



## Plant and Share

# Grow your planting knowledge at a Seed Swap



### What is a Seed Swap?

Seed swaps are events that bring people together to exchange seeds, promote food growing and gardening. Whilst any variety of seed can be swapped, quite often there is a focus on heirloom, heritage, organic and GMO-free seeds to encourage resilience in our food system.

Seed swaps are for everyone no matter where you are on your journey into the joys of growing from seed. Whether it's a couple of pots on the windowsill or a small outdoor space, seeds can be grown anywhere with a bit of love.

### How do I find a seed swap near me?

As a starting point, Garden Organic have a list of established seed swaps taking place across the country. Lots of seed swaps are also advertised on social media, and you can search for community and gardening groups, allotments and community centres for any local events. Community boards at supermarkets and libraries will often advertise upcoming local events too.

## Organising your own seed swap

Fancy organising your own seed swap?  
We've got some simple hints and tips to help.

- **When to hold your event** – Late January or February work well so people can prepare ahead of the growing season starting in March.
- **Location, location, location** – There's lots of places you could host your seed swap: a garden or driveway, a school hall, allotment, community space... the list goes on! Just make sure to take the weather and any hire fees into account.
- **Set up** – All you need are a few tables to display the seeds on, labels to provide people with information on what the seeds are and paper envelopes to put seeds into. You may want to think about refreshments and somewhere to sit for those who may need to rest.
- **Who to invite** – Everyone! If you are running a seed swap as a school event, invite parents, care givers, pupils, grandparents, teachers, the catering team and support staff. If a community group, it's a wonderful opportunity to engage more people to the many benefits of growing together. For individuals or families, seed swaps can provide a great way to connect with neighbours.
- **How to reach more people** – We have loads of **useful resources** to help you promote your event in our Plant and Share promotion pack. Register your event and we'll email it out to you so you can make use of poster templates, social media assets and more.

If you do have to cover some costs, it's quite normal for a small entry donation to be requested from attendees who can afford to. Seeds swaps can also take place online with people posting their seeds to each other if this makes the event more accessible for a wider audience.

- **Other activities** – You could include some additional activities such as a talk from an experienced grower, food and refreshments, or if you're looking to keep costs low you could ask attendees to bring a dish and their beverage of choice. If you are providing food it's important to be aware of allergen labelling and preparing food safely – **read our resource on providing food at an event.**
- **Most importantly** – Have fun!

**We have plenty more resources to help you run an event, such as Community Events and Intergenerational Gardening**



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