

EAT YOUR MICROGREENS!

The Gourmet Herbalist

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Looking out at the snow-covered garden and frozen ground, as winter lingers on, I count on my greens to provide me with chlorophyll, known as “liquid sunlight.” I recently had the wonderful opportunity to meet Sam Mascari, owner of Montana Roots in Livingston, and to tour his magical greenhouses. Right before my eyes, I saw what I had previously only read

It grows in soil that is a significant part of the embryo within the seed of a plant. Upon germination, the cotyledon becomes the embryonic first leaves of a seedling, before adult leafing occurs.

These first leaves pack a nutrient-dense, flavor-packed punch—with 10–20 times the nutrition of adult plants. Seeds have all the vital energy necessary to start life, and this energy is awakened in the cotyledon. For Montana Roots, sustainability is key. In the recirculating process, they save 90% of the water that is traditionally lost in farming through evaporation, runoff and soil drainage. They also use solar panels to power the greenhouse, and their packaging is made from plants not plastic, making it 100% biodegradable!

You can find Montana Roots’ microgreens at FoodWorks in Livingston, and in the three Town & Country stores in Livingston, Bozeman and Belgrade, and



Sustainability

about—an aquaponic, recirculating, greenhouse ecosystem! It starts with the tank of fish that provides fertilizer, which is then pumped into a biological filter bed that is rich with worms and beneficial bacteria.

Montana Roots is a year-round, sustainable farm that grows a variety of microgreens, shoots, leafy greens, herbs, and edible flowers. Sam explained to me the difference between sprouts and microgreens. Sprouts, grown in a jar, are more the germinated seeds and the roots; whereas, microgreens are eaten after the first leaves (called *cotyledons*) emerge from a plant.



Biodiversity



Hands-on Education

at Rosauer’s in Bozeman. Sam is the only one in our area who sustainably and naturally growing microgreens. For more information, go to his website: www.MontanaRoots.org. ■