SEC Form 4

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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

	OMB APPF	Roval								
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Addres <u>Araiza Ronal</u>	1 0	on [*]		er Name and Ticker AVO GROW				tionship of Reportin all applicable) Director Officer (give title	10% (Owner	
(Last) 1141 A CUMMI	(First) NGS ROAD	(Middle)	3. Date 04/01	of Earliest Transac 2022	ction (Month/D	ay/Year)	X Officer (give title Other (specif below) below) EVP, Foods and RFG Sales				
(Street) SANTA PAULA	CA	93060	4. If An	nendment, Date of (Original Filed (Month/Day/Year)	6. Indiv Line) X	idual or Joint/Group Form filed by On Form filed by Mo Person	e Reporting Pers	son	
(City)	(State)	(Zip) able I - Non	-Derivative S	ecurities Acqu	uired, Disp	osed of, or Benefi	cially	Owned			
1. Title of Security	(Instr. 3)		2. Transaction	2A. Deemed	3.	4. Securities Acquired (A		5. Amount of	6. Ownership	7. Nature	

······································	Date (Month/Day/Year)	Execution Date, if any (Month/Day/Year)	Code (Disposed Of 5)	(D) (Instr.	3, 4 and		Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect Beneficial Ownership (Instr. 4)
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Inst. 4)
	Derivative Sec (e.g., puts, cal				,			wned		

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. Transa Code (8)		of		6. Date Exerc Expiration Da (Month/Day/Y	ate	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		Derivative Security (Instr. 5)	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				
Restricted Stock Units	(1)	04/01/2022		А		2,294		(2)	(2)	Common Stock	2,294	\$0	2,294	D	

Explanation of Responses:

1. Each restricted stock unit represents a contingent right to receive one share of CVGW common stock.

2. The restricted stock units vest in three equal annual installments beginning November 1, 2021.

<u>/s/ Ron Araiza</u>

04/02/2022

Date

** Signature of Reporting Person

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.