

# HARMONY FARMS

Hurray! It's Spring!  
Oh wait, I have allergies...

What does Spring look like? Happy daffodils wave at you in the breeze, flowering tulip trees shake their tresses as you walk by, and—*Ah, aah, choo!* (Pardon me)...Did that lovely breeze have a yellow tint to it?

Ever imagine that 2019 could be the year where your hay fever is in the past? We do! We have specialized juices, [smoothies](#), and shelves of natural solutions available, so your spring will *not* be held hostage by hay fever. And did we mention that many allergy products are on sale this month? That includes Terry Naturally *curcumin* products—yep, they help with seasonal allergies, too—check out our [new blog post](#) to learn more.

### Celebrate National Women's Month:

And, by the way, those spring flowers aren't just for admiring: bring a bouquet to a special lady in your life! Let's celebrate and thank the women who have supported us in our lives and lift us up every day.



### ~Sneezing? Runny Nose?

You're not alone.

Over 24 million Americans suffer from hay fever and seasonal allergies. If you are one of them, [read this](#).

March is Allergy-Awareness Month, so our [blog](#) covers a lot of great natural remedies, practices and products that could be your ticket to easy breathing.

So many great sales this month!  
Organic herbal teas, Terry Naturally [Curcumin](#), [+CBD Oils](#), and more!  
~A Quick Note: [+CBD Oils](#) are while supplies last!~

## MARCH 15% OFF SALES:



## MARCH 20% OFF SALES

PLUS  
**+CBD Oil** **SILVER BIOTICS**<sup>®</sup>



Looking for other Independent Natural Retailer Association deals for February?

[INFRA grocery sales start March 7](#)

## MARCH EVENTS

**Saturday Mar 9, 11:00AM–2:00PM**

*Meet the Local Vendor!* Last month, we introduced [Set Bar](#), an organic nutritional bars co-created/co-owned by a young entrepreneur named Cru Mahoney! Cru will be here sharing his product and his company's mission!

**Saturday Mar 16, 11:00AM–1:00PM:**

*Fly Your St Patrick's Day Colors in **Sparkle Green!** ~Hair Shimmers with Eliza~*  
Please call Eliza to book your spot: 919-633-1855. \$20/person

**Saturday Mar 16, 10:00AM–2:00PM:**

Free Vendor Samples! Our [Wild Planet](#) Vendor will be here, so come with your questions about wild and sustainable fishing practices and how to create some stellar hors d'oeuvre plates!

**Saturday Mar 30, 11:00AM–2:00PM**

Find out if your St Patrick's Day Luck will continue~ **Sign up with Beth for your Astrological Reading!** \$35/30-min reading. \$5 off with advanced booking. Call 919-602-6507 to reserve your slot!

**Saturday Mar 30, 11:00AM–2:00PM**

**New Local Vendor!** Come meet Bradford Gibson of [Lyrix Elixirs](#) and taste his new line of wellness teas and kombuchas!



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