## Edgar Filing: SANDERS DONALD M - Form 4

SANDERS I	DONALD M										
Form 4											
December 10	0, 2012										
<b>FORM</b>	14								OMB AF	PROVAL	
	UNITE	D STATES		RITIES A shington,			NGE C	OMMISSION	OMB Number:	3235-0287	
subject to Section 16. SECURITIES STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF Section 16. SECURITIES					Expires: Estimated a burden hour response	•					
(Print or Type I	Responses)										
SANDERS DONALD M Symbol CAI			Symbol	AVO GROWERS INC				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
			of Earliest Transaction Day/Year) 2012				_X_Director10% Owner Officer (give titleOther (specify below)				
				endment, Date Original nth/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State)	(Zip)							_		
(City)	(State)	(Zip)	Tabl	e I - Non-D	Derivative S	Securi	ties Acqu	uired, Disposed of	or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date 2A. Deemed (Month/Day/Year) Execution Date, if any (Month/Day/Year)		3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A)				5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	Ownership Indirec Form: Direct Benef (D) or Owne Indirect (I) (Instr. (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Common				Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common Stock	10/10/2012			М	13,600	А	\$ 14.58	38,333	D		
Common Stock	10/10/2012			S	12,911	D	\$ 24	25,422	D		
Common Stock	10/10/2012			М	5,000	А	\$ 21.82	30,422	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

### Edgar Filing: SANDERS DONALD M - Form 4

#### 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)	<ul> <li>3A. Deemed</li> <li>Execution Date, if</li> <li>any</li> <li>(Month/Day/Year)</li> </ul>	4. Transactio Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercis Expiration Dat (Month/Day/Y	te	7. Title and A Underlying S (Instr. 3 and	Securities
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (right to buy)	\$ 14.58	10/10/2012		М	13,600	(1)	<u>(1)</u>	Common Stock	13,600
Stock Option (right to buy)	\$ 21.82	10/10/2012		М	5,000	03/24/2012	03/24/2013	Common Stock	5,000

## **Reporting Owners**

Reporting Owner Name / Address	Relationships					
L O	Director	10% Owner	Officer	Other		
SANDERS DONALD M 1141A CUMMINGS RD SANTA PAULA, CA 93060	Х					
Signatures						
/s/ Donald M.						

/s/ Donald M. Sanders	12/10/2012
<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).

The stock option, representing the right to purchase up to a total of 34,000 shares of Issuer common stock, vested as to 6,800 shares of
(1) Issuer common stock on May 21, 2009, 2010, 2011 and 2012, respectively, and the stock option is to vest as to the last installment of 6,800 shares on May 21, 2013, provided the Reporting Person remains a director of the Issuer on such vesting date.

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.