

# ADAM'S FARM

A division of



## *Long Lost Friends Farm*

Our hens produce a healthy product that is beneficial to everyday good nutrition. Our dedication to your satisfaction is only eclipsed by our commitment to continuously improve the quality of the lives of our flocks and most importantly you, our Customers!

Our hens consume no hormones, antibiotics or other potentially harmful ingredients. Most importantly, our hens are able to range about freely and are never caged. Our no cage approach to egg production is one of our most defining flock management characteristics. Many products may advertise "Cage Free" but they dare not state "No Cage". This is because Cage Free does not mean No Cage. We think this makes for a better product and a better quality life/happier hen.

Mother Earth News indicates that eggs from pastured hens produce eggs have as much as **4** times as much vitamin D than factory eggs. Additionally:

- 1/3 **less** cholesterol
- 2 times **more** omega 3 fatty acids
- Source of Vitamin K2
- 1/4 **less** saturated fat
- 3 times **more** Vitamin E
- 2/3 **more** vitamin A
- 7 times **more** beta carotene

In order to assure freshness and quality, our Farm Fresh Eggs are gathered three times daily.



Turkey and Guinea eggs available on seasonal basis, see [www.EGGS2U.com](http://www.EGGS2U.com). Contact Adam Bright (240) 500-4198 or [longlostfriendsfarm@yahoo.com](mailto:longlostfriendsfarm@yahoo.com) Be certain to include Name, Contact information and Quantity of your order. Enjoy!