

VITAL TIMES®

NATIONAL EDITION

VOLUME 17 • ISSUE 8

FOR THE LOVE OF BUTTER

Meet Dairy Farmers Andrew & Elaine

We interrupt our regularly scheduled programming to give our butter some love, because what pairs better with your carton of pasture-raised eggs than golden, grass-fed butter?

Andrew and his wife, Elaine, are fourth-generation dairy farmers who raise their girls along the east coast of Ireland. They are one of several Irish farms where Vital Farms Butter begins.

The work of a dairy farmer starts with the sun. Andrew's day begins at 6 a.m. to milk cows, rotate pastures, and ensure his girls have plenty of fresh grass to graze.

"I don't think people realize how much hard work goes into farming. We love what we do, and I think that's the only way farmers can keep going," Andrew shares.

That care extends to the land, too. The couple invests in solar panels, sows clover to reduce nitrogen, and rotates their cows to a new section of pasture every day.

For Andrew and Elaine, farming is more than a job; it's a lifestyle and a bit of a love story — for butter, that is.

Elaine jokes that they'd be "lost without butter," going through two whole pounds a week!

"It's nice to see our milk go from the field to a carton, and finally, on kitchen tables," she adds, with the kind of pride that only a farmer can understand.



APPLE BUTTER FRENCH TOAST BAKE

Ingredients

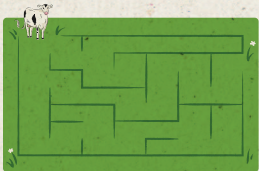
- 4 tbsp Vital Farms Salted Butter
- ½ cup apple butter
- 4 Vital Farms Eggs
- 1 cup heavy cream
- 1 cup whole milk
- 2 tsp vanilla
- 1 tbsp cinnamon
- ¼ tsp salt
- brioche loaf (~16 oz), cut into 1" cubes
- powdered sugar and maple syrup for topping.

Directions

Heat oven to 350°F and grease a baking dish. Brown the butter and whisk with apple butter. Then, whisk in eggs, cream, milk, vanilla, cinnamon, and salt. Add cubed brioche to dish. Pour mixture over and gently toss to coat. Bake 45 minutes until set. Dust with powdered sugar, drizzle with maple syrup, and serve warm.

MOO-VE BESSIE THROUGH THE PASTURE

Help one of our four-legged ladies meander, at her own pace of course.



COW OF THE MONTH



Mellow Miley moseys through the pasture, pausing whenever she fancies a snack of fresh grass.

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 and butter? Show off your Vital Farms® creation on social and tag us!

   @VitalFarms