SEC Form 4	
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FORM 4

Check this box if no longer subject

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: 3235-0287

Estimated average burden 05

	b). Form 4 or Form 5 lay continue. See b).			nt to Section 16(a) o ction 30(h) of the Inv		es Exchange Act of 1934 apany Act of 1940				ted average burd per response:	len 0.5
	dress of Reporting P EN KATHLE			uer Name and Ticke LAVO GROW				ationship of Re all applicable Director Officer (give)	g Person(s) to I 10% O	
(Last) C/O CALAVO 1141-A CUM	(First) D GROWERS, IN MINGS RD.	(Middle) NC.		te of Earliest Transa 3/2022	ction (Month/E	Day/Year)		below)		below)	
			4. If A	mendment, Date of	Original Filed	(Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicabl				
(Street) SANTA PAULA	CA	93060					X			Reporting Pers than One Rep	
(City)	(State)	(Zip)									
	7	Гable I - Nor	1-Derivative S	ecurities Acqu	uired, Disp	oosed of, or Benef	icially	Owned			
1. Title of Secur	ity (Instr. 3)		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any	3. Transaction Code (Instr.	4. Securities Acquired (A Disposed Of (D) (Instr. 3, 5)		5. Amount of Securities Beneficially	F (6. Ownership Form: Direct (D) or Indirect	7. Nature of Indirect Beneficial

	Date (Month/Day/Year)	Execution Date, if any (Month/Day/Year)	Transa Code (8)		tr. 5)			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)		(11150.4)
Common Stock	01/03/2022		Α		2,814	Α	\$ <mark>0</mark>	12,064	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

(e.g., puts, calls, warrants, options, convertible securities)	
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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	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)	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				

Explanation of Responses:

/s/ Kathleen Holmgren

** Signature of Reporting Person Date

01/05/2022

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.