

Join Your Family, Friends, & Community  
at our 3rd Annual  
**Mountain Run Farm**  
**Field Day**

Saturday, August 8th 9am-1pm

Ben will lead Pasture Walks at 9 and 11:30  
Home-Grown Lunch Available

Check out [www.mountainrunfarm.com](http://www.mountainrunfarm.com) for more info and directions

Ben & Carly Coleman 2734 Charlemont Road Sedalia, VA 24526 434.299.5193

Biodynamic Compost  
Equine Transportation  
Laying Hens  
Bees

Energy-Free Water Systems  
Windmill Aeration  
Shiitake Mushroom Logs