



# meet the Farmers



Our distributors are proud to work with small, local family farmers who embody the spirit and practice of sustainable farming.



## Cahaba Clubs

Odessa, FL

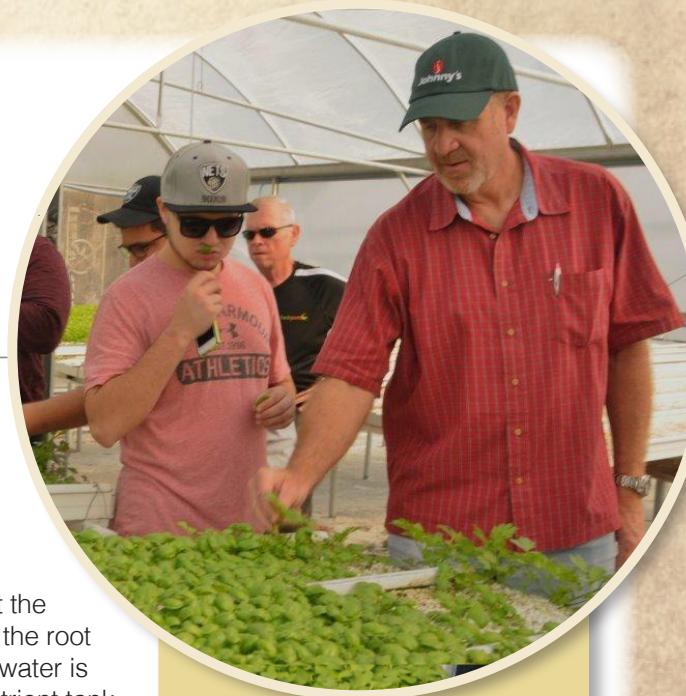
Cahaba Clubs Herbal Outpost sits nestled on a 10-acre parcel in Odessa, Florida, just northwest of downtown Tampa. Surrounded by large oaks, cypress, and a fish pond, you can hear the birds chirping and the steady hum of the greenhouse fans. Breathe deeply, and you can smell the fresh micro-greens through the air. Marvin, our founder, began his hydroponic growing operation in this serene setting in 1999. Almost three decades later, our farm is still evolving.

Cahaba Marvin is all about Micros! We sell the freshest hydroponic microgreens, micro-herbs, micro-vegetables, exotic tiny greens, tiny lettuces, and varieties of pea shoots, pea tendrils, and many different varieties of edible flowers which are grown through permaculture throughout the farm. You can find a large amount of our edibles in hanging baskets all throughout our property. Everything has a purpose on our farm! Our products are harvested daily on a cut-to-order basis and shipped nationwide. Chefs use our products as not only garnish but as a unique and flavorful condiment to their signature dishes.

All of our micro greens are grown using practical hydroponics. There are several

benefits to growing hydroponically. We use substantially less water than typical growers. All of our products receive nutrient-rich water at the right PH delivered directly to the root via micro-drip irrigation. The water is then recycled through the nutrient tank, tested, and reused to water the plants.

In addition, hydroponic farming yields 10-20 times more product per acre than field production. We are also able to grow superior products year-round in environmentally controlled greenhouses, protecting the greens from outside elements (see Farm Stats). This does not include all of the acres of edible landscaping: peaches, pears, cotton candy trees, blackberries, blueberries, citrus, passion fruit, dragon fruit, pineapple guava, pineapple, and more. Our methods of achieving high, healthy yields comes from our method of conditioning the sandy soil with peat and pine bark, making our farm land fertile and productive. In total, Cahaba has over 100,000 square feet of grow areas and greenhouses. Our average year-round production totals 2.5 million in sales.



### FARM STATS

**18 ENVIRONMENTALLY CONTROLLED HYDROPONIC GREENHOUSES**  
75,000 sq ft

**3 BLACK HOUSES/NO LIGHT**  
4,000 sq ft

**4 EDIBLE FLOWER GREENHOUSES**  
32,800 sq ft

**2 PROPAGATION GREENHOUSES**  
7,000 sq ft

**6 PERENNIAL FLOWER GARDENS**  
Over 100,000 sq ft

*"All of these steps contribute to making our products exceptional in quality, taste, and shelf life!"*

- Marvin Wilhite, President





# Cahaba Clubs Herbal Outpost

Premier Hydroponic Growers  
Of Gourmet High End Cullinary Specialties



One of Cahaba's environmentally controlled hydroponic greenhouses.



Chefs incorporate our products not just as garnishes, but as distinctive and flavorful condiments that elevate their signature dishes.



[www.cahabaclub.com](http://www.cahabaclub.com)

18625 Rustic Woods Trail  
Odessa, FL 33556  
(813) 792-1718

*See reverse to learn more about Cahaba!*