



Fresh-Pik Produce is located in Kenly, North Carolina. Fresh-Pik Produce cultivates cantaloupes, watermelon, cabbage, romaine lettuce, and strawberries.

- Watermelon is in the same family as cucumbers, pumpkins, and squash.
- 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 Howest **your café this August!**







Visit fcsnutrition.com for menus and more info! This institution is an equal opportunity provider