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SANDERS D	ONALD M												
Form 4													
January 04, 20	019												
FORM 4 UNITED STATES SECURITIES AND EXCHANCE								OMB APPROVAL					
Washington, D.C. 20549							OMB Number:	3235-0287					
Check this box										Expires:	January 31,		
subject to	if no longer subject to STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF						NERSHIP OF	Estimated a	2005 average				
Section 16	SECURITIES								burden hours per				
Form 4 or Form 5	Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,							response	0.5				
obligation	· ·							-					
may contin	nue. Section 17		of the Inv	•	-				f 1935 or Sectio	n			
See Instruct 1(b).	etion	50(II)		estinent	COI	inpany	Act	01 194	+0				
1(0).													
(Print or Type Re	esponses)												
						-	f Reporting Person(s) to						
SANDERS DONALD M Symbol				1					Issuer				
				ALAVO GROWERS INC					(Check all applicable)				
[CVGV				GW]									
(Last)	(First)	(Middle)	3. Date of	Earliest Tr	ansa	ction			XDirector		Owner		
			/Day/Year)					Officer (give title Other (specify below)					
1141-A CUMMINGS ROAD 01/02/20				/2019									
				ndment, Date Original nth/Day/Year)					6. Individual or Joint/Group Filing(Check				
									Applicable Line) _X_ Form filed by One Reporting Person				
CANTA DAI		0								Jore than One Re			
SANIAPAU	JLA, CA 9306	0							Person				
(City)	(State)	(Zip)	Table	e I - Non-D	Deriv	ative S	ecuri	ties Aco	quired, Disposed of	f, or Beneficial	ly Owned		
1.Title of	2. Transaction Da							5. Amount of	6. Ownership				
Security	(Month/Day/Yea	on Date, if							Form: Direct	Indirect			
(Instr. 3)		any (Month	CodeDisposed of (D)'Day/Year)(Instr. 8)(Instr. 3, 4 and 5)					Beneficially Owned	· /	Beneficial Ownership			
					.,	Following		(Instr. 4)					
							(A)		Reported				
							or		Transaction(s) (Instr. 3 and 4)				
Comment				Code V	A1	mount	(D)	Price	(
Common Stock	01/02/2019			А	1,	750	А	\$0	18,887	D			

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

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 control number.

 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	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactio Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Secur	unt of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owna Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

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Reporting Owners

Reporting Owner Name / Address		Relationships							
	Director	10% Owner	Officer	Other					
SANDERS DONALD M 1141-A CUMMINGS ROAD SANTA PAULA, CA 93060	Х								
Signatures									
/s/ Donald M. 0 Sanders 0	1/04/2019								
<u>**</u> Signature of Reporting Person	Date								

Explanation of Responses:

* 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. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.