

HARMONY FARMS

Natural Foods & Supplements

"Wake me up when September ends."
-Green Day

October is Non-GMO month! Do you know what the term non-GMO means? Read on to learn more about this label, what it means, and why it's important.

It's a Ham-a-Palooza! Garrett Valley Farms spiral sliced hams are 15% off this October while supplies last. Get one before they're gone.

IT'S TURKEY TIME! Organic Turkey Pre-Order info below!

This Third Thursday (10/15) Kelly will be presenting "Autoimmune Wellness." Kelly is an Autoimmune Paleo Certified Coach with a background in natural health.

We offer free curbside grocery delivery to any customer. Call or email ahead and we will gather your items for you and bring them to your car.

We have some un-be-leafable supplement, skincare, and grocery sales this month. Make sure you stop by before the end of the month to take advantage of the savings.

Halloween might be a bit different this year but we have you covered in the non-GMO or organic candy and treat category. Even if you don't trick-or-treat, we hope you have a "gourd" time!

Events

10/3 Turmeric Zone Super Turmeric Honey Demo 11am - 2pm

Free honey tasting and free organic turmeric root with purchase.

10/15 Breakroom Third Thursday 6pm - 7pm "Autoimmune Wellness" with Kelly

10/24 Fairy Hair with Eliza Get your hair to Sparkle 11am - 1pm

Aura Analysis with Debbie Jordan Free Aura Reading 1:30pm - 4:30pm

What Does Non-GMO Mean?

A GMO, or genetically modified organism, is a plant, animal, microorganism, or other organism whose genetic makeup has been modified in a laboratory using genetic engineering or transgenic technology. This creates unnatural combinations of plant, animal, bacterial, and virus genes, and novel synthetic organisms that nature never intended. An estimated 80% of conventional processed foods contain GMOs. Some common GMOs include corn, soy, canola, papaya, zucchini, sugar beets, and cotton.



The Non-GMO Project believes everyone has a right to know what is in their food. The Butterfly means a product as been evaluated to ensure that it is compliant with our rigorous Standard, which includes ongoing testing for major high-risk ingredients.

For more information about GMOs, visit the [Non-GMO Project](https://www.nongmoproject.org/).

Organic means that the organism is grown without chemical pesticides, insecticides, fungicides, or fertilizers. Farmers can use natural pest and weed control though by using beneficial insects. The label "organic" can only be used when certified by several controlling Agencies like USDA and Oregon Tilth.

Ham-a-Palooza

Need a ham? [Garrett Valley](#) Spiral Sliced Hams are on sale 15% off starting in October! They are gluten-free, humanely raised, raised with no antibiotics, and no nitrate or nitrites added. This sale is only while supplies last so get one while you can.

We are also accepting turkey pre-orders at this time. [Mary's Organic](#) Free Range Turkeys have no preservatives, fed a non-GMO vegetarian diet, gluten-free, and raised without added hormones or antibiotics. Give us a call to secure your turkey before they run out! We are also selling Turkey Legs, Bone-in Turkey Breasts, and whole Ducks from [Dawnbreaker Farms](#). They are locally owned, Organic, Non-GMO, and pasture raised.



Juice Bar Spotlight

Bring in the fall season with the taste of Apple Pie! Try the Juice Bar's Organic Apple Pie smoothie. All organic and made with fresh apple juice, almond milk, bananas, dates, cashews, cinnamon, and ginger. It really tastes like apple pie! You'll apple-solutely love it.

If you are in the mood for something hot, grab a latte or cappuccino. Add a dash of pumpkin pie spice for a little taste of autumn.

Ask your juicer to add Sea Moss Gel for only \$1.00. Sea Moss Gel jars also available for purchase.

Call the Juice Bar to order in advance.
(919) 782-0064

Organic Butternut Squash Soup

We have some beautiful organic squashes in season, including Organic Butternut squash. Don't let the size or shape intimidate you because these are delicious. Find all the ingredients Organically at Harmony Farms!

Click [here](#) to view the recipe.



Contactless Shopping

We offer **free curbside grocery delivery**. If you have more than 10 items, please [email](#) us your list and follow up with a call to verify we received your order. If you have less than 10 items, give the store a call (919) 782-0064, and we will gather your items and take your payment over the phone. Call to let us know when you're outside and a masked and gloved Harmonizer will be happy to bring out your order.



OUR OCTOBER SALES

Visit us anytime this month and capitalize on our sales of the month!



20% OFF Oregon's Wild Harvest

Family-owned and operated herbal supplement company rooted in beautiful Central Oregon.

20% OFF Wiley's Fish Oil

American made, sustainable, and concentrated Omega-3 products, NSF® Contents Tested & Certified.

20% OFF Pure Essence

Holistic, safe, and effective dietary supplements who supports the ecology of the planet.

20% OFF Europharma

Science-based with integrity and very reliable. Parent company of Terry Naturally- that means CuraMed® and Curamin® are on sale! CuraMed® and Curamin® are among our customers' favorite supplements, and with the high doses of inflammation-fighting curcumin, it's no wonder.

20% OFF Kal

High quality supplements that are thoroughly tested and thoughtfully designed to be safe, effective and easy to use.

20% OFF Mad Hippie

Natural skin care line that only uses active ingredients. Hippie-formulated. Mix and match products for a skincare routine suited for you. Also includes their new, natural makeup line.

20% OFF Heritage Store

Clean products for people and the planet. Positive energy and intention in all they do. They only use [Vor-Mag™](#) water in their products. Made with their proprietary technology, their water is vortexed and magnetized, which raises the water to a higher vibration. Cruelty-free and rooted in clean, botanical ingredients and avoids using unnecessary additives like artificial dyes and fragrances, harsh preservatives, phthalates and sulfates. Well known for their "Rosewater and Glycerin spray."

15% OFF MG12

Magnesium infused body balms and roll-ons. Excludes bath salt, hand sanitizer, and soap.

October Grocery Sales



• **Organic India Teas 15% OFF**

The first company in the world to introduce the sacred Tulsi to the international market as a delicious herbal tea.

• **Bobo's 15% OFF**

Oat bars, stuffed bars, 5 packs, and toaster pastries.

• **Kettle & Fire 15% OFF**

Bone Broth soups.

October Events

Many of our events are cancelled per Covid-19, but we will update our Facebook and Instagram as events are scheduled.

10/3 Turmeric Zone Super Turmeric Honey

Demo 11am - 2pm

The owners of [Turmeric Zone](#) will be at Harmony from 11am - 2pm Saturday, October 3rd and are offering a free 1.5 oz of organic turmeric roots with every purchase. They will also be sampling their turmeric honey and their new herbal drops, with which you can create a tea or golden milk.



10/15 Breakroom Third Thursday 6pm - 7pm

"Autoimmune Wellness" with Kelly

Join Kelly on Thursday, October 15th from 6pm - 7pm for a special presentation in our monthly workshop, which occurs every Third Thursday of the month. She is very knowledgeable about natural health, the AIP Elimination Diet, and is a Personal Autoimmune Paleo Certified Coach.

Limited space. Please call ahead to reserve a seat.

www.aipwithkelly.com

(919) 782-0064

\$10/person



10/24 Fairy Hair with Eliza 11am - 1pm

Join us on October 24th from 11am - 1pm and get your hair to sparkle by the lovely Eliza. It's the perfect way to spice up your Halloween costume and give it the extra touch.

Text (919) 633-1855 to book a time slot.

Walk-ins accepted!

\$20/person



10/24 Aura Analysis with Debbie

Jordan 1:30pm - 4:30pm

Join Debbie at Harmony Farms on Saturday, October 24th from 1:30pm - 4:30pm for a **Free Aura Analysis**. We are introducing new technology that can not only read your aura and chakras but has the ability to transmit frequencies into your fields to create balance. Get your free Aura Analysis with a pdf emailed to you and receive balancing energies specifically for you. New depths of insight revealed from chakras, what do yours tell you?



Debbie Jordan is a local practitioner that also works remotely across the globe. She is a trained Vibrational Healing Practitioner, Neural-Linguistic Programming Practitioner, Holy Fire® & Karuna® Reiki Master, Hypnotherapist, and Time Line Therapy® Practitioner. These modalities along with her inherent intuitive abilities allows for deeper specific insights and guidance to assist the individual on their journey.

www.spiritsquestcenter.com; debbie@spiritsquestcenter.com; call or text (919) 676-7733

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