Founded in 1975, **Ham Farms** is a family-owned and operated business headquartered in Snow Hill, NC.

- Squash is generally categorized into two types, summer and winter squashes.
- The entire Squash is edible including the flesh, skin and seeds.
- Summer Squash is related to pumpkins, cucumbers and melons.
- Squash plants are pollinated by honeybees.

🔍 Squash contains vitamin A which helps our eyesight!

Locally grown **Squash** served in your cafe!