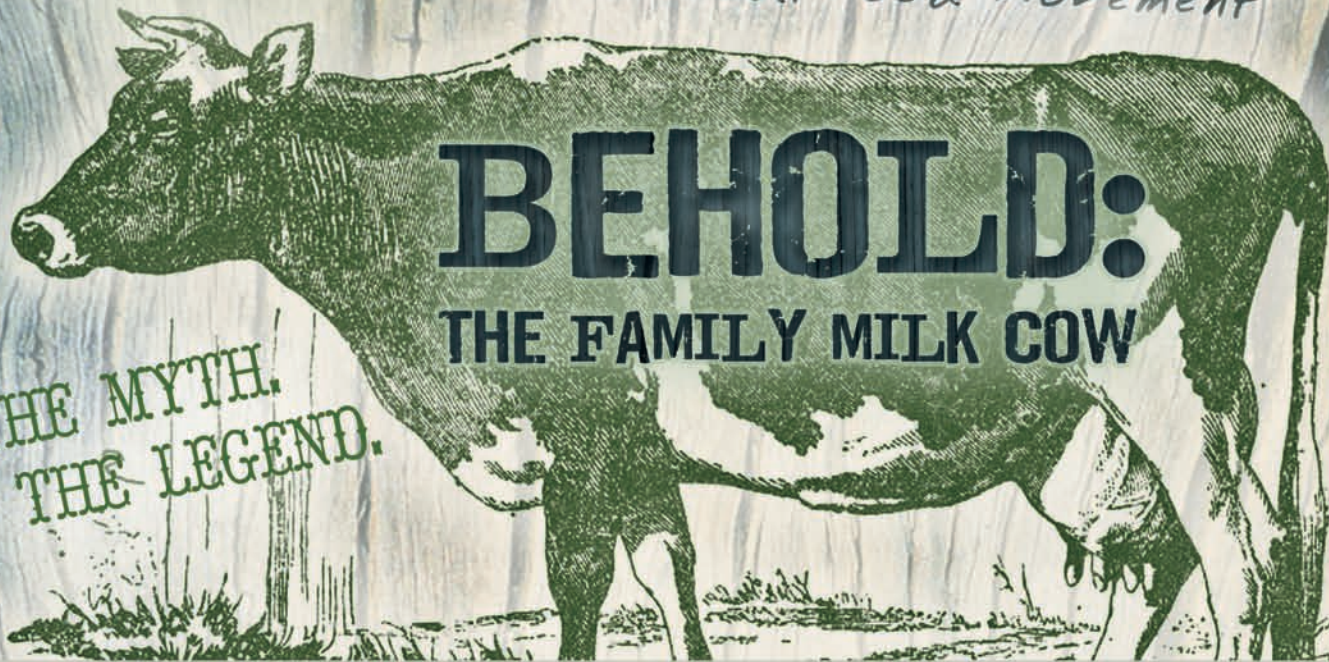


a Gathering for folks  
who are passionate about  
Sustainable Agriculture and  
the Local Food Movement



THE MYTH.  
THE LEGEND.

# BEHOLD:

## THE FAMILY MILK COW

BE AMAZED AT THIS WONDER OF CREATION!  
MEET YOUR MILK SOURCE. SEE A LIVE MILKING!

**SEPTEMBER 4, 4:30-7:30PM**  
(FIRST TUES. EVERY MONTH)

WHERE: MOUNTAIN RUN FARM SALOON  
(near pond) in Sedalia (Bedford County)  
(for directions go to [MountainRunFarm.com](http://MountainRunFarm.com))

4:30 - MUSIC & NETWORKING

5:30 - POTLUCK & EATING

6:30-7:30 - MILKING & THEN FORUM:

TOPIC: *DEFINING SUSTAINABLE AGRICULTURE*

**PLEASE RSVP:**

ON FACEBOOK AT:  
[FACEBOOK.COM/LANDANDTABLE](http://FACEBOOK.COM/LANDANDTABLE)  
OR EMAIL JASON FOWLER AT:  
[JASON@SUSTAINABLETRADITIONS.COM](mailto:JASON@SUSTAINABLETRADITIONS.COM)

## POTLUCK

WHAT TO BRING:

- 1) A HEALTHY DISH TO SHARE.
- 2) LAWN CHAIRS OR A BLANKET.
- 3) YOUR OWN DISHWARE.

FOR ANYONE IN LYNCHBURG, BEDFORD COUNTY,  
CAMPBELL COUNTY, APPOMATTOX COUNTY,  
AMHERST COUNTY AND BEYOND