

## Produce swap this Saturday 7 January 2017

Happy New Year swappers - time once again to check the surpluses! I will be bringing redcurrants and potted plants. Most other veg have bolted despite the downpour after Christmas - I found myself standing in a flood pouring through the green house as I potted up seedlings, nearly jumping out of my skin at a thunderclap directly overhead.

I will also have this season's seeds of:-

Cerenthe



Mophead poppy (purple)



Sweet pea



Sasha Trikojus alerted Alice and me to a newsletter called *Local Food Connect* which has discussion about the earliest food swaps – probably Ceres in their community gardens early 2000's and Montmorency c2008. Perhaps I should let them know ours started in late 2008/early 2009! It got a bit tired until it moved to the Farmers Market in February 2012 and has since taken off. Here is a direct crib from the latest LFC newsletter (which appealed to me after finding bags of slime in my crisper):

### Some guidelines for storing summer produce

Keep your veggies cool. The fridge is your friend - know how to store your produce.

Rule #1: Keep fruit and veggies separated. Most fruits and berries emit ethylene gas which can cause your vegetables to spoil and change flavour. Keep them in separate drawers if refrigerated.

Rule #2: Bag them first. Loosely bag or wrap greens, broccoli, capsicum, cucumber etc before placing them in the fridge. Keep sweetcorn in its husks until ready to use.

Rule #3: Do not store root vegetables with their greens. The greens will take moisture out of the roots so cut them off first and store them separately.

Rule #4: Remove rubber bands, twist ties or any other things that choke your veggies. Store them without any tightening objects for better circulation.

Rule #5: As a rule it is best **NOT** to wash veggies before storing because extra water creates dampness which is not ideal. (However, washing lettuce, spinach and salad greens makes it easy to use them. So, wash them and make sure to dry them before storing. This will make it easy to make salads and you will eat more of them.)

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After the possible excesses of the season I figure **“An addiction to gardening is not all bad when you consider all the other choices in life”** (Cora Lea Bell)

Look forward to seeing you on Saturday for swapping at 10am.

Cheers - Helen