



garden therapy

better living through plants

Hey there,

I make a lot of crafts from my garden and I often get asked if I sell them at craft shows or online. And my answer is always an emphatic, "NOPE!"

In the past, I have done a few craft shows and sold things on Etsy, but I disliked all the logistics. I did, however, LOVE talking to people about the projects, how they were made, and listening to how they make stuff. It helped me to realize that being a maker is my passion and I love to share that passion with others.

So when someone asks me if I sell my crafts, I say, "Nope. But I'll show you how I do it!"

Because I want you to love making as much as I do. Especially now that we are in the most wonderful (aka stressful) time of the year. When the garden is no longer available for you to putter in and busyness becomes a seasonal virus, it's more important than ever to practice self care.

For me, that means making holiday gifts using plant-based ingredients, using natural remedies to help with viruses, and celebrating the plants of the season like herbs, evergreens, and poinsettias.

On the Blog



Craft up Homemade and Heart Made Gifts this Holiday.

The Botanical Beauty Holiday Gifts Workshop is open!

Hand crafting your own botanical beauty gifts from all-natural ingredients is not only a wonderful way to spend your time but it's also gives you heartfelt gifts to share with your friends and family.

[**Learn More**](#)

This workshop comes with a copy of my *Make & Give Home Apothecary* book plus a ton of extras like printable labels, gift wrap ideas, bonus recipes, and printable gift tags.



**Natural & Homemade
Herbal Common Cold
Remedies**



**Wake Up Happy with this
Rosemary and Peppermint
Energizing Shower Soap**

[Protect yourself](#) from those nasty bugs going around with my favorite homegrown remedies for colds.

This [shower soap](#) will make your skin tingle and stimulate your brain. A perfect way to wake up on dark mornings.

Seasonal Goodies

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

- Get to Know Your [Poinsettias](#): History, Growing, and Styling
- [Merry Little Christmas](#) Miniature Garden Projects & Creative Ideas
- A Kitschy [Printable Herb Packet](#) for Holiday Giving
- [Homemade Gift Ideas](#) You'd Actually Want to Get
- How to Make a [Farm Fresh Wreath](#) from Scratch
- Homemade [Dog Cookies](#) that Make Dogs Go Squirrely
- [Frozen Garden Candles](#) Blend Fire and Ice for a Stunning Display

I take garden therapy very seriously. After suffering with chronic pain and disability for ten years, I DO NOT want to live that life again and so self-care is at the top of my holiday To Do list.

I hope that you will give yourself the gift of self care this season as well. Slow down, take a deep breath, and budget some time for getting creative with plants.

See you in the garden,

Xox

Stephanie



Stephanie Rose | Garden Therapy



Garden Therapy

<https://gardentherapy.ca/>

Suite #358 2055 Commercial Drive,
Vancouver, BC V5N 0C7

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