

**FOOD
FAIRNESS**
ILLAWARRA



Crop Swaps

Facilitate the swapping of excess homegrown produce, seeds and edible plants. Crop swaps are a great way to build local community, reduce food waste and eat better, for less.

What to swap?

Any surplus of:

- Homegrown herbs, fruit, veggies and eggs
- Seeds, seedlings and edible plants
- Preserved or prepared foods, like pickles and jams
- Growing materials, like pots and worm castings

Crop swaps in the Illawarra

On Facebook:

- Kiama and Gerringong Crop and Swap
- Illawarra and Surrounds Garden Swap and Giveaways

How to start your own?

1. Gather a couple of friends

Work with a small group of committed people, to share the load and divvy up duties both on the day-of and in advance of a crop swap.

2. Pick an accessible location

From a private backyard to a public park or a library.

3. Set a date & schedule

Hold the crop swap at the same time, same place, either weekly, monthly, or seasonal (10am seems to be a sweet spot for weekend swapping).

4. Spread the word

Invite your neighbours, use social media and inform your community centre.

5. Have clear guidelines:

Decide on how you want to host your crop swap (e.g. an honesty system, work with tokens) and convey this to the participants.

6. Host the swap

Organise the bounty on a table or a picnic rug. Create an inviting atmosphere by helping participants find a spot for their produce. Inform participants of how the swap will work. HAVE FUN!

Resources

- <https://foodfairnessillawarra.org.au/guide-topics/crop-swapping/>
- <https://www.cropswap.sydney/>