

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

HEAL THE LAND  
HEAL YOUR BODY  
HEAL THE COMMUNITY

FARMERS, GARDENERS, EATERS & NEIGHBORS!  
COME TOGETHER FOR AN EVENING OF  
ENJOYMENT and COMMON-UNITY...

**OCTOBER 2, 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))

**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, HOMEMADE 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

OUR NEW WEBSITE IS FINALLY LIVE! GO CHECK OUT: [www.LANDANDTABLE.com](http://www.LANDANDTABLE.com)