

Homemade food swap Nov.

Event focuses on trading local foods

**By HEIDI DESCH
Whitefish Pilot**

Perhaps you make a great zucchini bread, but what you really need is a jar of salsa.

The answer to making a trade for what you want could be found at the Flathead Food Swappers inaugural food swap on Wednesday, Nov. 9. The event begins at 6:30 p.m. at the Great Northern Brewery.

The Food Swappers is a group of local food enthusiasts, many of whom have participated in home-based trading events. Wednesday they open their swap to the public.

"We want to celebrate local things made by local people," said Kathie Lapcevic, the event's organizer.

Lapcevic, of Columbia Falls, grows a garden and does canning every year and says swapping can be a great way to add to one's pantry. She's participated in smaller swaps and was inspired by a larger-scale event that takes place in Portland, Ore.

"I only grow certain things well," she said. "Other people grow other things well. I'm always interested in trying new things. There might be a new



Heidi Desch / Hungry Horse News file photo

Kathie Lapcevic of Columbia Falls is organizing the Flathead Food Swappers inaugural food swap Wednesday, Nov. 9 at the Great Northern Brewery in Whitefish.

jelly there that I want to try while someone else will want my apple butter."

Folks are invited to swap items such as extra garden produce, wild-harvested or foraged foods, home-canned items (high acid food only), home dehydrated, frozen

or fermented goods, home-grown eggs, meat, milk and cheese, and home-baked items.

"We're asking that interested swappers not bring store-bought or commercial start-up goods," Lapcevic said. "We want to focus on the diversity of items and the

people who make them at home here in the Flathead Valley."

Swappers set up tables with their items beginning at 6:30 p.m. and the swapping begins at 7 p.m. Participants are given "swap card" which they can place on tables with a suggested offer. For example, a person might leave a card offering to trade a dozen eggs for a pint of jelly. Then after a set amount of time participants can look at the cards on their table and decide if they agree to the swap. They then approach the person that made the offer and make the trade.

"This way no one is forced to take anything they don't want," Lapcevic said. "You take only what you want to take."

A sample table will be set up for appropriate items so swapper may taste products before offering a trade. A list of ingredients for items is also encouraged so folks understand exactly what they are getting.

Although this is the first organized event, the plan is to hold periodic swaps throughout the year. Lapcevic is also hoping that the event will allow folks to meet and possibly arrange swaps outside of the organized event.

For more information visit the group's Facebook page at www.facebook.com/flatheadswappers or e-mail mtkatiecakes@yahoo.com.

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