



Cahaba Clubs Herbal Outpost

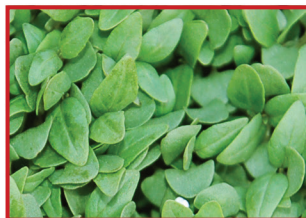
MICRO GREENS



Micro Amaranth Red



Micro Arugula



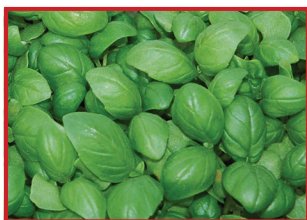
Micro Cinnamon Basil



**Micro Lemon Basil
aka Lemone Cress**



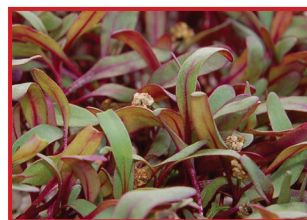
**Micro Opal Basil
aka Red Rubin**



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



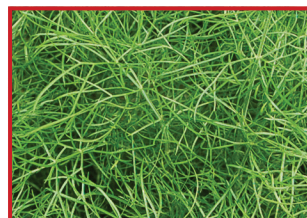
**Micro Red Mustard
Giant**



Micro Onion



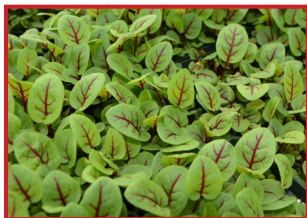
**Micro Purple
Sakura Radish**



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.



Spicey Picante Mix

Cilantro, Onion, Caliente Wasabi Green



Rainbow Mix

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



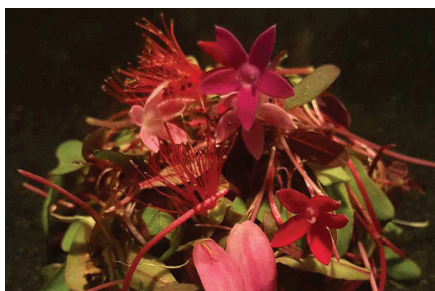
Micro Citrus Notes

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

SPECIALTY ITEMS



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, spicey picante mix, micro citrus notes, chefs mix





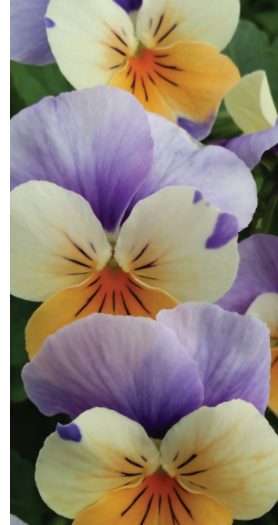
BOUNTY PROGRAM



Artisan Craft Mixes

You receive one of:

- Chef's Mix
- Micro Citrus Notes
- Fiery Mix
- Cahaba Cabernet
- Rainbow Mix
- Spicey Picante



Edible Flowers

Assorted 50 Count

- Violas
- Pansies
- Nasturtiums
- Borage
- Marigolds
- Calendula
- Penny Jumps Ups
- Bachelor Buttons



Snow Pea Varieties

2 each 8 oz. clamshells

- Yellow Pea Shoot
- Green Pea Shoot
- Green Pea Tendrils
- Affilia Garden Pea



Petite Greens

2 lbs bag in a box

- Micro Mizuna Mustard
- Micro Red Mustard
- Micro Arugula
- Micro Cilantro
- Micro Purple Sakura Radish
- Micro Red Cabbage
- Micro Celery
- Micro Tatsoi



Cahaba Clubs
HERBAL OUTPOST

18625 Rustic Woods Trail
Odessa, Florida 33556
813-792-1718

www.cahabacub.com

Greenhouse Grown Hydroponically



SEASONAL ITEMS

EDIBLE FLOWERS

These flowers are typically available during the seasons listed.
Please call to inquire about current availability.

Fall Flowers



Torenia



Egyptian Star / Pinta



Blue Exotic Butterfly Pea

Summer Flowers



Yellow Calendulas



Orange Marigolds



Blue Bachelor Buttons

Winter Flowers



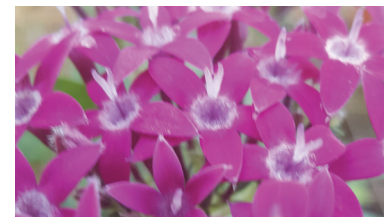
Penny Jump Ups



Pansies



Nasturtiums



Micro Star

Cahaba Clubs



Herbal Outpost
"Premier Hydroponic Growers"



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, Florida

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 microgreens through the air. Marvin began his hydroponic growing operation in this serene setting in 2000. Sixteen years later, our farm is still evolving.

Cahaba Marvin is all about Micros! Cahaba sells the freshest hydroponic micro-greens, micro-herbs, micro-vegetables, exotic tiny greens, tiny lettuces and varieties of pea shoots, pea tendrils, and many different varieties of edible flowers. Our products are harvested daily on a cut to order basis and shipped nationwide. Chefs use Cahaba products as not only garnish, but as a unique and flavorful condiment

to their signature dishes. All of our products are grown using practical hydroponics. There are several benefits in 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 re-used 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 the environmentally controlled greenhouses, protecting the greens from outside elements. All of these steps contribute to making our products exceptional in quality, taste and shelf life!

To see our products and artisan crafts, please go to www.cahabaclub.com.



FARM STATS

Location: Odessa

Acreage: 10 acres

Crops
Hydroponic:

6,000sq ft: Dark House Production
9,000 sq ft: Edible Flowers
51,000 sq ft:

Micro-Greens	Tiny Lettuces
Micro-Herbs	Pea Shoots
Tiny Greens	Pea Tendrils
Seasonal Items	

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

- Marvin Wilhite

Cahaba Clubs
Herbal Outpost