## FORM 4

UNITED	<b>STATES</b>	SECURI	TIES /	AND	EXCH/	ANGE	COMMI	SSION

			Washington, D.C. 20549 OMB A												
Check this box i Section 16. Forr obligations may Instruction 1(b).	f no longer subject to n 4 or Form 5 continue. <i>See</i>		d pursu	<b>DF CHANGE</b> ant to Section 16(a ection 30(h) of the		OMB Number: 3235-0287 Estimated average burden hours per response: 0.5									
contract, instruc the purchase or securities of the to satisfy the aff	made pursuant to a tion or written plan for														
1. Name and Addre	ess of Reporting Person o Russell	on*			uer Name <b>and</b> Tick Il Farms, Inc.			Symbol		(Che	ck all applicable)		Owner		
(Last) C/O VITAL FA 3601 SOUTH (	(First) RMS, INC. CONGRESS AVEN	E C100	3. Date of Earliest Transaction (Month/Day/Year) below								(give title Other (specify below) ESIDENT AND CEO				
												int/Group Filing (Check Applicable			
(Street) AUSTIN	ТХ	78704		Forr								iled by One Reporting Person iled by More than One Reporting			
(City)	(State)	(Zip)													
	Т	able I - No	on-Deriva	tive	Securities Acc	quirec	d, Dis	sposed of,	or Be	neficially	Owned				
1. Title of Security (Instr. 3)			2. Transact Date (Month/Day		2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Disposed Of			5. Amount of Securities Beneficially Owned Followi	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Ownership		
						Code	v	Amount (A) or (D) Price		Price	Reported Transaction(s) (Instr. 3 and 4)		(Instr. 4)		
Common Stock			09/11/2	024		М		74,360	A	\$12.81	596,762	D			
Common Stock			09/11/2	024		М		25,640	A	\$15.31	622,402	D			
Common Stock			09/11/2	024		S		100,000	D	\$31.18(1	522,402	D			
Common Stock			09/12/2	024		M <sup>(2)</sup>		52,500	Α	\$5.3286	574,902	D			
Common Stock			09/12/2	024		<b>S</b> <sup>(2)</sup>		45,400	D	\$30.68(3	529,502	D			

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

(e.g., puis, cans, warrants, options, convertible securities)															
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. 5. Number Transaction Code (Instr. 8) Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			ivative urities uired or oosed D) (Instr.	Expiration Da	Date Exercisable and xpiration Date /lonth/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Employee Stock Option (right to buy)	\$12.81	09/11/2024		М			74,360	(4)	03/10/2032	Common Stock	74,360	\$0	39,800	D	
Employee Stock Option (right to buy)	\$15.31	09/11/2024		М			25,640	(5)	03/13/2033	Common Stock	25,640	\$ <b>0</b>	128,743	D	
Employee Stock Option (right to buy)	\$5.3286	09/12/2024		M <sup>(2)</sup>			52,500	(6)	08/28/2029	Common Stock	52,500	\$ <b>0</b>	438,764	D	

Explanation of Responses:

1. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$31.00 to \$31.39 inclusive. The Reporting Person undertakes to provide to the Issuer, any security holder of the Issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in footnotes (1) and (3).

2. This transaction was made pursuant to a Rule 10b5-1 trading plan adopted by the Reporting Person on June 8, 2023.

3. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$30.25 to \$31.12 inclusive.

4. The option vests in three equal annual installments commencing on March 10, 2023, subject to the Reporting Person's continuous service with the Issuer as of the applicable vesting date.

5. The option vests in three equal annual installments commencing on March 13, 2024, subject to the Reporting Person's continuous service with the Issuer as of the applicable vesting date.

6. One-fifth (1/5th) of the shares subject to the option vested or will vest in equal annual installments commencing on August 22, 2020, subject to the Reporting Person continuing to provide service through each such date.

/s/ Jason Minio, Attorney-in-Fact 09/13/2024

\*\* Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

 $^{\ast}$  If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.