and Fruit
- Homemade [Foaming Hand Soap](#) Recipe
- The Simple Way to [Dry Hydrangeas](#) and Keep Their Color
- Growing, Harvesting, and Eating [Shishito Peppers](#)
- Refreshing [Summer Cocktails](#) from the Herb Garden
- Saving [Heirloom Tomato Seeds](#) Through Fermentation
- What Everyone Needs to Know About [Ticks and Lyme Disease](#)

I hope you have fun basking in these glorious summer days and find some refreshment in the garden this week!

See you in the garden,



Stephanie Rose | Garden Therapy



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

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