



garden therapy

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better living through plants

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Hello my friend,

The changes that the world is going through right now can feel pretty heavy.

**Some days I get weighed down by it all.** It almost feels frivolous to spend my days gardening and crafting with plants.

But growing a garden isn't frivolous.

The therapeutic benefits are lauded by scientific studies, doctors, and anyone who's felt a little bit better through digging in the soil. When I started to grow and tend to a garden, it made me a happier, kinder person, with a deep appreciation for the earth. Imagine what would happen if everyone had that opportunity.

**That's powerful!**

So get out there and vote, speak your mind, protest, and make change. But also stop to smell the lavender, grow some amaranth, and baby your succulents. The healing power of plants can help to give you superpowers to tackle the big issues of the day.

Here are some simple and creative ideas for getting your garden therapy this week:



## Amazing Amaranth: All About this Leafy Green, Grain, and Superfood

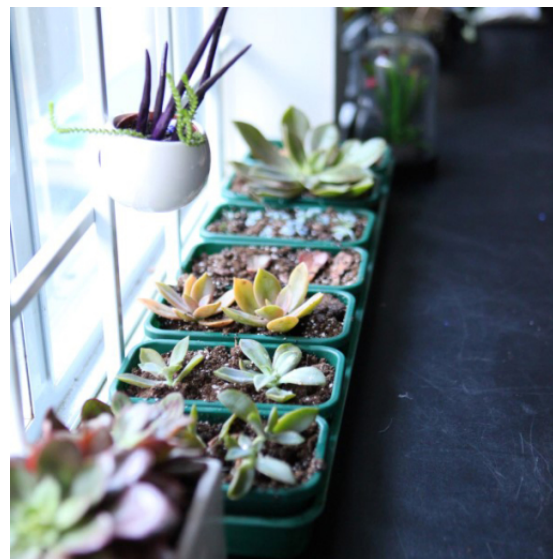
Grow [amaranth](#) for tasty leaves, nutritious seeds, and beautiful flowers all from one plant.

## Seasonal Goodies



### Serenity Now! Encouraging Deep Relaxation with Homemade Lavender Eye Pillows

Relax into a deep sleep with DIY aromatherapy [eye pillows](#).



### Overwinter Succulents to Keep Them Beautiful All Year Long

Learn how to care for your [succulents](#) over the winter months.

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

- Homemade All-Natural [Hand Sanitizer](#) Recipe
- Walking the [High Line](#)
- Find the Best [Indoor Herb Garden](#) for Any Space
- [Cleaning Bombs](#) Make Household Chores Easy
- A Fabulous Fall [Bleached Pinecone Wreath](#)
- [The Everything Wreath](#): Fresh, Festive, and Free
- Protect Your Garden from Vampires: [How to Grow Garlic](#)

That wraps up another fabulous fall week. As you transition into the next week and season, remember that gardens are not just powerful for individuals, but for all of us as a community. [This is a great little video on regenerative gardening](#). If you haven't seen it yet, it's worth a watch. It really hits home that growing **even a small garden can make a huge difference**.

See you in the garden,

Xox

Stephanie



Stephanie Rose | Garden Therapy



## 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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**PS:**

Have you ever made soap? It's a simple, joyful activity that I know you'll love. Get my soap-making book [Good Clean Fun](#) and get a jump on homemade holiday gifts for this year.

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