

HARMONY FARMS

"Double, double toil and trouble; Fire burn and cauldron bubble..."

Ah, October. The air is getting crisp, the fall harvest is ripe, and we are planning our costumes October also brings all things pumpkin, including our **Smoothie of the Month**, **Pumpkin Pie**, made with almond milk, a superfood herb blend, and chai spice goodness. *Come and get one before they're all gone...*



Terry Naturally® is 15% OFF this month, so we're highlighting *turmeric*...

CuraMed® and Curamin® are among our customers' favorite supplements, and with the high doses of inflammation-fighting curcumin, it's no wonder.

[Learn more about the power of curcumin here.](#)

OCTOBER 15% OFF SALES



OCTOBER 20% OFF SALES



Looking for other Independent Natural Retailer Association deals for October?

[INFRA grocery sales start Oct 4th.](#)

OCTOBER EVENTS

Sunday Oct 7, 2:30–5:30PM:

FREE Aura Reading and Biofeedback levels with Sue of [Body & Brain Yoga and Health Center.](#)

Thursday Oct 11, 12:00–3:00PM:

Meet the vendor and take home some samples from [Dr. Bronner's Magic Soaps.](#)

Saturday Oct 20, 11:00AM–1:00PM:

Do you want Fairy Hair? ~Hair Shimmers with Eliza~

Please call Eliza to book your spot: 919-633-1855. \$20/person



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