



What's So Great About 108?

The Secret to Happy Hens is Found in Space!

Just how much outdoor space does a healthy hen need? You might look at one of our girls and think to yourself, "She's not that big, why does she need 108sqft. of her own to roam?" But then take a look beneath her feet. See those garden greens? They need room to grow, too.

After all, you can't have healthy, pasture-raised hens without healthy pastures.

The Certified Humane® pasture-raised standards that we follow state that 108sqft. per hen is the minimum needed to keep both hens and grasses healthy, a number that comes from well researched studies into flock densities and soil management. Every day our hens flock onto organically managed fields, hunting and pecking, dust bathing and

dallying, and doing a number on the pastures (they are voracious eaters). But when the fields need a rest, we have room to let them lie fallow, nourished by our hens' very own nitrogen-rich fertilizer.

Every day our girls are roaming on the lushest, seasonal grasses around, continuing the sustainable cycle. No chemical pesticides, fertilizers or herbicides. Just time, space and plenty of sunshine. Healthy greens make happy hens.



Fresh pastures & healthy hens both need space - at least 108sqft per hen to be precise!

It's the Magic Number!

108 certainly is an important number to our happy hens, but it doesn't stop there! 108 is what is known to mathematicians as a 'natural number', but it also has special significance in some of the world's oldest religions: the Hindu recital of the *namajapa* mantra entails 108 repetitions counted on mala beads. Buddhism identifies 108 feelings, and also uses rosaries of 108 mala beads. Yoga recognizes 108 Ayurvedic 'marma' pressure points. Even a baseball has 108 stitches (not to mention the 108 years between World Series wins for the Chicago Cubs!). And did you know the average distance of the Sun and the Moon to Earth is 108 times their respective diameters? Coincidence...?

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 includes the humane treatment of farm animals as a central tenet.

Bird of the Month



Adorable Ashley loves to catch a few morning rays and a few early worms!

Squawk to Us!

Love our eggs? Let us know! Share your #Eggstatic stories & photos with @VitalFarms on Instagram and Twitter! And visit www.vitalfarms.com for the latest news & updates.

