



STARTER GUIDE

“Grow Food. Build Community. Stay Collectively Sustainable.”
Presented by Sistah Sarah’s Kitchen

WELCOME AGENT

You've officially been activated as a Garden Warrior. From this moment forward, you're part of a movement powered by Sistah Sarah's Kitchen—where we don't just talk about better living... we plant it, grow it, and become collectively sustainable.



YOUR MISSION (Read Carefully):

Plant something. Learn as you go. Share your progress. And help build a community that chooses health, food security, and collectively sustainable living—starting right where you are.

REAL FOOD • REAL POWER

www.SistahSarahsKitchen.com

YOUR OBJECTIVES

Objective 1: Start small, but start NOW

Choose 1–3 beginner-friendly seeds and plant this week.

Objective 2: Track your progress

Take a photo or video of your garden journey (*even if it's just one pot!*).

Objective 3: Report back to Headquarters (tag + hashtags)

Post your update and tag Sistah Sarah's Kitchen / Garden Wars so the community can support you.

Objective 4: Recruit a new agent

Invite a friend, neighbor, or family member to join the mission.

REAL FOOD • REAL POWER

We grow individually... but we win by being collectively sustainable.

www.SistahSarahsKitchen.com

YOUR SUPPORT TEAM

You are not doing this alone. Garden Wars is powered by Sistah Sarah's Kitchen (Headquarters) & other Grow Warriors Nationwide!

Farmfresh247

SoufSide Nature Boy

Homesteading_Umi

Big Steele

Sow Viable

Farmer Abby

 OFFICIAL AGENT STATUS

STATUS: Active

ROLE: Garden Warrior

MISSION LEVEL: Beginner → Beast Mode

NEXT STEP: Plant something within 7 days

Use the hashtags:

#TheGardenWars #GrowYourOwnFood #GardenWarrior

#collectivelysustainable

#sistahsarahskitchen

www.SistahSarahsKitchen.com

FINAL INSTRUCTIONS

**Your mission will not self-destruct—
because we need this information to
spread. 🌱**

**Welcome to Garden Wars!
Your community is counting on you.**

**Join the Seed Share + get your starter steps at:
www.SistahSarahsKitchen.com**

www.SistahSarahsKitchen.com

Your Mission:

To grow your own food, learn the fundamentals of gardening, and help build a community that supports food security, health, and self-sufficiency—starting right where you are.

How to Join Garden Wars

1. Get your seeds
2. Pick what you're growing
3. Plant it and track your progress
4. Post your updates and tag us!

📸 What to Post

- planting day
- our first sprouts
- progress pics
- harvest updates
- wins AND lessons learned

🏷️ Use These Hashtags

#TheGardenWars
#GardenWars2026
#SistahSarahsKitchen
#GetYouSomeSeeds
#collectivelysustainable

www.SistahSarahsKitchen.com