



HARVEST EXCHANGE

2018-2019 CALENDAR

2018

7 OCTOBER 2018 SWIFTS CREEK Albion Hotel	21 OCTOBER 2018 BENAMBRA Neighbourhood House
4 NOVEMBER 2018 ENSAY Little River Inn	*SATURDAY* 17 NOVEMBER 2018 OMEQ SHOW Omeo Rec Reserve
2 DECEMBER 2018 SWIFTS CREEK Albion Hotel	16 DECEMBER 2018 BENAMBRA Neighbourhood House

2019

6 JANUARY 2019 OMEQ Court House Gardens	20 JANUARY 2019 ENSAY Little River Inn
3 FEBRUARY 2019 BENAMBRA Neighbourhood House	17 FEBRUARY 2019 SWIFTS CREEK Albion Hotel
3 MARCH 2019 OMEQ Court House Gardens	17 MARCH 2019 ENSAY Little River Inn
31 MARCH 2019 BENAMBRA Neighbourhood House	14 APRIL 2019 SWIFTS CREEK Albion Hotel
28 APRIL 2019 OMEQ Court House Gardens	12 MAY 2019 ENSAY Little River Inn

EVENT TIMETABLE

Sundays as per timetable

10.30am-

Register Produce

Register your produce and place it on the table.

11am-

Swap and Share

Take what you like, share and chat.

11.30am-

Excess for Everyone

Leftover produce is shared around or taken home

WHAT TO BRING

Bring along fresh fruit and vegetables, herbs, eggs, honey, homemade preserves, baked goods, gardening goodies or a copy of your favourite recipe or garden tips.

Nothing to bring? Come along anyway... Growers love to share.

Grab a copy of the Harvest Exchange guidelines online at:

<http://odh.net.au/>

or contact Omeo District Health, Health Promotion

Phone: 5159 0100 | Email: health.promotion@omeohealth.com.au



'Omeo Region Harvest Exchange'