



garden therapy

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better living through plants

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Hello my friend,

If I seem a bit less chatty on social media this week, it's because I've gone back to school.

Kindergarten, actually.

In the past two weeks my son has been doing gradual entry into his new Kindy class and that means I have been spending a LOT of time in elementary school again. It's definitely been tugging on my heartstrings. It's so hard to watch my baby grow up but I'm filled with pride at the same time.

With a flood of emotions, I walk home every day (without that small hand in mine) and throw on my gloves to garden some of the blues away. Even just a few minutes picking cucamelons, deadheading, or cutting flowers seems to calm me right down, though. Even in the rain.

Especially in the rain.

The cooler weather has me focusing on what I can make with the plants I've already harvested (including getting ready for cold and flu season with echinacea) and curling up indoors with some homemade comfort food made with ingredients from the garden.

The weather also means that Meatball (my tiny dog) has been getting extra spicy. Oh, that wet dog smell. Yuck! I've made a gentle, all-natural deodorant spray with essential oils to keep things fresh.

I hope that plants help you find some comfort and ease in the changing of the seasons too. It can be a stressful time, even if it is full of positive changes

## Latest from the Blog



### Echinacea Guide: Planting, Pruning and Caring for Coneflowers

Coneflowers deserve more praise. They are beautiful, low-maintenance, come in a ton of interesting varieties, and they have healing medicinal properties. [This guide](#) shows you how to grow, harvest, and use these versatile perennials.



### Olive and Fig Tapenade

[This recipe](#) is sweet, salty, and mouthwatering. Oh, and it's really easy to make.



### All-Natural Dog Deodorant Spray

Keep your pup smelling fresh with this gentle essential oil based [recipe](#).

## Seasonal Goodies

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

- [Rose Hips](#): the Hippest Fruit (with Amazing Health Benefits!)
- How to Care for [Pruners](#)
- A [Compost Recipe](#) to Demystify Composting
- Prepare [Fall Bulb Planters](#) for Spring
- [Living Jewelry](#) that Plant Geeks Will Love
- This [Vertical Herb Planter](#) Will Spice Up Your Kitchen
- How to Keep [Air Plants](#) Alive and Healthy
- Dividing [Perennials](#) 101

What does September look like in your part of the world? Whether you are still enjoying hot, sunny days or experiencing your first snowfall of the year, get outside and appreciate nature this week.

See you in the garden,



Stephanie Rose | Garden Therapy



PS: Have you checked out our [freebies page](#) lately? You'll find contests, an eBook, and more free resources just for you.

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

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

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**Garden Therapy**

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