



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



presents
DECEMBER 3rd | 4:30-7:30pm

CHRISTMAS POTLUCK & FARM HORSE BASICS

with Marshall Cofer



CELEBRATE THE SEASON WITH...YOUR FELLOW FARMERS,
 GARDENERS, EATERS, NEIGHBORS & SELF-RELIANCE SEEKERS.

Children
 are welcome
 but they must
 come with
 an adult



JOIN US...

for an evening of celebrating community & the joy
 of the christmas season as we enjoy our monthly
 networking potluck and hear a talk on "Farm Horse
 Basics" from local horsemaster Marshall Cofer of
 Triple 'f' Farms.

WHEN: Tues. December 3rd, (4:30-7:30pm)
WHERE: Mountain Run Farm saloon/farm store
 (2734 Charlemont Rd. Big Island,
 VA 24526*, in Bedford County)

WHAT TO BRING:

- 1) Your own dishware (silverware, plate, cup, etc)
- 2) A healthy dish to share
- 3) Bonus: bring a Christmas dessert to share (optional)

*see LandAndTable.com for directions

WHAT IS LAND & TABLE?

Land and Table exists to cultivate the Lynchburg regional local food movement and to advance self-reliant living in the local community. Our monthly networking potlucks are a great way to connect with others interested in sustainable agriculture and intentional living.

15

RSVP @ LANDANDTABLE.COM
 OR TO JASON@SUSTAINABLETRADITIONS.COM

