

## MEMBERSHIP REGISTRATION

- Annual Single Membership \$5.00
- Annual Household Membership \$10.00

Name:.....

Address:.....

.....

Home/Mobile:.....

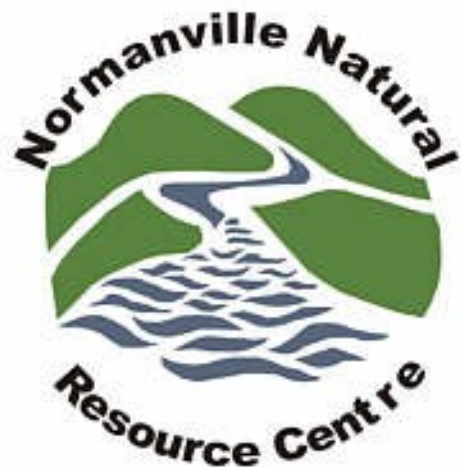
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Email:.....

**The Community Fruit and Veggie Swap is a project of the  
Normanville Natural Resource Centre  
3/5 Main Street , Normanville SA**

**Ph. 08 8558 3644  
Email: [info@nnrc.com.au](mailto:info@nnrc.com.au)  
Website: [www.nnrc.com.au](http://www.nnrc.com.au)**

**Come along have a chat, a cuppa, share some produce and knowledge in a relaxed and friendly atmosphere where everyone is welcome!**



**The Normanville Natural Resource Centre is supported by the Adelaide and Mount Lofty Ranges Natural Resource Management Board**



**Government of South Australia**  
Adelaide and Mount Lofty Ranges  
Natural Resources Management Board

# COMMUNITY



# FRUIT & VEG SWAP

Normanville Natural Resource Centre

# EAT

# GROW

# SHARE

# CONNECT

# Community Fruit and Veggie Swap



## What is a Fruit and Veggie Swap?

A place where people come together and swap their surplus produce in a relaxed and friendly atmosphere while catching up with old friends and making new ones.

By swapping your home grown produce you will add variety to your diet, save money, reduce food miles, eat fresh good quality food, meet new people, gain inspiration and ideas about gardening and cooking, whilst working towards a sustainable future.

Essentially it is a place where like minded people can have a chat over a cuppa, share some produce and exchange tips on what to do with all those surplus tomatoes and zucchinis.

## When and where do they happen?

Held on the 1st Saturday morning of each month from 9.30—11.00 am at the Normanville Natural Resource Centre, 3/50 Main Street, Normanville.

## What can I swap?

- Fruit
- Vegetables
- Home Baking
- Homemade Jams
- Seedlings
- Olive Oil
- Cut Flowers
- Honey
- Eggs
- Home dried Fruit
- Compost
- Recipes
- Knowledge
- Homemade Preserves
- Gardening books
- Herbs



## Who can participate?

Anyone and everyone who has something to share, whether it be produce, seedlings, recipes, flowers or eggs is welcome to join.

If you do not have a garden, don't worry you can still be involved by bringing home baking or preserves or contribute valuable gardening or food preserving/preparation knowledge and enjoy good company!

If your gardening expertise extends to a lonely pot of herbs by the back door, get involved and your bunch of herbs could turn into a few tomatoes or zucchinis to make a fabulous home cooked meal featuring local fresh produce.

## How do I become a member?

Simply fill in the membership form on the reverse and bring it along to your first swap and we will join you on the spot. Membership is \$5 annually for individuals or \$10 for households. All membership fees go towards helping run the swaps.

