



Grow. Eat. Enjoy

HARVEST SWAP

ON HERE





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Harvest Swap

DATE:

TIME:

VENUE:

It's FREE AND EASY to swap your backyard produce!

Just visit the community stall, deposit your extra fruit, veg and herbs on the table and take some other produce in return.

Any leftover produce will be donated to Vinnies to feed those in need.

For more growing ideas and information visit us:
www.100kilos.org



swap-iquette

Fruit, Veg 'n' Herbs

Swap only fruit, vegetables, or herbs (and plants of these) that you've grown or harvested at home.

Food Sense

Wash produce before you use it.

If you are unsure about the quality or freshness, apply the 'when in doubt don't eat it' principle.

Swaps

Just exchange produce and good will, no money please.

Goodwill

Share some stories and a joke as well as the harvest.

Remember: Harvest Swap food is home grown and may or may not have been grown using herbicides or pesticides.

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THIS WAY

