

HARMONY FARMS

"Fallen leaves lying on the grass in the November sun bring more happiness than the daffodils."

November is one of our favorite months for savoring good food and good company. While North Carolina soils yield the best of seasonal produce like heirloom apples, pumpkins, and pecans, Thanksgiving provides the best time to cook them! Ready to reserve your turkey or ham?

Order today!

~Limited quantity. While supplies last~



More about our Turkeys & Hams:

Turkeys: Our organic heritage turkeys come from [Mary's Farms](#), where the birds' welfare is put first. They enjoy a wide free range and a high-protein vegetarian diet. Available from 8–24 lbs at \$4.99/lb.

Hams: Our 1/2 Spiral Hams come from [Garrett Valley Farms](#). Their pigs are antibiotic-free, vegetarian-fed, and treated with dignity. Hams average around 6lbs at \$6.89/lb

We also have Vegan Options!

We have a full brand selection of "turk-y" options including Field Roast, Gardein, and Tofurky available for your gatherings

NOVEMBER 20% OFF SALES



10% OFF +CBD Drops & Sprays

PLUS
+CBDoil™
HEMP-DERIVED CBD OIL

[Learn more about PlusCBD Oils](#)



Looking for other INFRA (Independent Natural Retailer Association) deals for November?

[INFRA grocery sales start Nov 8.](#)

NOVEMBER EVENTS

Sunday Nov 4, 3:00–5:30PM:

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

Tuesday Nov 20, 12:00–3:00PM:

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

Saturday Nov 17, 11:00AM–1:00PM:

Do you want Fairy Hair for the holidays? **~Hair Shimmers with Eliza~**
Please call Eliza to book your spot: 919-633-1855. \$20/person