SEC Form 4	
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Instruction 1(b).

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## FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP	OMB Number: 3	3235-0287		
	Estimated average burden			
Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934	hours per response:	0.5		
or Section 30(h) of the Investment Company Act of 1940				

			or Se	ection 30(n) of the Ir	ivestme	nt Cor	mpany Act of	1940					
1. Name and Address of Reporting Person <sup>*</sup> <u>Pappas Peter Nicholas</u>				suer Name <b>and</b> Tick al Farms <u>, Inc.</u>			Symbol		5. Relationship of Reporting Person(s) to Issue (Check all applicable) Director 10% Owner				
(Last) C/O VITAL I	(First) FARMS, INC.		ate of Earliest Trans 22/2023	action (N	Nonth	/Day/Year)	X	X Officer (give title Other (speci below) below) Chief Sales Officer					
3601 SOUTH CONGRESS AVENUE, SUITE C100			TE 4. lf /	Amendment, Date o	f Origina	al Fileo	d (Month/Day	6. Indi Line) X	· · · · · · · · · · · · · · · · · · ·				
(Street) AUSTIN TX 78704									Form filed by Mo Person	re than One Re	porting		
(City)	(State)	(Zip)		le 10b5-1(c) Check this box to indic satisfy the affirmative of	cate that	a trans	action was ma	de pursua	ant to a contr		en plan that is int	ended to	
		Table I - Nor	n-Derivative	Securities Acq	uired,	Dis	posed of,	or Bei	neficially	/ Owned			
Da		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)					5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
					Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)			
Common Stock 03/2		03/22/2023		<b>F</b> <sup>(1)</sup>		237	D	\$13.99	66,518	D			

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

				,	,		,	• •				,			
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	cise (Month/Day/Year) if any Cod (Month/Day/Year) 8)		Transa Code (				6. Date Exerc Expiration Da (Month/Day/Y	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	Ownership Form: Direct (D)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

Explanation of Responses:

1. Shares withheld by the Issuer to satisfy withholding tax obligation.

**Remarks:** 

## /s/ Jason Minio, Attorney-in-03/24/2023 Fact

\*\* Signature of Reporting Person Date

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

\* 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.