



garden therapy

better living through plants

Hi my friend,

This week I wrote about something really personal and I almost didn't publish it. Even though I have been blogging about gardening as therapy for more than 9 years now, I still feel uncomfortable sharing stories about myself.

But a blog is just that: a log of personal stories, thoughts, and ideas. I've skirted the system for a long time and mostly shared photos, tutorials, and tips from many adventures out there in the garden without getting too personal. In fact, when I first started blogging I never even showed a picture of myself or used my given name.

That's because I was so sick that I couldn't face where I was at. Through blogging, I gained healing from the garden and community with people who loved plants. It allowed me a place to escape the constant pain and struggles - surrounded by beauty and life and friendship.

I'm much better now. I can live a mostly normal life (but, hey, what is "normal" anyway?). It has taken a lot of research, major life changes, and a ton of hard work. The path has not been easy, but it has been worth it.

This week, I shared more about my personal struggle with hormones, living sugar-free, and how I developed a love for the sweetest garden herb around, stevia. I've been growing, harvesting, and using it for many years and I hope that you will agree that it's worth including in your garden too!



Herbal Guide to Stevia Leaf: How to Grow, Harvest, and Prepare Green Stevia

Learn how [stevia](#) can become an important part of your daily life, plus my story of how stevia changed everything.

Seasonal Goodies



How to Braid Garlic

Store [garlic](#) for the winter and make it beautiful for display or gift-giving.



A Sweet Homemade Honeycomb Soap Recipe

Suds up with a little [something sweet](#).

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

- Luxurious Lavender and Cocoa Butter [Bath Melts](#)
- How to [Overwinter Herbs](#) and Keep them Happy All Year

- The New York Botanical Garden in the [Fifth Season](#)
- Improve Your Vegetable Crops by [Saving Seeds](#) the Right Way
- DIY [Wood Burned Coasters](#) with Floral Pyrography
- How to Make [Planted Pumpkins](#) Last
- 60+ Ways to [Carve a Pumpkin](#)

Please keep sending me emails or leaving comments on the blog and social media. I love to read them and your courage to share has made me want to make myself more forthcoming about my garden therapy journey, rather than just showing the end results.

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.

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.

PS:

This year, I'm going to try my hand at growing stevia indoors as well! I'll be using my [Window Herb Garden Kit](#), which you can see [here](#).



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