

DECEMBER 4TH, 2012

SUSTAINABLE TRADITIONS

LAND & TABLE

A VOICE FOR LOCAL FOOD & SUSTAINABLE AGRICULTURE

# IT'S A CHRISTMAS PARTY!

LOCAL FOOD MOVEMENT MIXER, POTLUCK & OPEN MIC.



Join us for an evening of family-friendly Christmas cheer. Hang out with farmers, gardeners, homesteaders, eaters and more at this end-of-year regional Local Food Movement mixer!

## WHEN :

Tuesday,  
Dec. 4th  
4:30-7:30pm

Potluck starts  
at 5:30pm.

## WHERE :

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

## POTLUCK :

Bring a healthy, homemade dish to share and your own dishware (help us keep trash out of the landfill).

## OPEN MIC :

Calling all musicians, poets and performers! We're looking for Christmas songs, poems, stories and more. Must be family friendly. Pre-register to: [jason@sustainabletraditions.com](mailto:jason@sustainabletraditions.com)

## DRESS UP!\*\*\*

Come dressed up as your favorite Christmas character or thing. Be creative! Some ideas include: angel, star, sheep, wisemen, shepherd, elf, reindeer, walking wreath, a present, a candy cane, any barn animal (Jesus was born in a barn!), or just wear red and green! (\*\*\*)While this is optional it will increase your Christmas fun!

PLEASE RSVP AT: [www.LANDANDTABLE.com](http://www.LANDANDTABLE.com), [Facebook.com/LandAndTable](https://www.facebook.com/LandAndTable)  
or email: [jason@sustainabletraditions.com](mailto:jason@sustainabletraditions.com)