

# ONE YEAR ANNIVERSARY GATHERING!

## SUSTAINABLE TRADITIONS' LAND & TABLE A VOICE FOR LOCAL FOOD & SUSTAINABLE AGRICULTURE

**TUESDAY, NOVEMBER 6, 2012 | 4:30-7:30pm**

**MOUNTAIN RUN FARM SALOON | (second entrance from 122 - look for pond)**

**5:00: REAL FOODS POTLUCK: BRING YOUR OWN DISHWARE**

**6:00: "OPTIMAL HEALTH THROUGH TRADITIONAL FOODS"  
(a Weston A. Price primer with Q & A)  
talk by real foods cooking instructor Elinor Sparks**

**6:45: LAND & TABLE YEARLY REVIEW  
(with open forum about 2013 vision)  
lead by Land & Table organizer JASON FOWLER  
ALSO: DECEMBER CHRISTMAS PARTY PLANNING!**

**REGISTER at: [LandAndTable.com](http://LandAndTable.com)**