

# garden therapy

better living through plants

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Happy November my friend,

With winter and the holidays fast approaching, **I like to spend this time of year cozying into the season and taking care of myself and my loved ones** before the hustle and bustle of holiday season sets in.

For me, that means trying out **new herbal projects and recipes that will improve the health and well-being of my whole family.** This includes Meatball! I just made him a batch of healthy dog treats that he loves.

This fall, I harvested and dried a bunch of beautiful hops. Did you know that the aroma of hops has mild sedative properties? This means it's a wonderful, natural way to treat insomnia. I've been busy whipping up a bunch of dream pillows filled with sleep-inducing herbs to tuck in everyone's pillows.



**Herbal Dream Pillows: Aromatherapy for the Restful Sleep**

## You Need

Let this special [blend of herbs](#) send you into a deep slumber.



### Three-Ingredient Pumpkin Dog Treats That Fido Will Love

Add some fiber to Pup's diet with these healthy [biscuits](#).



### Herbal Guide to Hops: Growing, Harvesting, and Using Hops

There's so much more to [hops](#) than just beer!

## Seasonal Goodies

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

- The Essential Guide to [Rosemary](#): Care, Uses, and Healing Benefits
- How to [Grow an Amaryllis](#) Indoors for Stunning Winter Blooms
- How to Prepare [Butternut Squash](#) for Recipes
- Rosemary Lemon [Soap-on-a-Rope](#) Two Ways
- Festive DIY [Pinecone Firestarters](#)
- Healing [Himalayan Pink Salt Scrub](#) to Detoxify the Whole Body
- Learn [How to Prune](#) Like a Pro! Pruning 101
- [20 Awesome Gifts](#) Under Ten Dollars That Look Like a Million Bucks
- Orange Ginger [Cranberry Sauce](#) Recipe
- Make These [Colorful Terrariums](#) to Brighten Up Your Day!

I hope you take some time this week to take care of yourself, relax, and get a good night's sleep.

See you in the garden,

Xox

Stephanie



Stephanie Rose | Garden Therapy



**PS:** Have you signed up for my Natural Skincare Mini Course yet? [Sign up today.](#)



**Garden Therapy**

<https://gardentherapy.ca/>

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