

# Watermelon

## Local Harvest of the Month



### Fun Facts:

- Promotes heart health
- Made of over 90% water
- Most consumed melon in the U.S.
- 1st grown in Egypt over 5,000 years ago
- Contains antioxidants that fight cancer
- Helps improve digestion
- Our melons are from Sweet Dixie Farm in Ty, GA



PLATINUM AWARD WINNER



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