



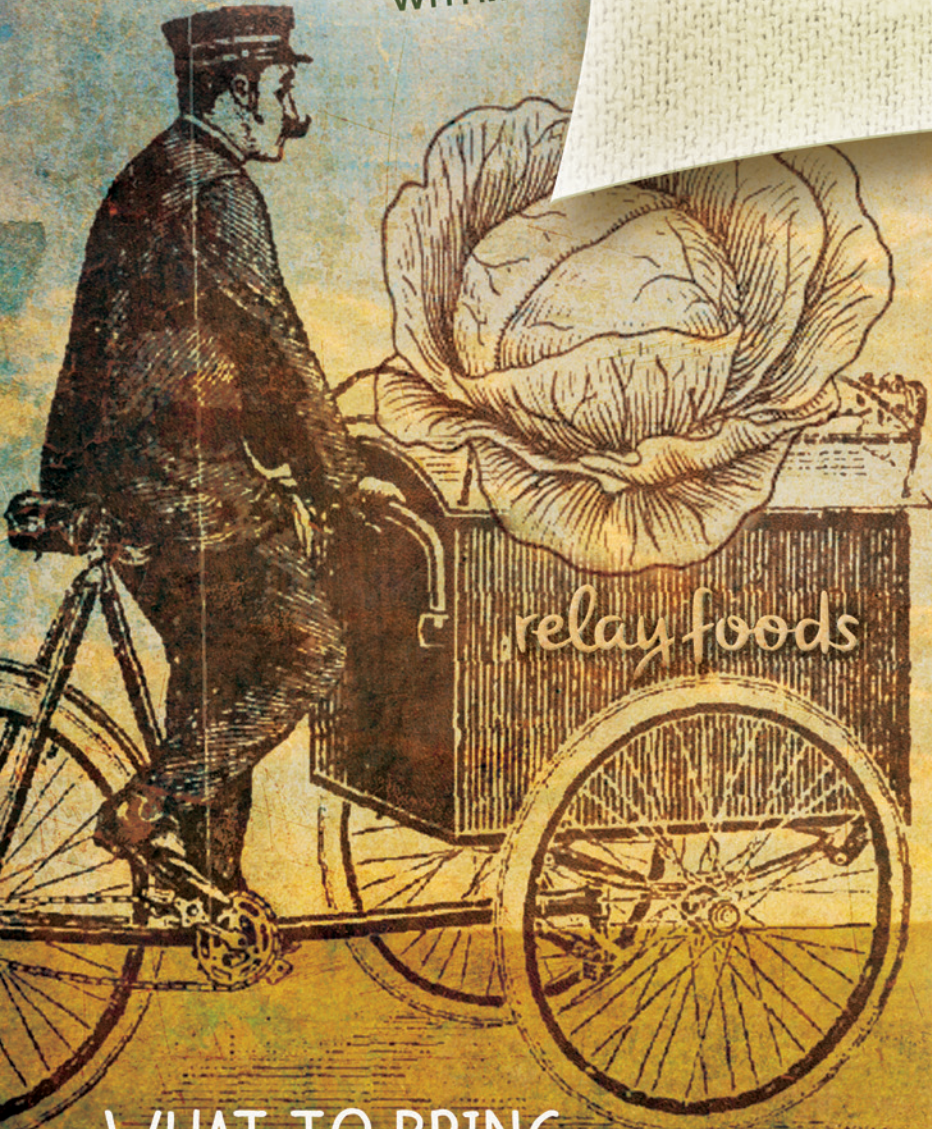
LAND & TABLE IS GRASSROOTS NETWORK OF FOOD PRODUCERS & EATERS IN THE LYNCHBURG REGIONAL AREA WHO GATHER ONCE A MONTH FOR ENCOURAGEMENT AND CONNECTION

LAND & TABLE HOSTS
OUR MONTHLY
POTLUCK &
A CONVERSATION
WITH...

relay foods

TUES. OCTOBER 1ST
4:30 - 7:30 PM
AT MOUNTAIN RUN FARM
SALOON/FARM STORE
(2734 CHARLEMONT RD.
BIG ISLAND, VA 24526 -
IN BEDFORD COUNTY)

**JOIN US FOR AN
EVENING WITH THE
FOLKS FROM
DELIVERY SERVICE
RELAY FOODS
AS THEY DISCUSS
COLLABORATING WITH
LOCAL, LYNCHBURG
AREA FARMERS &
FOOD PRODUCERS**



WHAT TO BRING:

- *HEALTHY, HOMEMADE DISH TO SHARE
- *DISHWARE (YOUR OWN CUPS, SILVERWARE, ETC)

**FOR DETAILS & RSVP: VISIT LANDANDTABLE.COM
OR CONTACT JASON FOWLER AT: 540-586-9194 OR JASON@SUSTAINABLETRADITIONS.COM**