



URBAN
GARDEN
2.0

Seed Swapping

KA205 Strategic Partnership Project

Urban Garden 2.0

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Partners:

More Mosaic

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Seeds and plants exchange v.



Some Swedish gardening associations carry out a mission of producing chemical-free and non-genes manipulated seeds. It preserves and contributes to biodiversity increasing the variety of plants on our planet.

Ideally it is best to invest in disease resistant organic seeds. You can also collect them yourself from plants, flowers and vegetables of the season. For instance, cucumbers, tomatoes, chillies and others.

- Wait until the fruit is super ripe,
- Cut the fruit by half and take out the seeds,
- Wash them properly,
- Lay the seeds on a napkin or fabric to dry for a few days,
- Store in a paper bag writing the date and name.

Sometimes you can receive the seeds for free during seeds exchange&swapping events. Today there are youth centres, art galleries and even architecture bureaus that organise seeds and plants swapping events. Usually they take place during spring. There one can exchange plant cuttings (stems or roots) or get them from others.

On Internet you can find pages (blogs and fb groups) to exchange seeds and plants by leaving or answering ads.

In Hungary:

In Italy:

In the Netherlands: [\(20+\) Seed Swap](#)

[Facebook](#) In Poland:



In Sweden:

<https://www.blombebisar.se/?&sida=artiklar&kategori=202&o=6>

<https://www.facebook.com/groups/140328706046817/>

You can also become a member of a gardening association. In Sweden there are many seeds and cultivation associations on local or national levels. They usually provide seeds, digital newspapers or courses in return for a membership fee. It is also a great way to meet and get connected with other gardening enthusiasts.

In Hungary:

In Italy:

In the Netherlands: [\(20+\) Seed Swap | Facebook](#)

In Poland:

In Sweden:

<https://foreningenssam.se/bli-medlem/>

<https://www.tradgardssverige.org/kunskap/riksforbundet-svensk-tradgard/>

or take a walking tour about Urban Gardening in Stockholm

<https://stadsodlingsvandringar.se>

Don't have such events in your neighbourhood? Then organise one yourself in your local youth centre! It does not need much resources and activating youth for such outdoor event as gardening is an exciting and rewarding activity.