



**LOCAL
FOOD
LEADERS
FORUM**

& POTLUCK

WILL YOU CHOOSE TO LEAD?

The Land and Table network is a community of farmers, gardeners, eaters, and neighbors who want to renew our regional foodshed.

Come join us for an evening of networking, eating, and discussing ways to pursue sustainable, local collaborative actions that will transform the way Central Virginia eats.

**PLEASE RSVP AT: WWW.LANDANDTABLE.COM,
FACEBOOK.COM/LANDANDTABLE OR EMAIL: JASON@SUSTAINABLETRADITIONS.COM**

WHEN:

**TUESDAY, FEB. 5, 2013
4:30 - 7:30 PM**

**(POTLUCK STARTS
AROUND 5:30)**

WHERE:

**MOUNTAIN RUN FARM
SALOON (NEAR POND)
IN SEDALIA (BEDFORD
COUNTY).**

**FOR DIRECTIONS GO TO:
MOUNTAINRUNFARM.COM**

DETAILS:

**BRING A HEALTHY,
HOMEMADE DISH TO
SHARE AND YOUR OWN
DISHWARE (PLATES,
SILVERWARE, ETC).**