



# The Birds and the Trees

## *Getting shady in the pastures*

Take a second, close your eyes and picture the perfect pasture. Go on now. Did you see lush fields of grass? Wide-open spaces? Happy hens pecking and playing and dust bathing? Beautiful, right?

It's the very definition of a pasture - land covered with grass and low plants, suitable for grazing. But our girls require more.

For Vital Farms hens, perfect pastures start with delicious greens and room to roam, but they also offer shade when the sun is high, security from predators and shadowy places for exploring and foraging. After all, hens

are descended from wild jungle fowl. And like their ancestors, they love their trees!

So our pastures offer a mix of sun and shade, with waves of native grasses dotted by trees, bushes and shade structures. We look around and see the girls were absolutely right. It's pretty perfect.



*Heavily shaded areas with lots of brush are great for foraging!*

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## Double Yolkers



There's plenty of superstition behind double yolked eggs, but let's talk science! When a hen is learning to lay, her body may release two yolks within a short interval of time. Then instead of forming a shell around each, she forms a single shell around both. Because the girls in a flock are the same age, you may find multiple double yolks in a single carton – especially if they're jumbo eggs! (Bigger eggs are more likely to contain multiples.)

Evidence shows double yolkers are good eating, and if you're looking for bonus protein, they're lucky indeed!

  @VitalFarms

## Bird of the Month



*Glamorous Gwendolyn enjoys the cool grass under her toes!*

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**Our Mission** is to bring ethically produced food to the table by coordinating a collection of family farms to operate with a well-defined set of agricultural practices that accentuates the humane treatment of farm animals as the central tenet.

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