
VITAL TIMES®

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KEEP CALM AND DUST BATHE

Our girls' self-care routine

Ever heard of a dust bath? While you may think it sounds like a questionable skincare choice — for a hen, it's a spa treatment she doesn't want to miss.

Out on the pasture, our girls spend their days foraging, socializing with the flock, and, when the mood strikes, fluffing their feathers for a proper dust bath. A dust bath is exactly what it sounds like: a hen settles into a patch of dirt, wiggles down into it, and tosses dust through her feathers.

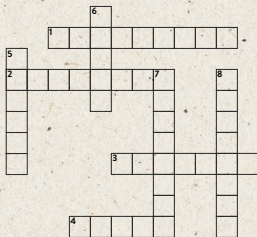
The dust works into each nook and cranny, absorbing excess oil and shaking off any small, unwelcome bugs. Think of it as the chicken equivalent of taking a shower.

Once a hen is clean and content, she'll pop back up for a full-body shake before moving into a focused preening session to realign and straighten each feather, zipping everything back into place.

When hens are given plenty of room and an outdoor space to roam, dust bathing quickly becomes part of their self-care routine. Turns out, a good spa day on the pasture only requires a bit of warm sunshine and a patch of dirt.



WHAT'S COOKIN'?



Across

1. Cooked low & slow while stirring
2. Folded dish, often filled with cheese
3. The technique that loves vinegar
4. How a quiche is cooked

Down

5. Deviled egg starting point
6. Crispy edges & filled with liquid gold
7. Picnic sandwich staple
8. Not sunny side, but still runny inside



BIRD OF THE MONTH



Confident Cady holds the flock's record for best hide-and-seek spot on the farm.

OUR MISSION is to bring ethically produced food to the table. Our network of small farms operates with a clear set of agricultural practices, which at its heart accentuates the humane treatment of farm animals. 🌱🌿🍃🌾🌻

Do you love cooking with our pasture-raised eggs? Show off your Vital Farms® creation on social and tag us!

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