
Vital Times

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5 Cluckin' Great Tips From the Girls on Grass

Blast Those Winter Blahs

For our hens, every day is a new opportunity to dash outside and take in all the world has to offer. (Literally! Our girls are voracious eaters, and you can bet they relish every tasty morsel they find in our pastures.)

Even in the winter, Vital Farms hens are boundlessly curious, spending full days outside hunting, foraging and exploring. And while our girls are lucky enough to be surrounded by feathered friends (no social distancing required in the safe bubble of a family farm), when they need some me-time, they have plenty of pasture to enjoy solo.

Honestly? Some days we're a little jealous. When we're missing our own flock or normal routine, we try to take a lead from the girls.

Here's what they've taught us:

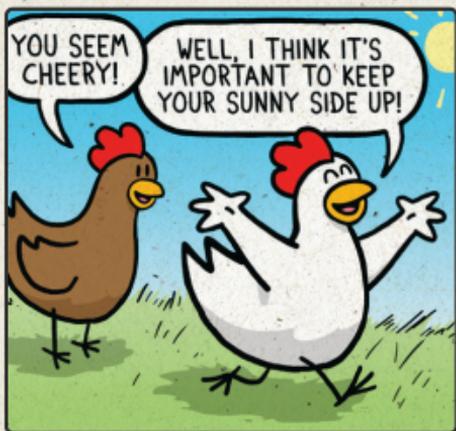
1. Greet each new day with enthusiasm (even the gloomy ones).
2. Go outside. Every day.
3. Embrace a little dust. (You don't have to bathe in it, but...)
4. Eat fresh food.
5. Get a good night's sleep.

And if all else fails, spend a few minutes watching girls on grass at vitalfarms.com/farm. Happy hens never fail to brighten our days!



Naturally Hygge Hens

Without ever stockpiling cuddly blankets or chunky candles, our hens instinctively practice the Danish art of hygge all winter long. Their pasture-raised lifestyle means crisp days spent together enjoying the simple things – tasty grasses, crunchy critters and warm sunshine. As evening falls they rest in the safety and comfort of the barn. Days with friends and cozy nights with not a screen in sight? For hygge inspiration, look no further than the farm on the end of your carton!



Bird of the Month



Mellow Marcy takes a moment to enjoy a warm pasture sunset before tucking in for the night.

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. _____

Do you love cooking with our pasture-raised eggs? Show off your Vital Farms creation on social and tag us!



@VitalFarms