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# Vital Times®

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## From Hibachi Chef to Restorative Farmer

### Meet Hrang of Grace Spring Farm

When Hrang was studying economics in Burma, he could not possibly envision a new life in Missouri, more than 8,000 miles away. But when his country was struck with violence, he and his wife fled for safety. He learned English. Got a job as a chef. Worked at it for nearly 20 years. And then came Grace Spring Farm.

Once a dairy farm, Grace Spring was overgrazed and bare in spots. So Hrang attended regenerative farming workshops to learn more about taking care of the grass, the girls and the soil. *"The workshops*

*are like a biology class,"* he says. *"We look into a microscope to see what healthy soil looks like."* He seeded oat. Next season, he'll seed millet.

Grace Spring Farm is healthy, beautiful, chemical free and regeneratively managed – revitalizing and restoring natural ecosystems and the soil for future generations.

Hrang invests his time, knowledge and experience in caring for the land, and his girls. *"I like taking care of the chickens, living in the fresh air,"* he says. *"I do my job on the farm, and then at the end of the day, I go inside and cook myself hibachi."* Thanks to Hrang, you can too!



Scan the QR code for his Hibachi Fried Rice recipe.

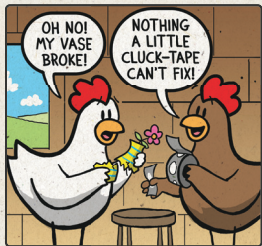


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# Let's Get Cracking!



Are you on the hunt for nutritious egg recipes? The Vital Kitchen is here for you! Scan the QR code above or visit [VitalFarms.com/Blog](https://VitalFarms.com/Blog) to check out our Root Veggie Hash, a one-skillet comfort meal packed with deliciousness and topped with eggs cooked sunny side up or as firm as you like them. From there, move on to breakfast, lunch & dinner, snacks & sides, desserts and even drink recipes! And because we know your time is (wait for it) *vital*, you'll never have to scroll through ads or paragraphs of text to get to the recipe. It's ready in a jiffy for pinning, sharing or cooking right from your phone or computer screen.



# Bird of the Month



**Valiant Vana takes a break from foraging and pecking to quietly observe her idyllic pasture home.**

**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