



SEACLIFF COMMUNITY PRODUCE SWAP

Give - Take - Share - Chat - Learn - Grow - Connect

This monthly event brings people together to enjoy local homegrown produce chat with neighbours, share gardening and sustainability ideas and connect over a cuppa.

Last Sunday of every month
9.30am - 10.30am (swap at 10am)
Kauri Reserve, 40A Kauri Parade
Everyone is welcome

How does it all work?

Please arrive from 9.30am. Grab a name tag and have a chat with others. All goods are placed on the share table and then at 10am everyone is welcome to take whatever they would like. It's not a direct swap, rather an informal swap and share.

What can I bring?

Homegrown fruit, veggies and herbs, flowers, seeds, seedling and plants, or homemade jams and baked goods.

(please check current fruit fly restrictions prior to attending)

What if I don't have much to share?

Please come along anyway. Bring a little or a lot. Maybe you will have something next time or will leave with some seeds and inspiration to start your own little veggie patch.

Stay in touch

Join our mailing list to receive a monthly email reminder and hear of any changes to our monthly gatherings at www.bit.ly/SPSMailingList

Find out more at www.bit.ly/SeacliffProduceSwap
or contact Emma on 0417 827 319 or emma@asimpleshift.com.au

Find us on  SEACLIFF COMMUNITY PRODUCE SWAP

 SUSTAINABLE
COMMUNITIES
SOUTH AUSTRALIA



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GUIDELINES

Some items can present a health risk. We ask that you read and follow these guidelines.

- **Honey:** must be appropriately labelled in line with relevant legislation
- **Eggs:** eggs should be clean and not have any cracks
- **Home-cooked items:** Please ensure ingredients are labelled, as well as the date of cooking. We encourage people to practice good hygiene when preparing food for the swap.
- **Baked goods that require refrigeration:** (i.e. cream fillings, egg based products) present a higher risk of food poisoning if not handled and refrigerated appropriately. Please ensure these are properly refrigerated prior to the swap, and that the time out of the fridge is kept to a minimum.
- **Preserved goods:** homemade canned, preserved or fermented foods can be a source of botulism and their preparation requires extra caution. While it is very rare, botulism can be fatal. For this reason, the following HIGH RISK items are not allowed at the swap:
 - **NO food in oil (such as garlic or herb infused oils)**
 - **NO home canned fruit or vegetables**
- **Fermented foods:** these can present a risk of food poisoning if the correct methods aren't followed. Please ensure you know how to make these items correctly. People are encouraged to make their own decisions as to whether they take fermented foods home from the swap with them.
- **Jams and chutneys:** these are welcome at the swap as they present a lower risk due to their high acid content. However, please ensure that proper methods are followed including sterilisation.
- **Plants & produce:** please label any produce or plants that people may not be familiar with.
- **Non-edible items:** to avoid any mix up, please keep non-edible items on the separate table (e.g. other garden plants and seeds) and ensure they are labelled.
- **Fruit Fly:** please comply with the current fruit fly restrictions www.fruitfly.sa.gov.au
- **COVID Safe:** comply with relevant covid restrictions. Please see our e-newsletter for updates.
- **Please consider the environment and try to keep plastic packaging to a minimum.**

The Seacliff Community Produce Swap is here to help facilitate the sharing of produce and is not responsible for the production processes of the produce or the produce itself. Attendees are asked to follow these guidelines and take responsibility for their contributions to the swap.