



## Grow Free Cart Guidelines

### **Suggested:**

- Home-grown or homemade produce: fruit, veg, herbs, preserves, eggs, baked goods, etc.
- Preferably grown with organic principles, without toxins.
- Grown with love is a strict prerequisite!
- Seeds, seedlings, cuttings and rootstock (Please label all, and heirloom seeds are best, as they can be saved from)
- All things gardening, whether it be gardening magazines, toilet rolls, worm tea, etc.
- Jars
- Paper bags and small boxes for seeds or produce.

### **Not suggested:**

- Specifically bought store produce for carts. (Many other options for this)
- Asking to swap with folks (we recommend giving without valuing anything)

### **Definite no, please:**

- Meat
- Mushrooms
- Chook and compost scraps
- Selling anything
- Alcohol