



Founded in 1987, **Southern Valley Farms** is family owned and operated in Norman Park, Georgia. Southern Valley Farms supplies produce throughout the United States and Canada.



- Cucumbers are 96% water!
- Cucumbers originated in India and have been grown for over 3,000 years.
- The phrase “cool as a cucumber” is not just a funny saying. Cucumbers can be 20 degrees cooler on the inside versus the external temperature.
- ★ Cucumbers are a good source of potassium & vitamin C.

**Georgia grown Cucumbers served this November!**



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