



VEGGIE, FRUITS & FLOWERS SWAP NIGHT WED. JULY 17 5:00-5:30PM

BRING FIVE BUNDLES TO TRADE (SUGGESTIONS):

- 1 LB CARROTS OR ROOT VEGETABLES
- BUNDLE OF KALE / COLLARD GREENS / LETTUCE
- BOUQUET OF FLOWERS, LARGE SUNFLOWER
- SQUASH, WATERMELON, ZUCCHINI, MELON
- PINT OF STRAWBERRIES/BLUEBERRIES/BLACKBERRIES/CHERRIES
- 3 TO 4 PLUMS/PEACHES

GUIDELINES & DETAILS:

- FOOD SHOULD BE ORGANICALLY GROWN, NO HERBICIDES OR PESTICIDES
- NO MEATS OR EGGS
- SHOULD BE WASHED/CLEANED
- EVENT LOCATION: WOODBURN AQUATIC CENTER

