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# Vital Times

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## Early to Bed, Early to Rise

### A Day in the Very Good Life of a Vital Farms Hen!

Our girls are early birds, often waking at sunrise – and sometimes as early as 4 a.m.! But even those hens enjoying a lazy start typically wake by 7 a.m., raring to go. In the early morning hours, the girls may choose to hit the in-barn breakfast buffet or find a spot of privacy to lay their eggs. When the barn doors open, they dash outside to bathe in fresh air and sunshine – some solo, some in small clusters, some taking their own sweet time, and some preferring to stay inside.



Here, the hens have the freedom to be themselves, enjoying the day at their own pace. That sometimes means a mid-morning nap, sometimes a late afternoon one, and sometimes resting in the shallow of a dust bowl after a particularly vigorous session of dust bathing!

Beneath the bright sunlight, the girls seek out shady spots, hunting and pecking for crispies and crunchies hidden beneath leaves and grasses. The afternoon hours give time to snack on native grasses like clover, rye and wild onion. As the light fades, the girls find their second wind, taking a final lap outside before coming home to the barn at dusk. By sunfall, they tuck into one last bedtime snack indoors, find their favorite sleeping spot and settle in for deep sleep and pleasant dreams.

# #Henku!

*Haikus* are poems that traditionally evoke nature themes in less than 17 syllables – most commonly in a three-line, 5-7-5-syllable pattern. *Henkus* are poems that evoke nature themes about Vital Farms hens! Inspired by the beauty of our girls on grass, we penned a few to share with you. Have a #henku of your own? Share it on social and tag @vitalfarms!

1. *Sunrise paints the sky  
A soft flurry of feathers  
Girls greet the new day*
2. *Beneath the shade trees  
Gentle clucking from the deep  
As hens tell stories*
3. *When the daylight fades  
Girls gather in the gloaming  
To watch the sunset*



# Bird of the Month



**Clever Carla knows all the tastiest creepy crawlies live in the soft, damp, decomposing soil. Oh look, a worm!**

**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