



garden therapy

better living through plants

Hey there,

I don't know about you, but herbs always make me feel better.

Their flavors brings some garden freshness to any meal, even in the colder seasons. They can be preserved in all sorts of creative ways and enjoyed all year long. Infusing them in vinegar, teas, and tinctures are some of the ways that herbs can be enjoyed throughout the year.

Herbs can also bring a sense of calm. There's just nothing like a restorative cup of herbal tea. Introducing a regular tea ritual into your life is a wonderful mindful activity that relaxes your body and mind as you sip.

And, most of all, herbs make me feel better when I'm sick.

This cold-and-flu season, I'm grateful for my [home apothecary](#) that's stocked with plenty of homemade herbal remedies, including this wonderful Echinacea tincture recipe from Colleen Codekas, author of the gorgeous new book *Healing Herbal Infusions*.

On the Blog This Week



Echinacea Root and Flower Tincture for Cold and Flu Season

Harness the healing benefits of different parts of the Echinacea plant with [this recipe](#) from *Healing Herbal Infusions* and get some bonus recipes for making your own healing herbal infusions.



How to Make Artisanal Herb-Infused Vinegar

Here are my three favorite [herb vinegar recipes](#) and how to customize your own unique flavors.



Harvesting Herbs, Healing, and How to Make the Perfect Cup of Herbal Tea

Start a daily [tea](#) ritual with herbs from the garden.

Seasonal Goodies

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

- Homemade [Scented Pinecones](#) and a Pretty DIY Diffuser
- Common [Garden Superstitions](#) and Their Origins
- Fun and Spooky Amber Fossilized [Insect Soap](#)
- Get Ready for Winter: Garden [Watering Tools Care](#) Guide for Fall
- [Pumpkinhead Scarecrows](#) at the NYBG Children's Adventure Garden
- [These Vegetables](#) Get Tastier After a Frost
- Wear [Aromatherapy Pendants](#) and Bring Garden Therapy with You

What are you doing with your herbs from the garden this season? Whether it's a simple cup of tea or a more complicated recipe, I hope your herbal concoctions bring you joy and wellness.

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) to your email contacts.

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PS:

Want to give some garden therapy to your loved ones this holiday season? Whip up some plant-based beauty recipes using ingredients from the herb garden. *[Make & Give Home Apothecary](#)* has easy-to-make bath bombs, perfumes, massage bars, and more! **[Buy the book.](#)**

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