

I LOVE CROP SWAP  
BECAUSE...

...I MEET REAL PEOPLE  
AND I EAT REAL FOOD!





TOHA ATU, TOHA MAI

*I share with you, you share with me*

# SELF LOVE

EAT, SLEEP, WALK, DANCE, SING, MEDITATE, BE WITH FAMILY AND FRIENDS, PLANT A GARDEN AND **GO TO CROP SWAP**

# COMMUNITY LOVE

MEET YOUR NEIGHBOUR, THROW A STREET PARTY, VOLUNTEER, COOPERATE, GET INVOLVED HAVE FUN TOGETHER, POT LUCKS, PLANT A GARDEN AND **GO TO CROP SWAP**

# PLANET LOVE

GROW WILDFLOWERS, PROTECT THAT WETLAND, PROTEST, SPEAK UP, SHOW UP SWITCH TO AN EV, BIKE, VOTE, TALK WITH YOUR COUNCIL, GROW A GARDEN AND **GO TO CROP SWAP**







