
Vital Times®

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Not All Heroes Wear Capes

Hear from our trusty Farm Support Crew

At Vital Farms, we work with over 350 family farmers who are committed to raising their girls with care and respect. Some have been farming their whole lives, while others are just getting started. But no matter where they are on their journey, each of our farmers is championed by our trusty Farm Support Crew.

You might assume Farm Support is exactly as it sounds, but such few words wouldn't do this crew justice. Farm Support is about cultivating meaningful relationships with

family farmers. It's building trust over hours of conversations in pastures, barns, and around kitchen tables. It's tending to their farmers' questions at all hours of the day and giving them everything they need to help them, and their girls, grow and flourish.

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"I'll drop anything for my farmers. They can call me, and I'll always answer."

—Cindy, Farm Support Specialist

"We're not there to give farmers orders. Instead, we take more of a 'here's how I can help you' approach."

—Spencer, Asst. Farm Support Manager

"I'm working on building my own homestead, too. A few of my farmers have helped me learn the basics of living on a farm. I help them, and they help me."

—Dakota, Farm Support Coordinator



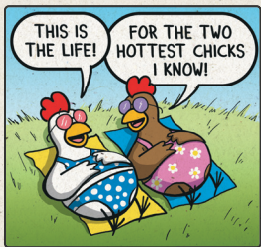
Cindy (left) with her farmers at T&J Organic (right)

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From Vital Times to Vital Soil

Did you know the little newspaper you're holding right now is 100% biodegradable and fully compostable?! So, after you've enjoyed the read, you can shred 'er up and mix the pieces of what we composters call "brown matter" with a handful of "green matter" (fruit and veggie scraps, grass trimmings, or even your eggshells from breakfast) into your compost pile. Then, step back and relax while the soil microbes work their magic to transform your newfound wealth of farm knowledge into fresh fertilizer for your garden. Now that's what we call being resourceful.



Bird of the Month



Lighthearted Lily practices her balance beam routine on a sturdy tree branch. She's a natural!

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