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# Vital Times<sup>®</sup>




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## Winter is Coming? No Problem.



### Keeping Our Fields Forage-able With Pasture Rotation

You might think winter pastures are a little bit blah, but our girls disagree! Thanks to year-round pasture rotation and mindful planting, Vital Farms hens enjoy a bountiful buffet of fresh, native greens - even when the temperatures get chilly.

So what is pasture rotation? Picture a square pizza cut into 8 wedges. The pizza is your pasture, and the pieces are called paddocks. Every 21 days or so, the hens explore a new paddock, free to forage on all the fresh grasses, foliage and critters their hearts desire. Not to mention,

our girls are ravenous, and their hearts desire a lot! So when they have tired a paddock, farmers move them to a fresh one, and the cycle begins again. That gives each paddock nearly five months to rejuvenate naturally before our hens come back around.

Pasture rotation keeps fields healthy moving into the winter months, and farmers also plant a wintry mix - cool season grasses and plants - that are both tasty for the girls and good for the land. Winter grasses, wild onion, clover and rye all improve the health of the soil, prevent erosion and provide habitats for helpful critters. Clover also naturally converts atmospheric nitrogen to fertilizer that can help nourish future plantings. We hope you agree - from the girls atop the land to the growing going on beneath it, winter is a wonder. Bundle up and enjoy!



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# Hen Hide-and-Seek

If there's one thing we can count on, it's that our girls love to roam! In fact, they've decided to explore this Vital Times issue looking for delicious winter snacks and new facts. Help us round up the girls by spotting all 10 hidden hens. Once you find them, grab a pencil and draw them, along with some of their favorite wintry treats, in the pasture below!



# Bird of the Month



**Jubilant Julie prances through the pasture, serenading the morning with her joyful clucks.**

**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!*

