

LANDEC CORP \CA\  
Form 4  
October 26, 2007

**FORM 4**

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549**

OMB APPROVAL

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**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
**FRANK FRED**

(Last) (First) (Middle)

**C/O LANDEC CORPORATION, 3603 HAVEN AVENUE**

(Street)

**MENLO PARK, CA 94025**

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
**LANDEC CORP \CA\ [LNDC]**

3. Date of Earliest Transaction  
(Month/Day/Year)  
**10/25/2007**

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director  10% Owner  
 Officer (give title below)  Other (specify below)

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

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)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
				(A) or (D)	Price		
				Code	V	Amount	
Common Stock	10/25/2007		S	2,300	D	\$ 14.25	280,067 I Held by Trust
Common Stock	10/25/2007		S	1,900	D	\$ 14.26	278,167 I Held by Trust
Common Stock	10/25/2007		S	4,444	D	\$ 14.27	273,723 I Held by Trust
Common Stock	10/25/2007		S	3,050	D	\$ 14.28	270,673 I Held by Trust
Common Stock	10/25/2007		S	1,501	D	\$ 14.29	269,172 I Held by Trust

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Common Stock	10/25/2007	S	1,347	D	\$ 14.3	267,825	I	Held by Trust
Common Stock	10/25/2007	S	800	D	\$ 14.31	267,025	I	Held by Trust
Common Stock	10/25/2007	S	200	D	\$ 14.34	266,825	I	Held by Trust
Common Stock	10/25/2007	S	300	D	\$ 14.345	266,525	I	Held by Trust
Common Stock	10/25/2007	S	346	D	\$ 14.36	266,179	I	Held by Trust
Common Stock	10/25/2007	S	400	D	\$ 14.37	265,779	I	Held by Trust
Common Stock	10/25/2007	S	300	D	\$ 14.38	265,479	I	Held by Trust
Common Stock	10/25/2007	S	500	D	\$ 14.39	264,979	I	Held by Trust
Common Stock	10/25/2007	S	280	D	\$ 14.4	264,699	I	Held by Trust
Common Stock	10/25/2007	S	20	D	\$ 14.41	264,679	I	Held by Trust
Common Stock	10/25/2007	S	200	D	\$ 14.42	264,479	I	Held by Trust
Common Stock	10/25/2007	S	100	D	\$ 14.25	264,379	I	Held by Trust
Common Stock	10/25/2007	S	100	D	\$ 14.43	264,279	I	Held by Trust
Common Stock	10/25/2007	S	700	D	\$ 14.44	263,579	I	Held by Trust
Common Stock	10/25/2007	S	390	D	\$ 14.45	263,189	I	Held by Trust
Common Stock	10/25/2007	S	770	D	\$ 14.46	262,419	I	Held by Trust
Common Stock	10/25/2007	S	700	D	\$ 14.47	261,719	I	Held by Trust
Common Stock	10/25/2007	S	100	D	\$ 14.48	261,619	I	Held by Trust
Common Stock	10/27/2007	S	1,300	D	\$ 14.49	260,319	I	Held by Trust
Common Stock	10/25/2007	S	500	D	\$ 14.5	259,819	I	Held by Trust
	10/25/2007	S	100	D		259,719	I	



## 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.

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