

# JOE STOUT

Mt. Capra, Mt. Athos Performance




President and CEO



## BIO

Joe Stout is the President of Mt. Capra and Mt. Athos Performance, two leading companies in the field of optimum human performance. Joe carries both Masters and Bachelors of Science Degrees in Human Nutrition and is certified in Permaculture design. He runs a 500 goat dairy operation in the Pacific Northwest with his lovely bride Elizabeth of 17 years and their 10 children.

## SOCIAL MEDIA

-  X
-  Facebook
-  LinkedIn
-  Instagram
-  Websites



## ABOUT MT. CAPRA

Mt. Capra is a small, family-run farm in the Pacific Northwest which, for nearly a century, has been producing premium goat milk products and nutritional whole foods. Our grass fed goats graze on pesticide free and chemical free forage 365 days a year. No hormones or antibiotics are used to increase production.



## ABOUT MT. ATHOS PERFORMANCE

Mt. Athos Performance embodies a lifestyle of excellence, rooted in the ancient Greek concept of ARETE—a relentless pursuit of one's highest potential in every aspect of life. This longevity focused perspective drives our passion to help you discover your inner champion, grown from the soil of dedicated hard work, unwavering perseverance, and superior nutrition.

## INTERVIEW TOPICS

### BUSINESS AND GROWTH

- The journey of growing Mount Capra as a provider of goat milk nutrition products. How to maintain a balance between embracing innovation and staying true to traditional values.
- Insights into managing growth, sustainability, and work-life integration: practical advice for entrepreneurs looking to uphold a family-owned business—especially when family life and work are intertwined.



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## **SUSTAINABLE AGRICULTURE**

- Expanding the family business with ventures like Stout Coffee House—a community—driven café that embodies the same principles of family, faith, and service. Insights into entrepreneurship that prioritize growth and put values first.

## **NUTRITION AND CHILD HEALTH**

- What does it take to farm for a sustainable future? Learn how agriculture at Mount Capra goes against the grain of industry standards.
- How regenerative techniques like soil health restoration and ecosystem balance are not only part of good stewardship but also good for business.

## **HOMESCHOOLING AND PARENTING**

- Goat milk as a game-changer for childhood nutrition: exploring the science behind its benefits and how it supports the health of infants and toddlers.
- Using a background in human nutrition (BS and MS) to develop products that fill the gap between modern dietary needs and wholesome, natural nutrition. What every parent should know about the power of nutrient-dense foods like goat milk.
- Raising 10 children while homeschooling them: the challenges, successes, and practical advice from years of experience.
- Transitioning from homeschooling to classical Christian education: tips for parents weighing educational options.
- Building a strong educational foundation: experience co-founding and serving on the board of a classical Christian school, demonstrating how faith, family, and education can work hand in hand to build stronger communities.

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## **MEDIA APPEARANCES**

### **CROSSPOLITIC**

<https://www.youtube.com/watch?v=xqvC7Xc9QFk>

<https://www.youtube.com/watch?v=cBXcymU3SN8>

### **BUSINESS MAKERS**

<https://www.youtube.com/watch?v=-ZYMgdthNao>

### **NOW THAT WE'RE A FAMILY**

<https://www.youtube.com/watch?v=lrBTW9K8Ztg>

### **ATHOSLIFE PODCAST**

<https://www.youtube.com/watch?v=31KLjOjHZmM>



**SUMMIT FOR  
WELLNESS**

<https://www.youtube.com/watch?v=XHafmiT4NXY>

**BEN GREENFIELD  
FITNESS**

<https://bengreenfieldlife.com/podcast/nutrition-podcasts/podcast-episode-32-the-return-of-the-goats/>

**OFF-THE-GRID  
PODCAST**

<https://www.youtube.com/watch?v=DECr-Y56Hrc>



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