



Brisbane
Food
Exchange

Plant It • Grow It • Swap It

*Food could be
grown here.*

<http://bit.ly/12rptnC>



*Food could be
grown here.*

<http://bit.ly/12rptnC>



*Food could be
grown here.*

<http://bit.ly/12rptnC>



FRESH FRUIT & VEG

Fresh from the FIELD

IT'S IN OUR NATURE

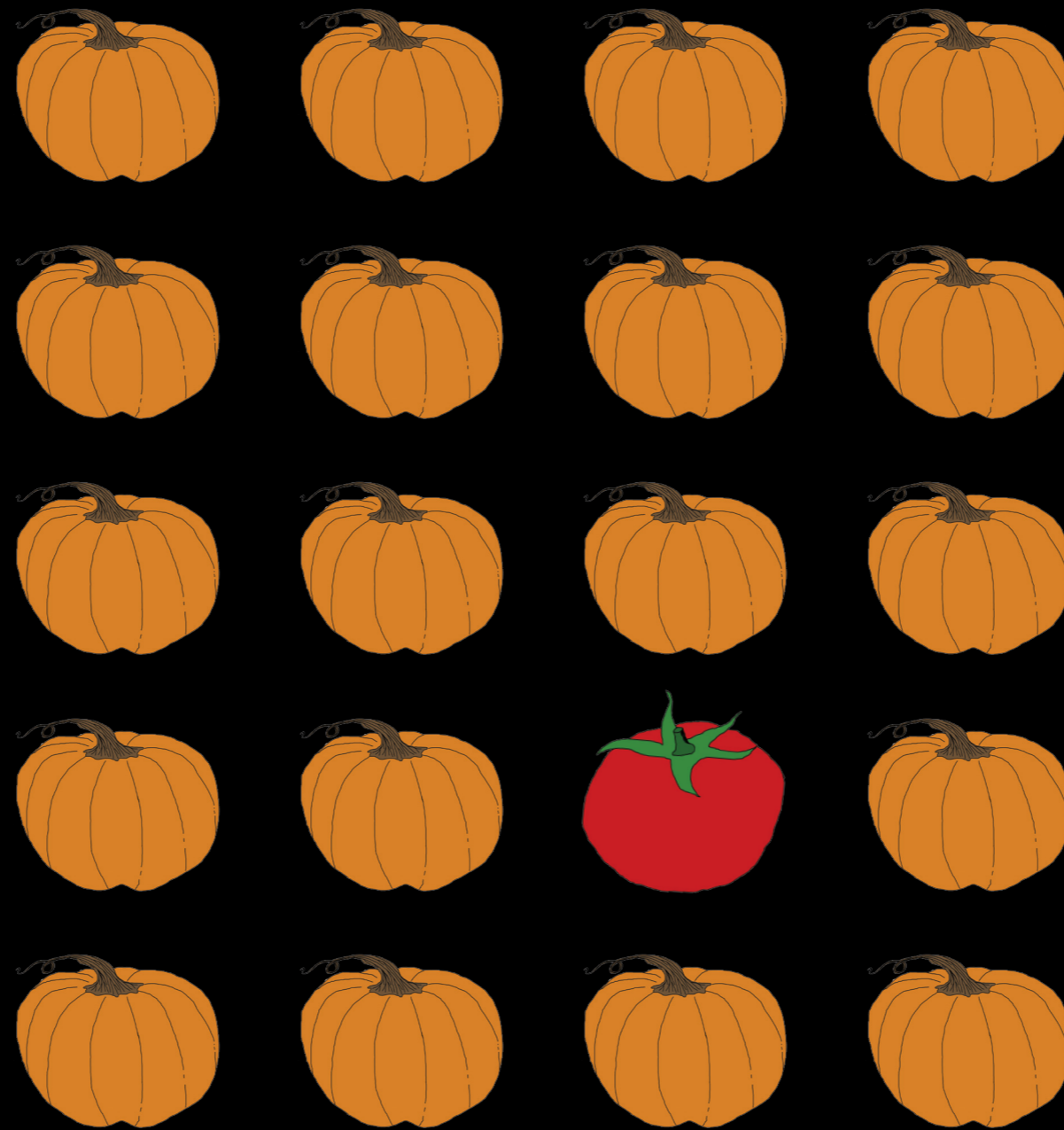
Good Food



Are you buying the best produce for your family?



http://bit.ly/10y0e0c



*Is your garden drowning in
pumpkins, but lacking in tomatoes?*



<http://bit.ly/12rptnC>



*Are you buying the best
produce for your family?*



<http://bit.ly/12rptnC>



Don't throw it, Swap it!



Food Lovers

For those who love food but lack green thumbs, feel free to join in and use our produce to make delicious jams, sauces and more!

[Menu Peek >](#)

Join the cause

Food is an important source of life, lets take care of it and go local together. Help us to create an endless supply of fresh produce!

[Read More >](#)

How to grow it yourself

We would love for you to know more. Learn about how to grow food in your back yard, front yard, pot plants, even your rooftops!

[Contact Us >](#)



What is the Brisbane Food Exchange?

"The middle-men are a dead-set mafia. We (farmers) put everything in; they take two-thirds of the profit."

Matt Muller, Farmer,
Boonah, Queensland

The Brisbane Food Exchange encourages people of urban city area's to grow their own food and swap it amongst their neighbours. We are only a small community, running only within one street in Brisbane so far, but we'd love you to help us grow. Growing your own fruit, vegetables and herbs is important today due to increasing concerns about the freshness, quality, chemical inputs, rising costs, food miles and availability of the fresh food we consume. The process can be very rewarding not only to you, your family and the planet, but to your wallet as well.

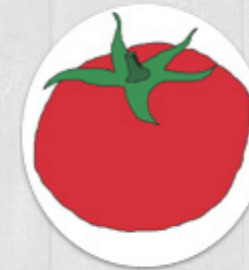
Once your garden is set up you will reap the rewards through fresh produce that tastes at least 10 times better than anything brought at the supermarket. This is purely due to the fresh quality journey the fruit or vegetable has undergone; straight from the garden to the plate. But, what do you do when you've got too many pumpkins, but are lacking in broccoli, and you know that Jack next door has plenty of broccoli? You swap it!

Join our ever-growing community!
[Find out how here.](#)



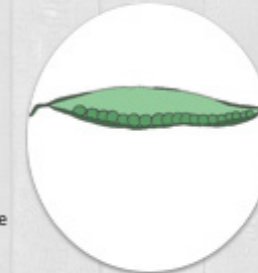
How to grow it yourself...

To grab a grow it yourself pack. [Click me!](#)



Tomatoes

Plant it in August
Dig it ¼ of an inch deep
Place it ½ an inch apart
Grow it in August to December
Pick it after 10 - 15 weeks
Swap it @ the Brisbane Food Exchange



Snow Peas

Plant it in April
Dig it 1 inch deep
Place it 2 inches apart
Grow it in April to December
Pick it after 8 - 10 weeks
Swap it @ the Brisbane Food Exchange



Apples

Plant it in April
Place it in a damp paper towel in fridge until dried
Dig it ½ an inch deep
Grow it in June to August
Pick it after 3 - 4 years
Swap it @ the Brisbane Food Exchange



Pumpkin

Plant it in All year
Dig it 1 - 2 inch deep
Place it 3 inches apart
Grow it in All year
Pick it after 10 - 17 weeks
Swap it @ the Brisbane Food Exchange



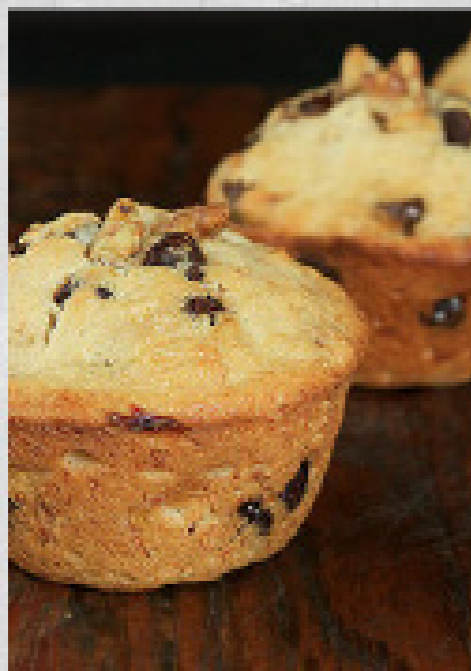
Lettuce

Plant it in All year
Dig it 0.4 of an inch deep
Place it 2 inches apart



Home About It Grow it Recipes Swap it

Home Grown Recipes



Banana Chocolate Chip Muffins

Recipe By : King Arthur Flour
Makes: 12 Muffins

- | | |
|-------------------------------|-----------------------------------|
| 1 cup all-purpose flour | 1 chopped walnuts |
| 1 cup white whole wheat flour | 4 tablespoons unsalted butter |
| 1 1/2 teaspoons baking powder | 1 cup granulated sugar |
| 1/2 teaspoon baking soda | 1 large egg |
| 1/2 teaspoon salt | 2 med overripe bananas -- (1 cup) |
| 1/2 teaspoon nutmeg | 1/3 cup milk |
| 1/2 teaspoon allspice | Preheat oven to 350 degrees |
| 1/2 cup chocolate chips | |

In a medium bowl, whisk together flours, baking powder, nutmeg and allspice. Fold in the chocolate chips and walnuts. In a large mixing bowl, cream together butter and sugar. Mix in bananas and milk. Stir the dry ingredients into the butter-sugar mixture. Evenly divide the batter between a 12 cup muffin tin. Bake about 30 minutes. Remove from the oven and let cool before carefully removing them from the pan to a wire rack.



Home About It Grow it Recipes Swap it

Swap it at:

Message us if you want to receive a grow it yourself seed pack or if you have any questions.

The pack includes basic information about the Brisbane Food Exchange, a yearly growing calendar guide for basic fruit and vegetables as well as five varieties of seed and growing instructions.

Brisbane Food Exchange
36 Hilltop Road,
Tarragindi, Brisbane,
QLD 4121
Tel: 123-456-7890

Name	<input type="text"/>
Email	<input type="text"/>
Subject	<input type="text"/>
<input type="button" value="Send"/>	

