



L&M Farms is located in Raleigh, North Carolina. L&M Farms harvests cucumbers, watermelon, greens, peppers, and squash.

- Watermelon is in the same family as squash, cucumbers, and pumpkins.
- Watermelon is a warm-season crop that grows on a vine.
- Watermelon is a fruit & a vegetable! It is a fruit because it grows from a seed, and it is a vegetable because it is harvested and cleared from the field like other vegetables.

★ The flesh of watermelon is over 90% water!

**Locally grown
watermelon served
in your café!**



FULTON COUNTY SCHOOLS
SCHOOL NUTRITION
Tasty Eats
WHERE STUDENTS COME FIRST



This institution is an equal opportunity provider.

A whole watermelon with green stripes and a slice of watermelon showing red flesh and black seeds are positioned on a dark, textured soil background. The word "Watermelon" is written in a large, white, cursive font across the middle of the image.

Watermelon

**Locally grown Watermelon
served in your café!**

