



# HARVEST EXCHANGE GUIDELINES

**When:** 10.30am-12noon. Sundays (except for Omeo Show weekend). See Calendar for set dates.

**Venue and location:** Alternating between Albion Hotel, Swifts Creek; Court House Gardens, Omeo; Little River Inn, Ensay; and Neighbourhood House, Benambra.

**Things that can be exchanged:**

- Fresh fruit and vegetables- (not cut up).
- Herbs (fresh or dried).
- Eggs.\*
- Honey.
- Nuts.
- Fruit or vegetable seeds, seedlings or cuttings.
- Baked goods (please date and list ingredients)\*. You may like to provide samples to taste.
- Homemade Preserves, Jams, Relishes (please date and list ingredients)\*. Re-used jam jars okay too.
- Homemade plant signs for row identification in the garden.
- Gardening goodies (manure, coffee grounds, worm juice etc).
- Copies of your favourite seasonal recipe and gardening tips, magazines or books welcomed.
- Empty egg cartons.
- Homemade produce carry bags.
- Home food production skills.
- Trade a skill for produce such as pruning, grafting, preserving.
- Homemade labels for jars and bottles- stick on or Cut up old cards, attach to string/ribbon to label jar
- Create clever storage/carrying items and ideas for produce.

*The Harvest Exchange does not involve the direct exchange of items rather the pooling of produce - inviting everyone to share it.*

*Where convenient pre-package produce into portioned sizes. For example 1kg bag of plums.*

**Important:**

Please consider food safety and handling when preparing, cooking and storing any food items that you want to contribute to the share. See guidelines attached.

- *If trading eggs, the 'producing safe eggs at home' guidelines must be followed.*
- *If baking or preserving goods, people must ensure they are following food safety rules and label including date made and ingredients (highlighting local produce where applicable for example Karen's Quinces (Swifts Creek)).*

**Who can participate:**

All community members are welcome to participate.

- Community members will not be excluded from participating if they don't have produce available at a particular time. Swapping evens out over weeks and across seasons.
- Even if you don't have or don't need produce at the time of the harvest exchange please come along and support it.

**Key principles of the Harvest Exchange:**

- The Harvest Exchange is an informal produce share opportunity that is based on an honesty system. It is the responsibility of individuals to decide how much they are able to use and to take no more than this. Allowing ALL community members to access the produce they need.
- Measuring of relative contribution is not necessary. If community members only bring what they cannot use and that would otherwise go to waste then they have nothing to lose from the program.
- Community members may bring transformed products back to the pool. For example, apricots taken at one produce share can be brought back as jam at the next.
- No money will be exchanged. A monetary donation may be made on the day. All donations will go towards funding the harvest exchange and other Omeo Region Healthy Food Futures Project initiatives.
- Any excess produce will be the responsibility of the community members who brought it along. Some food may be suitable to donate to the food cart should individuals wish to contribute.

Adapted from information sourced from: Yarram Produce Share, Otway Local Produce Swap, Local Food Connect and Friends of the Earth Adelaide.

