
VITAL TIMES®

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THE OG CHICK MAGNETS

Farmers Who Fostered Their Lifelong Passion for Raising Chickens

Passion always starts somewhere. For a few of our farmers, it started with their childhood coop. “I remember building my first hen house...,” our farmer, Allen, chuckled as he went down memory lane...

Many of our farmers began farming at a young age, growing up as children of multi-generational family farmers with unique histories, crops and livestock. In Allen’s case, it was hens. The responsibility of tending to a small flock of egg-laying ladies sparked a lifelong passion, setting him on the course to one day become a Vital Farms Farmer.

Murray, another Vital Farms Farmer, captures it best. “I was always a chicken guy. I pored over chicken magazines when I was young. My parents let me order and hatch chicks — the little ones with fluffy fuzz and those with feathers

all down their legs — and it’s always intrigued me to sit there and watch them enjoy life.”

For Allen and Murray, their passion began small: just a few hens to tend, providing enough eggs for their family. Today, their hens help feed families across the country. Their stories remind us that the curiosities of our youth can, in time, shape the world in unimaginable ways.



“I was always a chicken guy.”

—Our farmer, Murray at CG Farms

HIGH-PROTEIN PANCAKES

Add 'em to your meal-prep routine!

Makes 8 pancakes

Ingredients

- 2 cups cottage cheese
- 4 Vital Farms Eggs
- 1 cup oat flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 tablespoons Vital Farms Unsalted Butter



Watch on
YouTube

Directions

Blend cottage cheese and eggs until smooth. Add oat flour, baking powder and salt. Blend again and let rest for 10 minutes. Coat a hot skillet or griddle with butter. Use a 1/3 cup to dollop pancakes on griddle. Cook for 2-3 minutes on each side, or until golden. Serve with sweet toppings like yogurt and berries, or savory with avocado and a fried egg. The combinations are endless!



BIRD OF THE MONTH



Noble Nadia stands proud in the pasture, her feathers glowing in the sun's golden caress.

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