

HARMONY FARMS

Natural Foods & Supplements

"April showers bring May flowers."

It's finally spring! The flowers are blooming and the pollen is flying. We have some amazing sales for you this month and everything you need for your celebrations. Read on to learn more about how we stay green at Harmony Farms and for a sneak preview into our Anniversary/ Expansion celebration in May.

Events

4/3 Free Aura Reading and Biofeedback levels with Sue 1 - 4 pm

4/4 Harmony will be closed. Happy Easter!

4/17 Fairy Hair with Eliza Get your hair to Sparkle **11 am - 1 pm**

4/17 ARTEAO Demo Loose Leaf Tea tasting **11 am - 2 pm**

Happy Easter!



Did you know you can make your own natural egg dyes at home? Use things you already have around your home, like onion skins, turmeric, and red cabbage to create natural colored eggs.

View the recipes [here](#).

Easter is right around the corner and we have what you need for your celebration. Call or email to reserve your [Garrett Valley](#) Spiral Hams (while supplies last).

We also have a variety of Vegan and Vegetarian celebration roasts for our plant-based friends.



Go Green for Earth Month



At Harmony Farms, we believe in being Green. We have several campaigns that strive for a better planet. Our bulk sections help with reducing the amount of packaging. We compost with [CompostNow](#), and we collect the packaging from these brands: Mad Hippie, Acure, Late July, Weleda, Happy Family Organics, and Burt's Bees for [TerraCycle](#). Find more info about Terracycle on our [website](#). We carry many reusable or compostable alternatives like straws, disposable dishes and cutlery, food and drink containers, nut milk bags, and jars, just to name a few. In honor of Earth Month, we have select items from the green cleaning brands, [ECOS](#) and [If You Care](#) on sale.

Some of our local brands donate a portion of their profit to sustainable causes. For example, [Larry's Coffee](#) has 2 blends: 15% of sales of Pisgah Sunrise supports [Dogwood Alliance](#) to protect our Southern Pines, and 5% of the proceeds from their Blue Ridge Mountain Blend go to the [Arbor Day Foundation](#). [Mandala Chocolate](#) donates 10% of the proceeds from their bars to projects that help protect the Earth's precious resources and education on sustainable agriculture, land stewardship and community empowerment. And when you buy [ARTEAO](#) products, 1% of sales goes to [1% for the Planet](#) to support environmental activism. So support them this month!

May Anniversary/ Expansion Celebration



Here's a sneak peek into a very special event in May. We will finally have our Store Expansion and Anniversary Celebration. We are celebrating our beloved Harmony Farms 45+ years and 16 years of the Longs owning her and the store expansion that was completed last year.

Join us during the 3-day weekend, May 21st-23rd. On Saturday, May 22nd, we will be focusing especially on celebrating our local brands and vendors! We will have some of our local vendors set up tables and get to know our Harmony Farms Community. We Love Local!

Long live the Independent Health stores!

Harmony Farms Patio Yoga with Laurie



Hope Springs Yoga with Laurie is a traditional Hatha Yoga class open to all experience levels. Laurie names each pose, offers modifications, and teaches the connection between body and breath. Each class ends with a guided meditation. Mats, blocks, and straps are available to all students to purchase. Feel free to contact Laurie with any questions!

If you are interested, you can sign up in-store at the register, or send your name, phone number, and email address to Laurie at HopeSpringsArts.Wellness@gmail.com or 315-378-2770

Potential Yoga class times

Monday @ 12:00pm
Tuesday @ 10:30am or 4:30pm
Wednesday @ 10:30am
Friday @ 10:30am or 4:30pm

Cost:

\$15/ per class
\$120/10 classes - 20% OFF
\$240/20 classes - 20% OFF
\$5/ disabled, veterans, seniors



Juice Bar Spotlight



The juice bar is excited to offer watermelon juice! They are using watermelon juice from our friends at [Ripe Revival](#). They use upcycled watermelon from a farmer in Wayne County, NC.

Melon Lime Time: Watermelon, cucumber, and lime

This drink is seasonal, so make sure to grab one while you can!

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

The Primo reverse osmosis water machine is working!



OUR APRIL SALES

Visit us anytime this month and take advantage of our specials!



15% OFF Blue Bonnet Nutrition

20% OFF Wiley's Finest

20% Vibrant Health
Select items, While supplies last

25% OFF New Chapter
(Everyday Low Price)

15% OFF Select Natren Healthy Trinity Products
While supplies last

15% OFF Select Europharma Products (Curamin and Curamed)
(Everyday Low Price)

15% OFF Select MG12 Products
Balms and oils

15% OFF Select Desert Essence Products

April Grocery Sales

- Kind Bars **15% OFF**
- Organic India Tea **15% OFF**
- Epic **15% OFF**
Bars, bites, broths, and pork rinds
- **ECOS**
Select items priced as marked
- **If You Care**
Select items priced as marked



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](#)



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. 🙌

April Events

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

4/3 Free Aura Reading and Biofeedback levels 1:30 - 4 pm

Stop by Harmony Farms on Saturday, April 3rd, from 1:30 - 4 pm for a Free Aura Reading and Biofeedback levels by Sue from [Raleigh Body & Brain](#).



4/17 ARTEAO Demo Loose Leaf Tea Tasting

Meet the Vendor! Join our local Matcha Tea vendor, ARTEAO on Saturday, April 17th from 11 am - 2 pm for a free tasting of their new organic loose-leaf teas!
<https://arteao.com/>

4/17 Fairy Hair with Eliza 11 am - 1 pm

Join us on Saturday, April 17th from 11 am - 1 pm, and get your hair to sparkle by the lovely Eliza. Celebrate the colors

of spring with colors in your hair! 🌸
Text (919) 633-1855 to book a time slot.
Walk-ins accepted!
\$20/person



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