
VITAL TIMES®

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WHERE THE WILD THINGS GROW

A living, breathing pasture-raised ecosystem

Let's be honest, the hens at Vital Farms are the stars — but we're here to talk about their wild entourage. The pasture is home to more than just our girls. The fields are crawling (literally!), with biodiversity all year round.

This time of year, we're seeing bright yellow goldenrod and aromatic asters blooming alongside emerging winter rye. These grasses aren't just pretty; they retain water and promote soil health, while supporting everyone from grasshoppers to goldfinches and beyond.

Meanwhile, ladybugs snack on aphids, and monarch butterflies flit from clusters of lilac milkweed flowers to native field thistle, pollinating their way across the pasture. Earthworms aerate the soil

like tiny tillers, and crickets? Let's just say the girls consider them a crunchy delicacy.

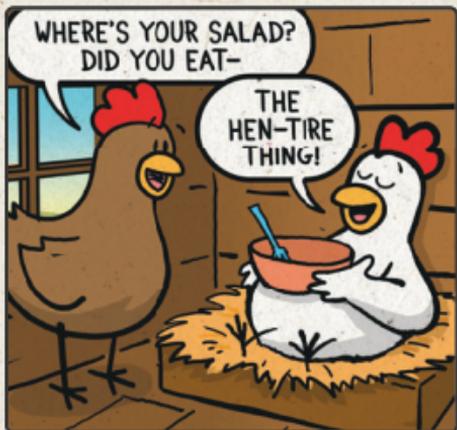
And beneath the surface? That's where the quiet geniuses live. Fungus weaves through the soil, connecting plants, transporting nutrients, and breaking down organic matter.

This all adds up to a full-blown ecosystem — buzzing, blooming, wriggling, and working in harmony. Nurtured by family farmers who know that when nature thrives, so do their hens.



YOUR SUMMER HENESCOPE

- ARIES** You're ready to rule the roost. Just don't ruffle too many feathers.
- TAURUS** Slow clucks and sunshine naps? That's your love language.
- GEMINI** You're in two pastures at once. Multitasking? Or just nosy?
- CANCER** Extra broody this week? Nest in, feel it out.
- LEO** All eyes on you, and you love it. Strut your stuff.
- VIRGO** Fluff your feathers and fix that roost. Order brings peace.
- LIBRA** Keep the peace but speak up if someone steals your spot in the sun.
- SCORPIO** Intense eye contact. Are you flirting or plotting?
- SAGITTARIUS** Chase butterflies. Wander. Just come back before sunset.
- CAPRICORN** Pecking like a true pro. Bird of the Month energy.
- AQUARIUS** You're inventing a new way to dust bathe. Respect.
- PISCES** Dream big — but maybe stop talking to that rooster.



BIRD OF THE MONTH



Jurassic Jackie channels her inner dinosaur as she grips the rocky terrain with her talons.

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