

HARMONY FARMS

Natural Foods & Supplements

"Gratitude is a quality similar to electricity: It must be produced and discharged and used up in order to exist at all."

-William Faulkner

November is a time to celebrate everything for which we are thankful. This year has changed our perspective on what to be thankful for. We are especially thankful for having you as a loyal customer in these challenging times. We are here for you!

We are grateful for our Veterans and have a special day for them on the 11th! See below for details.

Ham-a-Palooza has been extended through November. Grab a Garrett Valley Spiral Ham while they're still 15% off (while supplies last). We also have a few options for organic turkeys and meat-free celebration alternatives.

Check out our November supplement and grocery sales. Come to Harmony anytime this month to take advantage of the specials.

Events

11/7 Sweet's Syrup Demo 10am - 1pm

11/11 Veterans Day Veterans receive 10% off on anything regular price and a free cup of coffee

11/19 Breakroom Third Thursday 6pm - 7pm "Harmony Handbook Introduction"

11/21 Fairy Hair with Eliza Get your hair to Sparkle **11am - 1pm**

11/26 Thanksgiving Day - Store will be **closed**.

It's Almost Turkey Time!

Thanksgiving is just around the corner. We are still accepting Organic Turkey and Ham pre-orders. Call to secure one while supplies last! 919-782-0064

[Mary's Organic](#) Free Range Turkeys and boneless Turkey Breasts have no preservatives, fed a non-GMO vegetarian diet, gluten-free, and raised without added hormones or antibiotics. Size range 8-24lbs at \$4.99/lb.

Due to Covid restrictions, we will have a limited supply of our local turkeys. The local turkeys will only be 8-16lbs. We hope to have Turkey Legs, Bone-in Turkey Breasts, and whole Ducks from [Dawnbreaker Farms](#). They are locally owned, Organic, Non-GMO, and pasture raised.



Ham-a-Palooza extended! [Garrett Valley](#) Spiral Sliced Hams are gluten-free, humanely raised, raised with no antibiotics, and no nitrate or nitrites added. Size range 6-9lbs at \$6.99/lb. **Garrett Valley Hams are on sale 15% off while supplies last!**

We also have meatless options for our Vegan and Vegetarian friends! Quorn Meatless Roasts are Vegetarian, Gardein Turk-y Cutlets are Vegan, and To-Furky Plant-Based Ham Style Roasts are also Vegan.

For our Gluten-free friends, we have biscuits and treats from a local vendor, [Kalo](#), and Savory Stuffing from the brand Alecia's.



Juice Bar Spotlight

Boost your immune system the natural way with the power of juice! The naturally occurring vitamins and minerals complement each other and help defend against illnesses. It's good for you and tastes good too.

Immunity Juice

Carrot
Celery
Kale
Apple
Bell Pepper
Ginger
Lemon

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 Pumpkin Crockpot Prep

We have a tip from Nancy on how to prepare your holiday pumpkins. You can use this method for anything that requires fresh pumpkin- baking pumpkin pie, custard, or even soup. This method is perfect for those cooks on a time crunch because you can have it cooking in the background.



- Thoroughly wash the exterior of the pumpkin (make sure they are the kind for cooking).
- Set the whole pumpkin on its side in your crockpot with 1/2 C water.
- Turn on your crockpot on low for 6 hours.
- Remove the seeds and skin and enjoy!

You'll be left with the perfectly cooked, easy to cut pumpkin for any pumpkin recipe. If you have extra, you can freeze the leftovers.



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 NOVEMBER SALES

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



CHARLOTTE'S WEB™
STANLEY BROTHERS



Jarrow
FORMULAS®

Probulin®
THE NEXT GENERATION OF PROBIOTICS

DESERT ESSENCE®

expect wonders



20% OFF Charlotte's Web

One of the first CBD manufacturers in the US. High quality, traceable CBD oil, gummies, and topicals.

20% OFF Jarrow

They are a formulator and supplier of superior nutritional supplements. Jarrow Formulas' complete line of nutritional products includes vitamins, minerals, probiotics, standardized herbal concentrates, amino acids, enzymes and enteral nutrition products.

20% OFF Bluebonnet

Bluebonnet has created nutritional supplements as close to nature as possible. They have more farm-to-table, whole food-based products – with non-GMO, sustainable, and organic ingredients – than ever. Many are also vegan or vegetarian, free of common allergens and kosher certified. All are made without artificially-derived colors, flavors or sweeteners and unnecessary binders, fillers or additives.

20% OFF Garden of Life mykind Organics

mykind Organics is the first vegan supplement line that's certified organic, Non-GMO Verified, and free of synthetic fillers and binders.

20% OFF Probulin

They proudly offer only the very best in quality as it relates to living probiotic cultures and supporting nutrients. We are dedicated in making sure all that is added to our formulas are free of things that could potentially harm the body such as GMO's, wheat, gluten, magnesium stearate, phthalates (used in enteric coating and delayed release capsules) and so much more.

20% OFF Solaray

Lab verified, non-GMO, vegan, gluten-free, pesticide-free, and solvent-free herbs, herbal extracts, vitamins, and minerals.

25% OFF Desert Essence

Non-GMO, organic, B-Corp certified, cruelty-free, RSPO-Certified, free of artificial dyes and fragrances, made in the USA, vegan, and gluten-free Skincare, hair care, oral hygiene.

November Grocery Sales



- **Yogi Tea 2/\$7**

Organic, non-GMO teas rooted in Ayurveda.

- **Beanitos 2/\$5**

Non-GMO, farm to table bean chips.

- **Larabar 5/\$5**

Vegan, Kosher, dairy-free, non-GMO, vegan, soy-free, and fair trade certified bars.

- **Traditional Medicinals Tea \$3.79 each**

Independent company that embraces sustainability, ingredient purity, and social and environmental activism. A Certified B Corporation and California Certified Green Business, they're the leading seller of wellness tea in the U.S. and the pioneer of the wellness tea category in the U.S. and Canada.



Please be patient with us as our stocks fluctuate during this time. Please call ahead to find out what we have available.

[INFRA grocery sales](#)

November Events

We will update our Facebook and Instagram if more events are scheduled.

11/7 Sweet's Syrup Demo 10am - 1pm

Stop by Harmony Farms on Saturday, November 7th from 10am - 1pm and try some of Sweet's Elderberry Syrup. They are a local vendor out of Charlotte, NC.

Sweet's Syrup combines organic elderberries with raw local honey and spices specifically chosen for their individual properties plus great flavor. Their ingredient list is short, SWEET, and 100% pronounceable!



Elderberry syrup is a super immune booster and effective natural remedy against colds, coughs, and the flu. The raw local honey they use is extremely beneficial for fighting seasonal allergies and is fine tuned to build immunity against what is currently blooming in Charlotte. All organic ingredients and handmade.

Free shot glass with purchase - while supplies last.

<https://www.sweetssyrup.com/>

11/11 Veterans Day

To celebrate and show appreciation to our Veterans, we are offering them 10% off their entire purchase of regular priced goods and a free cup of organic coffee from our Juice Bar.

11/19 Breakroom Third Thursday 6pm - 7pm

"Harmony Handbook Introduction" with Steve and Nancy

Join our store co-owners, Steve and Nancy Long, on Thursday, November 19th from 6pm - 7pm, for the introduction of the Harmony Handbook, book-signing, and review! The Harmony Handbook, authored by Steve and Nancy, is a basic guide to living a natural lifestyle. \$6.99

Limited space. Please call ahead to reserve a seat. **\$10/person**
(919) 782-0064



11/21 Fairy Hair with Eliza 11am - 1pm

Join us on November 21st from 11am - 1pm and get your hair to sparkle by the lovely Eliza.

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

Walk-ins accepted!

\$20/person



11/26 Thanksgiving Day - Store will be **closed**.

Have a happy and healthy holiday!



Poetry Corner

"Among the Rocks"

- Robert Browning

[For our most recent updates, check our Facebook page.](#)

or our Instagram [@harmonyfarmsNC](#)

Follow us on social media!



Share our newsletter with a friend!

