

garden therapy

better living through plants

Hello my friend,

This week, I've been thinking a lot about giving back with #GivingTuesday falling on November 26th.

There was a time in my life that I didn't have a place to call home. As hard as that was, what I remember most was all of the kindhearted people who reached out a helping hand. Now that I'm lucky enough to have a roof over my head and a garden to grow food in, I try to do what I can to give back. I do that through volunteering time, donating gifts, and sharing stories of the people who work hard to make a difference in the lives of others.

In the spirit of Giving Tuesday, here is what is on the Garden Therapy blog:



An Interview with Soul Fire Farm's Leah Penniman

We are thrilled to have had the privilege of interviewing Leah Penniman, co-

founder of **Soul Fire Farm** and author the new book ***Farming While Black***. Leah has dedicated her life's work to racial justice in the food system and works tirelessly to uplift and empower farmers of color through practical skills and fostering a connection to the earth. [Read more here](#).



A Gift for You

I created a set of botanically-inspired gift tags and labels that you can download and print. You can get them in the [Members Only Library](#) with password "LOVEGARDENTHERAPY".



Holiday Giving Back

Now through the end of November, I'll be donating 20% of the proceeds of the [Botanical Beauty Holiday Gifts Workshop](#) to those who have lost homes and businesses in the 2018 wildfire season. [Sign up here](#).

I think that self care and working with plants is an important way of giving back to yourself and the earth. **Here are a bunch of ideas for getting your garden therapy this week.**

- Healing [Cuticle Balm](#) Recipe
- Light Up the Holidays with These [Creative Candle Projects](#)
- A [Succulent Snow Globe](#) Will Be the Star of Your Collection
- A Very Merry [Fresh Holly Wreath](#) for Christmas
- These [DIY Outdoor Garden Lights](#) Will Take Your Breath Away!
- DIY [Miniature Evergreen Wreath](#) Ornaments
- Easy and [Delicious Homemade Gifts](#) from the Kitchen

I'd also like to give you my thanks for being part of celebrating garden therapy and the power of plants with me this week. Gardening may be the last thing that many people are thinking about right now, but the healing

power of plants never rests.

See you in the garden,

Xox

Stephanie



Stephanie Rose | Garden Therapy



Garden Therapy

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