

WANT TO GO TO A LOCAL

***fruit and
vegie swap?***

WHAT CAN I SWAP?

HOW DOES IT WORK?



Fruit and vegie swaps

HOW IT WORKS:

Swappers place their contribution on a common table, browse and enjoy a chat with other locals while taking a share of some things they could use.

SOME LOCAL SWAPS:

Altona Fruit and Vegie Swap

2nd Saturday of every month, 10:30am to 11:30am, the Rotunda, Logan Reserve Pier Street.

Newport Fruit and Vegie Swap

3rd Sunday of every month, 10:30am to 11:30am, Newport Lakes, the first BBQ shelter near the park entrance.

FIND MORE SWAPS AT
WWW.LOCALHARVEST.ORG.AU

SOME IDEAS OF WHAT YOU CAN SWAP

- Homegrown fruit, vegies, nuts or eggs
- Gardening goodies (coffee grounds, shredded paper, lawn clippings, homemade mulch or compost, worm juice, worm castings)
- Recycled hessian sacks
- Something you've baked (cake, bread, biscuits)
- Recycled jam jars
- Seeds you've saved, seedlings and cuttings you've raised (edible stuff)
- Copies of your favourite seasonal recipes
- Gardening magazines or gardening books you've read
- Homemade preserves (relishes, jams, lemon butter, tomato sauce, cordial, ginger beer)

TRANSITION HOBSONS BAY

inspiring a positive future for our local community



This card is
printed on 100%
post consumer
waste stock