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# Vital Times

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## Let's Nurture Nature.

### Follow the journey of an ethical egg!

From farm to frittata, our hens, farmers, crew and partners are helping to reduce our impact on Mother Nature. That starts with our girls, mobile composters who cheerfully disperse seeds, suppress pests, naturally fertilize our pastures and improve soil health in the process. But they're just the beginning!

Did you know that all our farmers maintain their land to the USDA Organic Standard (though not all choose to undergo third party certification)? All Vital Farms farmers practice pasture rotation, and we're working together toward adoption of additional regenerative agricultural practices on every farm to better protect land, water and livelihoods.

Beyond the pastures, Vital Farms' underground cold storage facility uses at least 25 percent less energy than above-ground

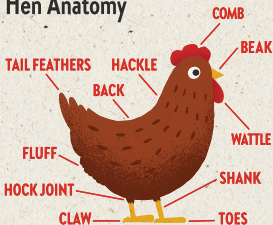
storage would, and our Egg Central Station was named Food Processing's Green Plant of the Year for all of the energy-saving features built into its design (see the previous issue of Vital Times for more details!).

Egg Central Station is located within driving distance of all our farms, and our dedicated fleet is increasing fuel efficiency and optimizing routes to reduce the overall miles our eggs have to travel. While the birds' eye view of the pasture is something special, we are continuing to raise the standard at every other step of your eggs' journey. Learn more at [vitalfarms.com/impact-report](http://vitalfarms.com/impact-report).

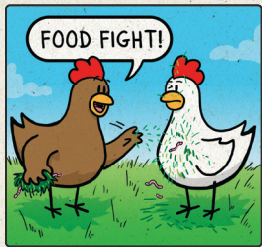


# Our Girls Got the Gear!

## Hen Anatomy



Did you know that before our farmers begin farming with us they attend 'Egg School'? Created and hosted by our Farm Support Crew, we teach new farmers all about their laying ladies, including how to best care for them from beak to tail feathers. Above, you can get a little lesson for yourself!



# Bird of the Month



Serene Sloane enjoys the peaceful sway of grass and gentle breeze through 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