

# HARMONY FARMS

Natural Foods & Supplements

## “See you in September” -The Happenings

The fall breeze is coming! We're finally going to get some cooler temperature days soon. The weather is going to be perfect for grilling and spending time outside. If you plan on grilling on Labor Day, check out our meat selection. We have some high-quality, pasture-raised meats from some of our local vendors.

Are you a police officer, firefighter, paramedic, armed service member, or veteran? Harmony Farms and Laurie Collins would like to offer free chair massages to any service member on September 11th. Thank you for all your service! Read more information below.

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

We feel like the song, "See You in September" perfectly describes how we feel about September. View the lyrics to "[See You in September](#)."

## Looking for an event space?

Look no further. We have a room available to rent. The Break Room is perfect for lecture series, group discussions, or vendor demos. It can hold up to 16 people sitting or standing, with chairs, a table, a wall-mounted dry erase board provided. It's available to rent by the hour or the day. Visit our [website](#) to get more information and to apply to rent our event space.



## Yoga on the Patio

Want to try Yoga on the Patio? Laurie will be starting Yoga classes on our covered patio on Mondays and Fridays beginning Monday, September 6th at 5:30 pm. The cost is \$10 per person. Visit her [website](#) or email her to get more info and sign up for a class time.

Laurie is a Holistic Therapist, holding degrees and certifications in a variety of wellness modalities including a BA in holistic nutrition, a Licensed Massage Therapist, Reiki Master Teacher, a Registered Yoga Instructor and Art Therapy Coaching and who works in the Healing Room right in Harmony Farms.

Contact Laurie at [HopeSpringsArts.Wellness@gmail.com](mailto:HopeSpringsArts.Wellness@gmail.com) or 315-378-2770



## Natural Labor Day Grill-Out Inspiration



Planning on grilling out this Labor Day weekend? Celebrate Labor Day with some Bratwursts and Italian Sausage from Dawnbreaker Farms. [Dawnbreaker Farms](#), AKA Carolina Pastures, is a Harmony Farms trusted farm that provides the Triangle with pasture-raised meats. For our Vegan and Vegetarian friends, we also have Tofurky brand "Brats" and "sausage" and burgers and sausages from Beyond Meat.





## Zevia Cooler Giveaway



Zevia 6-packs are 15% off this month while supplies last! Purchase any 6-pack to be entered into this giveaway. Keep your drinks cool with this can-shaped rolling cooler. Thank you Zevia!

## Juice Bar Spotlight



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

If you're in the mood for something hot, grab a latte or cappuccino. You can add a dash of pumpkin pie spice for a little taste of autumn.

## September SALES

Check out our sales for the month!



**25% OFF HempFusion**  
capsules

**20% OFF CBD Medic**  
CBD topicals

**20% OFF +CBD CV Sciences**  
Full-spectrum CBD products, #1 CBD in US.

**35% OFF New Chapter**  
High quality, non-GMO, fermented multivitamins



### **20% OFF Barleans**

Best known for the purity of their amazing Flax and Omega oils

### **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 Emerald Labs Multivitamins**

While supplies last. Additive-free supplements that only have active ingredients.

### **20% OFF Heritage Store**

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."

### **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 Derma E**

GMO-Free, Cruelty-Free, Gluten-Free, Soy-Free, and 100% Vegan skin care.

### **20% OFF Humble Brand**

Aluminum-free deodorant with clean ingredients and vegan options, too.

## September Grocery Sales



- **Klean Kanteen 20% OFF**

We're extending the sale through the end of the month or while supplies last

- **Castor & Pollux 15% OFF**

Bushel canned foods, cookies, & select rawhide sticks

- **Made Good 15% OFF**

soft-baked cookies, granola minis, & crispy squares

- **Once Again 15% OFF**

jarred seed & nut butters

- **Primal Kitchen 15% OFF**

sauces, avocado oil, & condiments

- **Yogi Tea 15% OFF**

- **Zevia 6 packs 15% OFF**

Purchase any Zevia 6-pack and enter to win a neat can-shaped rolling cooler.

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



## September Events

### 9/5 Free Aura Reading and Biofeedback levels 1:30 – 4 pm



Stop by Harmony Farms on Sunday, September 5th, from 1:30 – 4 pm for a Free Aura Reading and Biofeedback levels by Sue from Raleigh Body & Brain.

### 9/6 Labor Day Hours 9 am – 5 pm

We will be closing early to celebrate.



### 9/11 Free Chair Massage for Service Members 12:00 pm – 4 pm

Harmony Farms would like to honor active and retired service workers with Free chair massages by Laurie to all American Heroes, firemen, police, paramedics, any armed service active, and veterans. All others will pay \$10 for 10 minutes. Laurie will also be doing free postural assessments and mini consults for everyone. We are open our normal hours on 9/11.



### 9/18 Trini Pepper Sauce Demo 11 am - 2 pm

Try some locally made, preservative-free, and no additives hot sauce! Trini Pepper Sauce is a family recipe from Trinidad and Tobago, inspired by 5 generations of sauce makers. Made from fresh scotch bonnet, pimento, and scorpion peppers grown in Porta'Lu Farms in Reidsville, NC and manufactured by D'Vine Foods in Elizabethtown, NC. This sauce is a unique tasting, incredibly flavorful addition that is guaranteed to add excitement to your meal. They will be here at Harmony Farms on Saturday, September 18th, 11 am-2 pm



### 9/18 Fairy Hair with Eliza 11 am - 1 pm

Join us on Saturday, September 18th from 11 am - 1 pm and get your hair to sparkle by the lovely Eliza. ☐  
Text (919) 633-1855 to book a time slot.  
Walk-ins accepted!  
\$20/person



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