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# Vital Times

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## Does It Get Any Better Than Fall, Y'all?

**Vital Farms Hens Enjoy the Best of the Season – Naturally.**

The girls don't need cinnamon pinecones or pumpkin spice to get into the spirit of the season. When you spend your days in sun-soaked pastures, the best of fall is all around you!

Take the changing leaves. Our little feathered leaf peepers enjoy the beautiful colors as much as we do – maybe more. The structure of their eyes means hens can see many more colors and shades than we can, plus UV light and motion. That's why they're such great foragers, easily finding the shiny seeds, berries and crunchies hidden among fallen leaves.

When we watch our hens, so many of their qualities – their natural curiosity, sociability and, yes, their exceptional eyesight – reinforce that outdoors is

where they are meant to be. Taking in the changing season, peeping and pecking, exploring the pastures and enjoying each other's company daily is a beautiful way to celebrate autumn. We're thankful you make that possible for them, and we're hopeful you'll spend a little of fall like that – happily outside, leaves falling all around, and maybe a fresh goody (pumpkin spice flavored?) to nosh on. Happy fall, y'all.



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# Make Any Meal Eggstra

When leftovers are... lacking, elevate them with an egg! Here are some of our favorite quick fixes for a heaping helping of protein and comforting, savory flavors:

1. Fried eggs on roasted vegetables for a quick veggie hash
2. Poached eggs on rice (Fried, Mexican, curried – we've tried them all!)
3. Over easy on refried beans with sliced avocado
4. Soft boiled on hummus with everything bagel spice
5. Stirred into bone broth until cooked through for a simple, satisfying bowlful

Visit The Vital Kitchen at [VitalFarms.com](http://VitalFarms.com) for more tips and tricks!



# Bird of the Month



**Blissful Bianca takes a moment among the foliage to reflect on the changing seasons.**

**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