April 2015 E-Letter

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| 10-40 Good Buddy! |

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| Harmony Farms |

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| 10-40 Good Buddy Anniversary Celebration! |

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| **Saturday April 18, 11 a.m. -3 p.m.****This month marks a tremendous milestone year for Harmony Farms, and we're ready to celebrate! Harmony Farms has now officially been a service to the community for 40 years, and the Longs have now owned/operated it for 10 years!!!****We are so Blessed to be in service with our community each day! We invite you to come celebrate with us and our Good Buddies - our fabulous local vendors - for tons of free samples, food, tastings, prize drawings, and sales! Over 20 LOCAL VENDORS will be here be here and ALL DAY ALL LOCAL VENDOR PRODUCTS %10 OFF!!!****In 1975 several visionaries brought their Harmony dream to Raleigh from Chapel Hill. Harmony Farms original Owner Tommy Dean opened Harmony Farms Natural Foods Store on Hillsborough Str just across from NC State with Marian Klimek Wall as the Store Mgr. One year later in 1976 our current location was opened with Marian, Penny Eubanks and Tom Estes as the Creedmoor Rd. location Owners.That same year Marian and Carolyn Moore took over as owners of the Hillsborough Str store as well.****They brought with them a zeal for the very finest organic foods, and the most trusted supplements made in the world, a tradition that still exists to this day! In 1979 Marian become sole owner of the Hillsborough Str store, and then in 1989 become sole Owner of the Creedmoor Rd location.****In 1999 Marian sold the Hillsborough Str store to a man with little natural health food background and 2 years later that store closed. However, the Creedmoor location was rocking! In 2004 Marian began contemplating retiring from ownership duties but wanted to sell to someone whom she trusted would take Harmony Farms safely well into the future. Spirit guided Nancy & Steve Long to express to Marian their interest in buying the store, and in April 2005 The Long's became the new Owner's of Harmony Farms and continue bringing to you the best natural foods and supplements on the planet!****On a wonderful note- Marian's daughter Kelly is still working at Harmony Farms and for the past year Kelly's step-daughter Dylan has been the Organic Juice Coordinator making it 3 Generations in Harmony! Then last September Penny Eubanks returned to Harmony bringing her charm and knowledge to all of us each day.**  |

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| Piedmont Spring Farm Tour - 20th Anniversary!

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**Come learn about the Triangle’s local and organic farm & food scene. Celebrate the 20th Anniversary of the oldest and largest farm tour of its kind, meet your local farmers & tour their farms! A great event for the entire family, and a wonderful educational experience for children to learn where their food comes from!****Buttons are $30 - one button will admit one car per farm. Purchase yours at Harmony Farms!** |

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| **Planetary Herbals 20% Off!** Planetary Herbals offers the best of classic herbal traditions, integrating herbal formulas used continuously for literally hundreds of thousands of years, with the latest finding of clinical pharmacological research. |

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**MegaFood 20% Off!**All MegaFood products are made from REAL food! Top-notch quality and absorption.**Natural Vitality 20% Off!** *Natural Calm* is the solution to both restoring a healthy magnesium level andbalancing your calcium intake—the result of which is *natural stress relief.* |

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| VISIT OUR WEBSITE |

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