

A Family Affair

Because birds of a feather do flock together!

Our family farmers live in different states. They look out on varied landscapes. Some have farmed their whole lives, some return to the land after time away, and some are just getting started. But when our farmers flock together at our quarterly meetings, we see more similarities than differences.

In the ways that matter, we're family. So we stick together.

When a farmer greets her new flock, she won't do it alone. We'll be there on day one to *oooh* and *aaaah*, and we'll be back regularly to check in on the growing girls. And while our farmer meetings aren't officially family reunions, time together learning and

sharing with veterinary science and animal welfare experts reminds us we're a community.

We work together to do good business—we have our own families to feed, after all. But when you see everything as related, you tend to emphasize the *doing good* part in good business: treating people, hens and the land like loved ones. By putting ethical eating first, you're one of us. You're part of the Vital Farms family. And we love you for it.





Hard Boiled Basics

The secret to *your* perfect yolk? Three easy steps.

1. Start with cold eggs in a pot of cold water.
2. Bring to a boil, then start the timer. The longer you cook, the firmer the yolk. And because your perfect yolk is yours alone, do some experimenting to find the cook time that works best for you!
3. Turn off the heat, rescue eggs with a slotted spoon, and dunk in an ice bath to stop the cooking. Let cool for a couple of minutes, peel and enjoy!

  @VitalFarms

Bird of the Month



Playful Patricia gets the best view from a fallen tree trunk!

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.

