



Our Eggs Are Always in Season

Because Winter's Warmer in the Pasture Belt

When you'd rather be outside, it doesn't matter if you live in an apartment, a house or a coop - cabin fever is real! And we haven't yet met a hen who wants to bundle up in a warm coat and tiny, three-toed snow boots to brave the drifts.

That's why every Vital Farms farm is located in what we call the pasture belt - those warmer, states where the sun often shines and the snow rarely falls. Our girls are happier foraging and dust bathing in the great outdoors. And while northern hens are huddled together for warmth, Vital Farms hens roam the pastures feasting on fresh greens, protein-packed critters and crunchies.

Our outdoorsy girls live cleaner, less stressful, less

competitive lives. And all that fresh air and freedom flavor every always-in-season egg.

So the next time you're feeling cooped up and cranky, crack a couple of eggs and add a little heat for a taste of sunshine. Better yet - cook up the baked egg recipe on the next page and invite some friends. Company and comfort food is the best cure for cabin fever.



Our girls dine outside all year round, as winter greens replace summer salads.

Delicious Herb Baked Eggs

Ingredients:

- 12 Vital Farms eggs,
- ¼ cup Half & Half
- 2TBS Alfresco Butter
- 2TBS parmesan cheese
- ½ tsp garlic
- 2TBS + 1tsp chopped fresh herbs



Combine cheese, garlic and herbs and set aside.

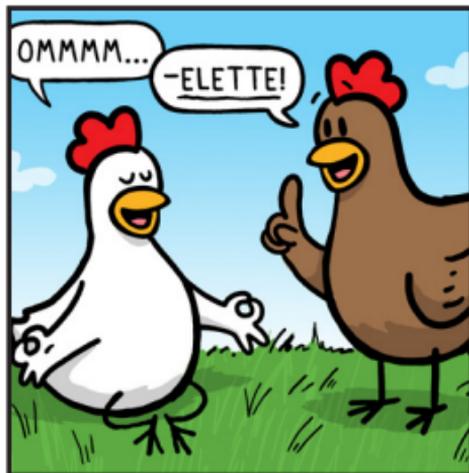
Place 1TBS of cream & ½TBS butter in four broiler-proof, individual-sized dishes.

Broil for 3 minutes, until hot and bubbly.

Break three eggs into each dish and sprinkle evenly with herb mixture.

Broil for 5-6 minutes until whites are cooked.

Allow to set for 60 seconds and serve with toasted bread and garden greens.



All farm animals should be treated with care, respect & loving kindness. By buying our eggs, you're helping make the world a better place. Thank you from all of us at Vital Farms!

Bird of the Month



Regal Rebecca strikes a noble pose, standing proud in her pasture!