



CAMPI VERDI, MALVERN, PA – 14.5 MILES

Posted on OCTOBER 7, 2014

After a life-changing experience, Marco Degli Esposti was inspired to start **CAMPI VERDI** (“green fields,” in Italian), a family-owned growing operation for wheatgrass and sprouts, located in Malvern, PA. Marco has applied his knowledge and experiences to Campi Verdi by developing growing and harvesting processes that ensure the production of organic, highly nutritional wheatgrass and sprouts. He prides himself on “keeping things pure,” and continues to work to master the science and art growing delicate wheatgrass and sprouts. At 23, Marco’s passion and integrity come through in his work, as he continues to strive toward an overarching goal of educating others about the nutritional benefits of sprouts and wheatgrass. Check out our interview with Marco below to learn more about his mission:



WHAT MADE YOU DECIDE TO BECOME A GROWER OF WHEATGRASS AND SPROUTS? HOW DID CAMPI VERDI COME TO BE?

My passion for wheatgrass and sprouts was inspired by my own miraculous recovery after a near- fatal car accident. Coming from a long legacy of health-minded individuals, I grew up aware of the benefits of a nutrient-rich, easily assimilated plant-based diet. It was a natural progression for me to arrive at Hippocrates Health Institute in Florida on a deep healing pilgrimage several months after my release from the hospital. The education and personal experiences I received convinced me that I wanted to share my knowledge and make this potent method of healing available to others.

WHAT IS THE GROWING PROCESS LIKE? WHAT DOES GROWING WHEATGRASS ENTAIL?

Keeping things pure – I start with organic seed soaked in filtered well water with added organic minerals. The seedlings are then grown in an organic hand mixed and sifted soil ratio that I vary depending on climate. Wheatgrass and sprouts are picky about how much light they want and when they want it. The ‘greening up’ process happens the last few days, ensuring a sweet tasting product. The plants are harvested at the point of maximum nutrition and enzyme activity while they are still sprouts before they become plants. All microgreens have specific characteristics that signify when they should be cut before they start to mature and consume nutrients for their own growth.

WHAT WOULD YOU SAY TO SOMEONE WHO HAS NEVER TRIED WHEATGRASS BEFORE?

Bitter wheatgrass is a fallacy. Yes, it is rich tasting, but our growing methods produce a slightly sweet shot. A little goes a long way – your body can only absorb 2 ounce at a time over two hours. A 2 ounce shot is like consuming several pounds of vegetables. From increased energy to different degrees of detox, and cell regeneration, this is a powerful addition to any diet. “Until man duplicates a blade of grass, nature can laugh at his so-called scientific knowledge.”- Thomas Edison

WHAT’S NEXT FOR CAMPI VERDI?

I have been growing commercially for over a year, expanding with the demand, enjoying the lifestyle and moving into a larger greenhouse built from a restored barn this Fall. I aim to educate and love to help.

WHAT IS YOUR FAVORITE WAY TO ENJOY WHAT YOU GROW?

Plucked fresh off the plant, I crave avocado and sprout sandwiches! My favorite way to start my day is with an alkaline green shake, I’ve only missed a few days over the last year. It’s an imperative alternative to coffee when starting my day. Some of the ingredients I use in my shake are sweet pea shoots, sunflower sprouts, cucumber, kale, and coconut water.



Wheatgrass shots are a new addition to the Sunflower Café menu. The 2 oz. shots are juiced on the spot with Campi Verdi wheatgrass for ultimate freshness and nutrition. Slight sweet in flavor, this drink is enjoyable for long-time wheatgrass lovers and first-timers alike. Inquire with the Store Manager at your local KWF to find out which Campi Verdi products are currently available.