

## Happier Hens Lay Healthier Eggs

*Studies show something we knew all along!*

On family farms all across America, happy hens are being raised on fresh pastures every day. From Georgia to California, as the sun comes up, barn doors are flung open, and so begins another day outside for these lucky ladies. Farmer after farmer is realizing that the humane treatment of farm animals is something that matters after all, and that people care where their eggs come from.



*Our ladies love being out on grass!*

But more than that, mindful families are discovering once more something that used to be common knowledge - give a hen a field of grass (with all the goodies that she'll find for herself!) and plenty of space, and she'll reward you with the most beautiful eggs in return. And not just eggs that taste great, but eggs that are filled with so much more goodness than factory farmed eggs! That's pasture-raising, and we think it's the future of ethical, humane farming.



# Talking Turkey, Chatting Chicken!

Did you know that chicken chat has real meanings? When our girls are out there clucking away, they're communicating with each other! Researchers have figured out that they give different alarm calls depending on whatever has gotten their attention, and constantly 'chat' to strengthen their social bonds!

We do everything we can to keep them safe and sound, but it's nice to know they're always looking out for each other as well!

We know that all farm animals should be treated with care, respect and loving kindness. By buying our eggs, you're helping make the world a better place. Thank you from all of us at Vital Farms!



Looking for a new recipe, or some ideas on how to cook our beautiful eggs? You'll love our Pinterest page - check it out!

## Bird of the Month



*6 month old Lucy, an Americana from Austin, Texas, loves perching, pecking & foraging in the pastures!*

## Egg-spress Yourself!

*We Love Hearing from You  
Thank you for the wonderful eggs, and for engaging in humane chicken farming! I wish more people could realize that there is a difference between this and 'cage free' or 'free range'!*

*Marie, Odessa TX*

Keep up with latest happenings on [www.VitalFarms.com](http://www.VitalFarms.com), or go 'like' 'Vital-Farms' on Facebook!