



**LOCAL FOOD & PRODUCE EXCHANGE**  
**10 am**  
**at Trentham Farmers Market**  
(third Saturday each month)

Do you have a glut of broad beans? Too much rhubarb or salad greens? Bring them along and swap your produce for something else! No \$\$ are involved!!

You can swap:

fruits and vegetables	home-grown eggs
mulch and manure	seeds and seedlings
worms and worm juice	cut flowers and herbs
recipes and gardening advice	jams, sauces and chutneys

What better way to meet other keen gardeners, swap your produce, reduce waste and have a yarn.

**One gardener's glut is another gardener's lunch! Come along at 10 am to the next Farmers Market.**

