

# UNLEASHING *the power of* FRESH FOOD



## FRESH PRODUCE GROWN HERE!

### What is a Flex Farm?

Flex Farms are fully self-contained vertical hydroponic systems. They are portable and only require a standard electrical outlet and less than 10 square feet of space. Educational institutions, culinary operations, healthcare organizations, nonprofits and families everywhere are using Flex Farms to produce harvest after harvest of nutritious vegetables, herbs and more!

**Fork Farms** | [www.forkfarms.com](http://www.forkfarms.com)

### Learn more here!



#### Flex Farm vs. Traditional Agriculture



**ZERO**  
Food miles  
and waste



**98%**  
Less land  
required



**98%**  
Less water  
required

#### vs. Hydroponic Competitors



**40%**  
More energy  
efficient

