



Southern Valley Farms
is located in Norman
Park, Georgia

Bedner Growers is
located in Lake Worth,
Florida

Thomas Produce is
located in Vero Beach,
Florida



- 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.



Cucumbers

Locally grown

**Cucumbers served
in your cafe!**



FULTON COUNTY SCHOOLS

SCHOOL NUTRITION

Tasty Eats

WHERE STUDENTS COME FIRST



[facebook.com/fcsnutrition](https://www.facebook.com/fcsnutrition)

Visit [fcsnutrition.com](https://www.fcsnutrition.com) for menus and more info!
This institution is an equal opportunity provider.