



THE GARDEN WARS – QUICK START CHECKLIST

Grow Food. Build Community. Stay Collectively Sustainable.

Presented by Sistah Sarah's Kitchen

🕶️ AGENT ACTIVATION (DO THIS FIRST)

- ✓ Choose 1–3 beginner-friendly seeds (*basil • tomatoes • peppers • lettuce • herbs*)
- ✓ Pick your grow style: pot / raised bed / backyard / window
- ✓ Set your 7-day mission deadline (plant something this week!)

🌱 WEEK 1 MISSION: PLANT + START

- ✓ Get your seeds
- ✓ Pick what you're growing
- ✓ Plant it
- ✓ Water it + give it light
- ✓ Take a photo/video (even if it's ONE pot)

📸 WHAT TO POST (YOUR PROOF OF LIFE 😊)

- ✓ Planting Day
- ✓ First sprouts
- ✓ Progress pics
- ✓ Harvest updates
- ✓ Wins AND lessons learned

📡 TAG US SO WE CAN REPOST YOU!

- ✓ Post your update
- ✓ Tag Sistah Sarah's Kitchen / Garden Wars
- ✓ Use the hashtags:

#TheGardenWars
#GrowYourOwnFood
#GardenWarrior
#collectivelysustainable
#sistahsarahskitchen

RECRUIT ONE NEW AGENT

- ✓ Invite a friend, neighbor, or family member
- ✓ Help them plant something this week too

✓ **FINAL CHECK**

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

www.SistahSarahsKitchen.com