

Nighttime Lodging for our Girls

Even Happy Hens Need Their Beauty Sleep

Our girls love being outside on fresh pasture during daylight hours, roaming and foraging. But when the sun goes down, they need a safe sanctuary that they can return to, as well as somewhere to shelter when it gets a little hot or cold outside. A girl also needs her privacy when it comes to the serious work of laying eggs!

That's why many of our family-owned farms have custom built barns to cater to the girls' particular indoor needs. Spacious enough to comfortably house the whole flock, the barns provide more than just a roof over their heads. There are plenty of dark, quiet nest boxes, enough for everyone to find a cozy laying space of their own, and lots of perches because all that running around calls for the occasional nap! They're



even equipped with coolers and heaters on farms located where the climate requires it.

The barn doors are open all day long so the girls can come and go as they please, but every evening our family famers round them up and tuck them in for the night to keep them safe and sound.

Come morning though, the doors open and they're free once more to roam the fresh pastures, getting about the business of making the most delicious and nutritious eggs in the world!



New Vital Farmers Carel & Joe Leak with Jorel and Michael, 2 of the 5 in their own beautiful little flock!

Carel & Joe Leak from Proctor, OK, are two of our newest Vital Farmers. They're hard at work getting ready to welcome their first flock of Vital girls, making sure the barn and pastures are perfect. The Leaks also have a few sheep and goats (better than a lawnmower!), as well as cattle on their 360 acres. Joe's also a Forest Ranger - on call 24/7. Talk about keeping busy!

#MyVitalTimes Recipe Winner *Delicious Coconut Soufflé*

- 3 egg whites (keep the yolks)
- 2tbs shredded coconut
- coconut oil

Preheat oven to 375°F, coat individual ramekins with oil, beat egg whites until stiff peaks form and gently fold in shredded coconut.

Place egg yolks, gently add egg white/coconut mixture. Cook for 8-10 minutes.

BY [@worth_every_chew](#)

Bird of the Month



Sweet Stella loves to play hide and seek in the tall Arkansas grasses



Follow our Bird of the Month @girlsongrass

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

THIS IS TAKING TOO LONG - WE'LL HAVE TO INDUCE HATCHING.

