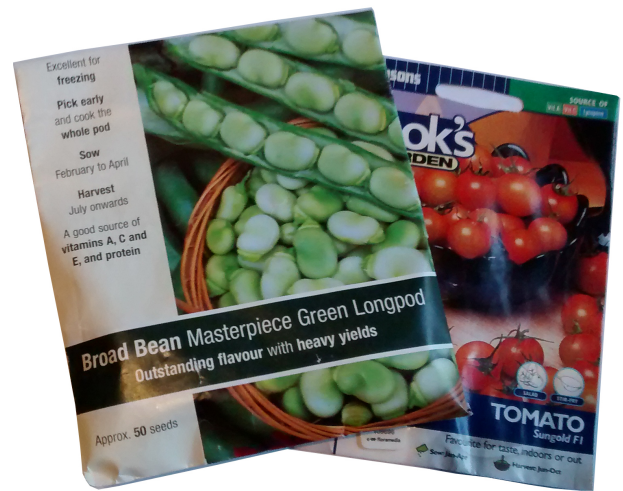


# Could YOU help with our Seed Swaps?



RFGN runs seed swaps at community events throughout the year, including

- Reading Farmers' Market
- Bean Pole Day
- Forbury Fiesta
- WaterFest
- East Reading Festival
- Whitley Fun Day
- Reading Town Meal



We need help at these events

- Running the seed swap (instructions provided)
- Chatting to visitors
- Transport and set up / pack down

Interested? Email [info@rfgn.org.uk](mailto:info@rfgn.org.uk)

[www.rfgn.org.uk](http://www.rfgn.org.uk)

**READING FOOD GROWING NETWORK**