



## MICRO GREENS



Micro Amaranth Red



Micro Arugula



Micro Cinnamon Basil



Micro Lemon Basil  
aka Lemone Cress



Micro Opal Basil  
aka Red Rubin



Micro Sweet Basil



Micro Thai Basil  
aka Micro Liquorice



Micro Beet  
Bulls Blood



Micro Broccoli



Micro Red Cabbage



Micro Caliente



Micro Celery



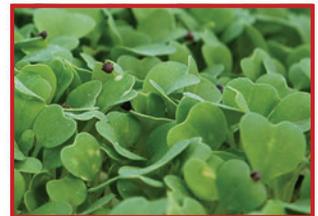
Micro Cilantro



Tokashini Daikon  
Radish



Micro Purple Kohlrabi



Micro Mizuna Mustard



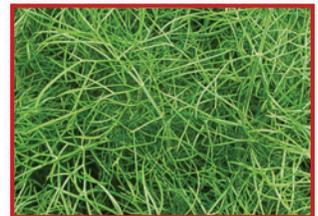
Micro Red Mustard  
Giant



Micro Onion



Micro Purple  
Sakura Radish



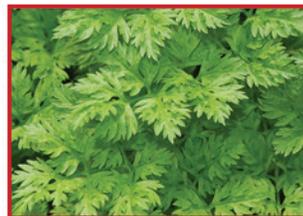
Micro Fennel



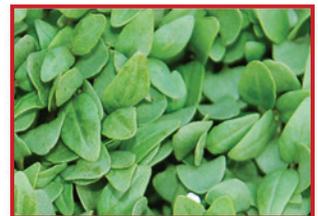
Micro Tatsoi



Blood Sorrel



Micro Chervil



Micro Mint



### Chef's Mix

Red Cabbage, Beets, Celery, Arugula and Red Amaranth gives this Mix a nutty and peppery root vegetable flavor profile. We added bright colors from petals of edible flowers to give this mix a lot of color. The tendrils of affilia peas adds a different geometry. This mix plates beautifully.



### Latin Latitude

Cilantro, Chervil, Red Vein Sorrel, Beets, Red Cabbage and edible flowers for festive colors makes this mix a hit in Miami. The Citrus notes and Cilantro makes this mix popular on Latin dishes and Fish.



### Fiery Mix

Everything has heat. Wasabi, hint of diakon radish, and spicy horseradish flavor profile.



### Spicy Picante Mix

Cilantro, Onion, Caliente Wasabi Green



### Rainbow Mix

Arugula, Beet Bulls Blood, Red Mustard Giant, Red Cabbage, Purple Kohlrabi, Mizuna Mustard



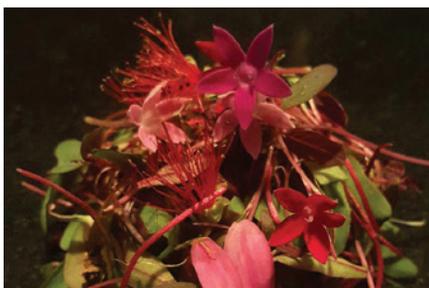
### Micro Citrus Notes

Lemon Basil, Red Vein Sorrel, Mint, and Tangerine Gem makes this mix a nice compliment for fish.



### Petite Rainbow Blend

Red Oak, Tatsoi, Blood Sorrel and Celery



### Cahaba Cabernet

Earthy Mix of herbs, red greens, beets and purple radishes combine to make beautiful burgundy colors. We added bright red flowers to enhance its visual appeal. (aka Valentine Mix)



### Asian Mix

Micro Cilantro, Micro Daikon Radish Tokashini, Micro Mizuna Mustard, Micro Red Cabbage, Micro Red Mustard, Micro Tatsoi



### Basil Mix

Micro Cinnamon Basil, Micro Lemon Basil, Micro Opal Basil, Micro Sweet Basil



**Affilia Pea**



**Exotic Tiny Greens**



**Upland Cress**



**Tangerine Gem**



**Green Pea Shoots**



**Yellow Pea Shoots**



**Green Pea Tendrils**



**Assorted Flowers**

## Chefs Toy Boxes:

**6-packs** (6 @ 1.5 oz each)

**Micro Basil Mix:** micro cinnamon basil, micro lemon basil, micro opal basil, micro sweet basil, micro thai basil

**Micro Sakura Mix:** affilia pea, cimmamon basil, daikon radish tokashini, lemon basil, opal basil, purple sakura radish

**Micro Vegi Mix:** micro affilia pea, micro caliente, micro celery, micro onion, micro sakura radish purple, micro daikon radish tokashini



**9-packs** (9 @ 1.0 oz each)

**Best Assorted 9-Pack:** micro red amaranth, micro arugula, micro beet bulls blood, micro brocolli, micro red cabbage, micro cilantro, micro purple kohlrabi, micro mizuna mustard, micro red mustard

## Artisan Craft Mixes with Swagger:

micro assorted flower, cahaba cabernet mix, latin latitude, fiery mix, spicy picante mix, micro citrus notes, chefs mix





# 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



# EDIBLE FLOWERS

## SEASONAL OFFERINGS

SUMMER



Dianthus



Snapdragons



Orange  
Marigolds



Granny Smith  
Apple Tart

(grown throughout  
the property)



FALL



Torenia



Egyptian Star / Pinta



Blue Exotic Butterfly Pea

WINTER



Penny Jump Ups



Nasturtiums



Pansies



Cahaba  
Winter Mix



Micro  
Star



# EDIBLE FLOWERS

## PERRENIALS



Perennial flowers can be found all around Cahaba, growing in garden patches or in planters found around the property. We also grow peaches, pears, cotton candy trees, blackberries, blueberries, citrus, passion fruit, dragon fruit, pineapple guava, pineapple, all of which produce not only delicious fruits but also some edible flowers.





# 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!*

# Cahaba Clubs Herbal Outpost

18625 Rustic Woods Trail, Odessa, FL 33556  
www.cahabaclub.com | 813-792-1718



## Micro Greens

Micro Greens, Micro-Herbs, Tiny Greens, Seasonal Items, Tiny Lettuces, Pea Shoots, Pea Tendrils, and more



## Events

Weddings, Networking and Social Gatherings, Milestone Celebrations, Graduation Parties, Private Parties



## Cabins

Three fully-equipped cabins with modern amenities and two glamping cabins for a more rustic experience

