

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

<b>1. Name and Address of Reporting Person *</b> <u>TAFT DAVID D</u>  (Last) (First) (Middle) <u>C/O LANDEC CORPORATION</u> <u>3603 HAVEN AVENUE</u>  (Street) <u>MENLO PARK CA 94025</u>  (City) (State) (Zip)	<b>2. Issuer Name and Ticker or Trading Symbol</b> <u>LANDEC CORP \CA\ [ LNDC ]</u>	<b>5. Relationship of Reporting Person(s) to Issuer</b> (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Chief Operating Officer</u>
	<b>3. Date of Earliest Transaction (Month/Day/Year)</b> <u>04/12/2007</u>	
<b>4. If Amendment, Date of Original Filed (Month/Day/Year)</b>		

**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)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	04/12/2007		M		10,000	A	\$6.13	113,526	I	By Trust
Common Stock	04/12/2007		M		5,944	A	\$4.938	119,470	I	By Trust
Common Stock	04/12/2007		M		1,556	A	\$6.09	121,026	I	By Trust
Common Stock	04/12/2007		M		12,500	A	\$6.45	133,526	I	By Trust
Common Stock	04/12/2007		S		10,000 <sup>(1)</sup>	D	\$13.0401	123,526	I	By Trust
Common Stock	04/12/2007		S		5,944 <sup>(1)</sup>	D	\$13.0182	117,582	I	By Trust
Common Stock	04/12/2007		S		1,556 <sup>(1)</sup>	D	\$13.0461	116,026	I	By Trust
Common Stock	04/12/2007		S		12,500 <sup>(1)</sup>	D	\$13.0103	103,526	I	By Trust

**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. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		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
Stock Option (Right to Buy)	\$6.13	04/12/2007		M			10,000	06/19/2005	05/19/2015	Common Stock	10,000	\$6.13	0	D	
Stock Option (Right to Buy)	\$4.938	04/12/2007		M			5,944	03/11/1999	02/11/2009	Common Stock	5,944	\$4.938	0	D	
Stock Option (Right to Buy)	\$6.09	04/12/2007		M			1,556	08/29/2005	07/29/2015	Common Stock	1,556	\$6.09	3,444	D	
Common Stock (Right to Buy)	\$6.45	04/12/2007		M			12,500	01/04/2004	12/04/2013	Common Stock	12,500	\$6.45	0	D	

**Explanation of Responses:**

1. All shares reported sold on this form 4 were sold pursuant to a 10b5-1 trading program.

/s/ Stacia Leigh Skinner by  
Power of Attorney

04/12/2007

\*\* Signature of Reporting Person

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.

