

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK 0001818591
Filer CCC XXXXXXXXX
Is this a LIVE or TEST Filing? LIVE TEST

Submission Contact Information

Name
Phone
E-Mail Address

144: Issuer Information

Name of Issuer VITAL FARMS INC
SEC File Number 001-39411
Address of Issuer 3601 South Congress Avenue Suite C100
Austin
TEXAS
78704
Phone 8774553063
Name of Person for Whose Account the Securities are To Be Sold RUSSELL DIEZ-CANSECO

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer Director
Relationship to Issuer Officer

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common	Morgan Stanley Smith Barney LLC Executive Financial Services 1 New York Plaza 8th Floor New York NY 10004	44628	1790921.64	43789647	01/13/2025	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired	Is this a Gift?	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *
Common	01/13/2025	Exercise of Stock Options	Issuer	<input type="checkbox"/>		34628	01/13/2025	Cash
Common	11/13/2023	Previously Exercised Stock Options	Issuer	<input type="checkbox"/>		10000	11/13/2023	Cash

* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
RUSSELL DIEZ-CANSECO 3601 South Congress Avenue Suite C100 Austin TX 78704 10b5-1 Sales for RUSSELL DIEZ-CANSECO	Common	12/13/2024	84545	3147289.08
3601 South Congress Avenue Suite C100 Austin TX 78704 10b5-1 Sales for RUSSELL DIEZ-CANSECO	Common	12/12/2024	44728	1684192.58
3601 South Congress Avenue Suite C100 Austin TX 78704 10b5-1 Sales for RUSSELL DIEZ-CANSECO	Common	11/19/2024	5000	150000.00
3601 South Congress Avenue Suite C100 Austin TX 78704 10b5-1 Sales for RUSSELL DIEZ-CANSECO	Common	11/12/2024	40650	1170923.25
3601 South Congress Avenue Suite C100 Austin TX 78704 10b5-1 Sales for RUSSELL DIEZ-CANSECO	Common	10/14/2024	44653	1789205.52

144: Remarks and Signature

Remarks The 34,628 securities to be sold were and will be received upon the exercise of stock options over the next three months. The dates of acquisition and payment were and will be the dates of exercise/sale.

Date of Notice 01/13/2025

Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1 06/08/2023

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice

that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature

/s/ Russell Diez-Canseco

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)