
Vital Times

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Nature and Nurture

Growing Even Greener Pastures With a Little Loving Care!

It's in a healthy hen's nature to peck and scratch and root up anything she can, and it's in our nature to let her do just that. But a flock of mini excavators can be hard on tender pastures, and that's where our farmers' careful nurturing comes in.

The beautiful spring grasses we see now are the result of year-round work to keep the land healthy. In the fall, farmers often scatter seeds for rye, winter wheat and cereal grains – those varieties that thrive in cooler temperatures. A frost seeding in early spring helps pastures get a jump start as soon as the weather warms. And come spring, farmers are already preparing for summer with hardy grasses like Bermuda, fescue and crabgrass.

You might not imagine farmers actively growing grass, but all their mindful tending means our girls enjoy a fresh, delicious buffet of seasonal varieties all year-round. And the healthy plant life they nurture helps Mother Nature in maintaining healthy soil, preventing water runoff and keeping our girls on grass, right where they belong.



Perfect Planters



Use your leftover shells (and carton!) to make a perfectly sustainable indoor herb garden.

1. Remove the upper $\frac{1}{3}$ of your eggshells with a sharp knife and wash the remaining shell thoroughly.
2. Use a needle to poke a drainage hole in the base of each shell.
3. Use a spoon to fill your shells with soil.
4. Plant seeds or small stems in each shell.
5. Lightly mist with water daily, and place in a sunny spot by a window.



Bird of the Month



Charismatic Carolyn stands proud, overseeing her domain of green and grubs.

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