
Vital Times

NATIONAL EDITION

VOL 13 • ISSUE 4

Honest Food. Honest Farmers.

Let's Hear It For (And From!) Our Family Farmers

We work with farmers from more than 200 family farms, each committed to the exacting pasture-raised standards that keep girls on grass safe, healthy and happy. They know their birds, their business, and they don't talk bull. So what's it like to be a farmer? Here's what they had to say!

Tanner of Valley View laughed when he told us, *"It's seven days a week – you're married to those girls!"* Even so,

he added, *"It's been a blessing for our family."* Today, Tanner, his wife and his parents farm the land his grandparents bought – land Tanner grew up on.

"I always wanted to raise my family on a farm," Jesse of Ridge Haven echoes. *"Our house is close to the hens so the kids can run down there and see them, which they love doing."*

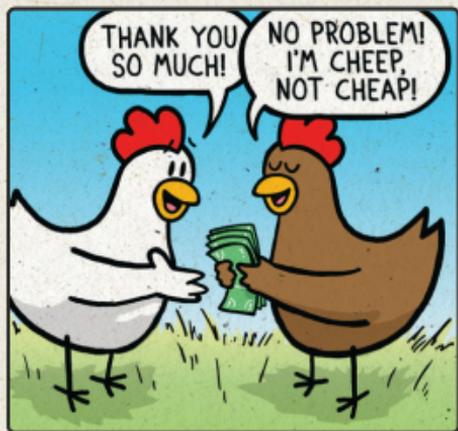
Salenia at Cactus Creek sums it up perfectly, *"One of the reasons we love Vital Farms is because people get to see where their eggs come from. So many people don't think about how there's a hen laying those eggs. Or people raising those hens."* See these fantastic farmers' great work for yourself – search their farm names at vitalfarms.com/farm.





Pasture Pups Are Family Too!

Our family farms are home to hens, people and pups too! Many of our farm families count a pasture pup among their members, and one farm, Luke's Chickens, is even named after an especially good boy! As pets, farm dogs do what they do best – providing loyal companionship. But in the pastures they are also naturally protective big brothers, keeping our hens safe from predators. We love that man's best friends are also friends to hens!



Bird of the Month



Mindful Mae brushes through a patch of soft, tickly wildflowers to catch some warm afternoon rays.

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](https://www.instagram.com/VitalFarms)