



Sprout Momma
Breads

info@sproutmomma.com

(843) 683-0827

www.SproutMomma.com



*All
Natural*





*Healthy.
Homemade.
All Natural.*

Sprout Momma began in a home kitchen as a way for Kim Tavino to better nurture her family with healthy grains and fresh ingredients. Kim's son, Ryan Fennessey, a baker and chef, soon joined the business. Together, they specialize in custom, artisanal bread that combines King Arthur flour, Sprouted Ancient Grain, Sprouted Whole Wheat, vegetables and fruits — organic when possible — sourcing from local markets and farmers. Sprout Momma can create any flavor profile using sprouted or traditional techniques that fit your needs.



Customized Bread

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Flavor Ideas:

Rosemary Olive Oil
Cinnamon Cranberry
Whole Clove Garlic
Garlic Rosemary
Herbs de Provence
Apricot Walnut
Pumpkin Spice (seasonal)
Buttermilk Molasses
Almond Date Whole Wheat
Onion Poppy Seed
Basil and Other Herbs from
Kim's Garden (Seasonal)
Cheddar Dill
Cheddar Jalapeño
Country Wheat
Sundried Tomato
Spent Grain
Rosemary

All breads are handcrafted and are available in full loaves, boules, batards and any specialty shape.



Handcrafted Artisan Breads

THE SPROUTED

These breads are created from locally sourced ancient grains, increasing their nutrition value and multiple flavor possibilities. They sprout only the finest, non-GMO, wheat berries.

THE WHITES

Created with a true artisan process — long, slow, natural and developed — our whites are developed by hand. They are highly hydrated with overnight fermentation; they are organically leavened, air proofed with a glass crust.





THE WHEATS

Stone milled winter hard red wheat, our fine wheats are created with a natural wild yeast. The end result are warm earth tones and nurturing steel cut grains.

THE RYES

Inspired by Old World sensibility, the ryes beckon deep, rich, intense, bold flavors. They are slowly layered and developed with caramelized dark, natural sugar with honestly crafted ancestral whole grain.

Our Mission:

To nourish the body and
to please the palate



FRENCH BAGUETTES:

12 oz. baguette or
16 oz. baguette

FOCACCIA

Full Sheet or Half Sheet

WE'RE LOCAL

Available at Farmers Markets
and certain retail stores.

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CONNECT

