SEC Form 4

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FORM 4

obligations may continue. See Instruction 1(b).

Check this box if no longer subject to Section 16. Form 4 or Form 5

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

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

OMB APPROVAL
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Filed pursuant to Section 16(a) of the Securities Exchange Act of 193
or Section 30(h) of the Investment Company Act of 1940

1. Name and Addres Harrison Paul	1 0	n*		ier Name and Ticke J <mark>AVO GROW</mark>	•	•	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner					
(Last) C/O CALAVO G	(First) GROWERS, INC.	(Middle)		e of Earliest Transa /2023	ction (Month/I	Day/Year)	X	Officer (give title below) Executive V	other below /ice President	,		
1141-A CUMMI	NGS RD.		4. If Ar	mendment, Date of	Original Filed	(Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line)					
(Street) SANTA PAULA	СА	93060					X	Form filed by On Form filed by Mo Person				
(City)	(State)	(Zip)	Rule	e 10b5-1(c)	Transact	ion Indication						
				Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.								
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned												
1. Title of Security ((Instr. 3)		2. Transaction Date (Month/Day/Vear)	2A. Deemed Execution Date,	3. Transaction			5. Amount of Securities	6. Ownership Form: Direct	7. Nature of Indirect		

1. Title of Security (Instr. 3)	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	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	Reported Transaction(s) (Instr. 3 and 4)		(1150.4)
Common Stock	11/01/2023		М		354	A	(1)	736	D	
Common Stock	11/01/2023		М		385	A	(1)	1,121	D	
Common Stock	11/01/2023		F		233	D	\$24.35	888	D	
Common Stock	11/02/2023		F		42	D	\$24.72	846	D	
Common Stock								172	Ι	By spouse

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

			(0 / 1	· ·				, .	,		,				
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)		on of		6. Date Exerc Expiration Da (Month/Day/Y	ate	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				
Restricted Stock Units	(1)	11/01/2023		М			354	(2)	(2)	Common Stock	354	\$0	352	D	
Restricted Stock Units	(1)	11/01/2023		м			385	(3)	(3)	Common Stock	385	\$0	767	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, 2022.

3. The restricted stock units vest in three equal annual installments beginning November 1, 2023.

/s/ Paul A. Harrison

** Signature of Reporting Person

<u>11/03/2023</u> 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.