



# 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

- Bulli Crop Swap - 1st Sat of the month (see Foodtalks insta)
- Unanderra Crop Swap - 1st Sat of the month (see FB group)
- Port Kembla Crop Swap - 3rd Sat of the month (see FB group)
- Kiama and Gerringong Crop and Swap (see FB page)
- Otford Working Bee & Crop Swap (contact 0417 418 564)

# 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/>