

TOTALLY LOCALLY BUNGENDORE HOME PRODUCE SWAP

Do you have a few too many **apples, artichokes** or **apricots**? Maybe you like to **jam, preserve, ferment or bake** a bit more than you can eat? At the home produce swap you can exchange a bit of your extra for a bit of someone else's.

That's the **magic** of the home produce swap. It is that simple – **no money, no bookings** – just a chance to meet people from Bungendore and nearby, be nice and take home something different.

It happens from **10AM TO 10.30AM** at each Southern Harvest Farmers Market in Bungendore. Look for the *green* Totally Locally Bungendore banner.

At the food swap we are proud of our fine home produce coming from the **gardens and kitchens of Palerang**. We love to see *fresh* or dried fruit and vegetables, nuts and seeds, **honey**, cakes, biscuits, bread, **jams, preserves, chutneys**, seedlings and veggie seeds, **eggs** (with egg stamp), cultivated mushrooms, **fertilised eggs** (labelled not for human consumption), cordials, *verjuice* and more.

The FINE **print**

We are keen to keep our swappers **happy and healthy** so there are a few things that can't come to the swap: live animals (but you could bring photos), sprouts, royal jelly, foraged mushrooms, alcohol, meat, fish, seafood, dairy and **cooked foods** that need to be kept **warm** or **cool**.

If you cook for the swap, **bring along the recipe** so you can tell swappers about the ingredients. Also, there are some allergens that could be in your cooking that we must tell people about: peanuts, tree nuts, milk, eggs, sesame seeds, fish and shellfish, soy and wheat. You can use our special TOTALLY LOCALLY BUNGENDORE **Home Produce Swap stickers** to do this.

Good food **happens** at the swap. See you there.