
Vital Times[®]

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Girls Just Wanna Have Farm

Celebrating Women in Agriculture

Granitewood Ranch, one of over 300 family farms in our network, is located in a little pocket of southern Missouri. This farm is a lush home to a flock of hens and their farmer, Heather. But there's something special about Granitewood – not only is it home to a gaggle of girls, it's tended by them too!

Heather and her daughter, Dylan, are responsible for keeping their hens happy and healthy. They work as a team on farm chores like gathering eggs, giving the girls fresh water to drink and rotating the pastures.

Granitewood Ranch isn't Heather's first rodeo. When she was thirteen, she bought her first horse and fell head over heels for animal agriculture. Today, Heather's favorite farm routine occurs each evening when the

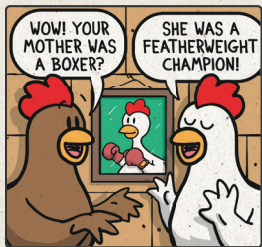
sunset paints the sky with warm shades of red and orange. It's then that Heather and Dylan hop on their Granitewood horses and go for a peaceful stroll around the pasture to guide their ladies home for a restful sleep after a long day of foraging.

Heather and Dylan are role models for women everywhere and take pride in showing future female farmers that a life in agriculture is not only possible but highly rewarding. At Granitewood Ranch, Heather is building a legacy for her daughter to inherit – passing the barn from one female farmer to the next – for generations to come.



Birdwatching is Good for your Health (So Watch Ours!)

A recent study found that seeing or hearing birds improves mental wellbeing for up to eight hours. So if you need a pick-me-up and are having trouble finding birds in your neighborhood, you can watch and listen to our hens right from your phone or computer! Go to VitalFarms.com/farm and type the farm name found on the side panel of your egg carton for 360° farm videos you can click and drag to look (and listen!) in any direction you like. Not only is it good for you, you'll see it's a very good life for the girls too.



Bird of the Month



Spry Suzy dances through the crunchy grass and lets the soft breeze ruffle her feathers.

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