

Summer Survival Checklist

Cool Down Porch Basket

Clean hand towels

Peppermint water spray bottle

Bug spray

Wide-brimmed hat and extra hair ties

Grow Bag Garden Staples

Zucchini- sliced, sautéed, or shredded

Tomatoes- fresh for sandwiches or salads

Ideas: zucchini skillet, tomato toast, zucchini muffins

Go-To Summer Sips

Homemade fruit tea (green tea + oranges+ limes + berries + honey

Cucumber-lemon water

Keep cold in fridge, serve in mason jars

Favorite Summer Tools

Grow bags (zucchini & tomato friendly)

Gorilla cart

Cooling neck towels

Heavy-duty gloves

Quick One-Pan Meal to Repeat

Zucchini & egg skillet with cheese

Sauté zucchini, crack in eggs, top with cheese

Serve with toast or leftover roasted potatoes



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Evening Reset Zone

Pick ONE space to reset each night:

Porch

Kitchen table

Sink or pantry

Just 10 minutes to reduce overwhelm

