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# Vital Times

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## Meet the Farmer of the Year!

### Buckskin Acres Keeps Setting the Standard

When Reggie and Missy were awarded Farmer of the Year, they were surprised – very surprised. “If I would have known, I would have dressed nicer!” Reggie said, sporting a Buckskin Acres Farm t-shirt and a big smile.

We’d never awarded a Farmer of the Year before, but since Reggie and Missy joined the Vital Farms family, they have continued to set the standard for the care of their hens and the stewardship of their land. In fact, they’ve earned perfect farm grades from their very first flock. Their farm, Buckskin Acres, sits off

a dirt road surrounded by gently rolling hills. It’s beautiful land, and no wonder the couple worked so hard to find a way to make a living on it! After years of juggling multiple jobs, and lots of teamwork, Reggie and Missy made the family farm their family business.

Today, Buckskin Acres continues to be work they feel good about. “You can go to bed every night knowing the animals you are charged with are taken care of,” says Reggie. And boy, are they! Buckskin Acres girls live on land that sprouts sunflowers in the summertime and is surrounded by wooded areas perfect for foraging and exploring. For those lucky enough to visit, the couple’s warm welcome, beautiful farm and happy hens melt daily cares away, but just in case, Reggie and Missy always have a gift ready – a stress ball shaped like a little brown egg.



*Reggie & Missy, Buckskin Acres*

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# We're spilling the tea!



We don't know if you've heard, but with only eggshells and water you can brew up a calcium tea that's great for gardens! This easy-to-make concentrate gives your plants the nutrients they need to grow strong, healthy cell walls. Here are three steps to a perfect pour-over:

1. Pour a gallon of boiling water over 10–20 clean eggshells.
2. After the shells sit in the water overnight, remove them. What's left is your tea!
3. Pour the tea directly onto the soil to give plants a boost of calcium and potassium.



# Bird of the Month



**Playful Penny** peeks out behind the leaves during a thrilling game of hide and seek.

**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