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# Vital Times

NATIONAL EDITION

VOL 15 • ISSUE 5

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## A Hen Named...Penguin!

### Home on the Farm with the Lightfoot Family Layers

The Lightfoot family knows their hens – and every now and then, they nickname them too! When we met this particularly spunky, waddly-walking hen named Penguin living her best life on the farm, we knew we had to share with you about her and her flock.

On their family farm, you'll often see Zack making the rounds with a hen on

his shoulder (it's her favorite perch). His wife, Desiree, and four kids are also an active part of the brood. And while Zack didn't begin farming until he was 15, his kids are already all in. Even their three-year-old son runs out to the barn in the morning to help collect eggs. As Zack proudly noted, "He always puts them right side up too!"

Every morning, Penguin and her flock dash into the pastures and head directly for their favorite shady spots. "They love the trees," Zack said, "I plan to plant a lot more for them out here." The hens also love the quiet, fading light of dusk, and they gather outside to enjoy their favorite time of day.

Saving up for a barn had long been a goal for the family, and their farm has meant a better quality of life for all of them – including a very lucky flock of girls.



# Zack's Fried Egg Sandwich

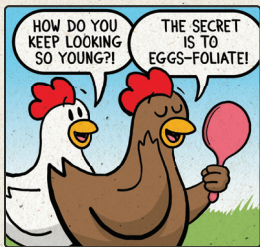
At the Lightfoot Family Layers farm, Zack reports that the fried egg sandwich is a favorite meal. "But if you're going to eat a fried egg sandwich, you have to eat it right," he warns, "with only one slice of bread!" Here's the recipe.

## INGREDIENTS

- 1 Vital Farms egg
- 1 slice of bread
- Vital Farms butter or mayonnaise
- Cheese, to taste

## DIRECTIONS

Spread butter or mayonnaise on top of the slice of bread. Fry an egg, top it with cheese and put it on top of the bread for an open-faced sandwich. Enjoy!



# Bird of the Month



**Sublime Summer munches on her final snack of the day before watching the sun set over the hills.**

**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!*

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