$M = 6$, $m = 2$

Picking seeds by deadspace

AB : $3 \times 4 - 6 = 6$

AC : $5 \times 7 - (3+4) = 28$

AD : $5 \times 6 - (4+4) = 22$

AE : $2 \times 6 - (4+4) = 4$

AF : $3 \times 4 - (4+4) = 4$

AG : $2 \times 5 - (4+1) = 6$

BC : $5 \times 6 - (2+3) = 25$

BD : $4 \times 6 - (2+4) = 18$

BE : $4 \times 3 - (2+4) = 6$

BF : $3 \times 5 - (2+4) = 9$

BG : $4 \times 6 - (2+1) = 21$

CD : $5 \times 3 - (4+3) = 8$

CE : $3 \times 5 - (4+3) = 8$

CF : $6 \times 3 - (4+3) = 11$

CG : $7 \times 3 - (1+3) = 17$

DE : $4 \times 6 - (2+4) = 18$

DF : $5 \times 3 - (4+4) = 7$

DG : $1 \times 6 - (4+1) = 1$

EF : $5 \times 4 - (4+4) = 12$

EG : $6 \times 5 - (4+1) = 25$

FG : $3 \times 3 - (4+1) = 4$

$\Rightarrow$ max .... AC : 28

Distributing B, F, E, F, G

	A	C	△
B	3×4−4 = 8	5×6−2=28	(20)
D	6×5−4 = 26	5×3−3=12	14
E	6×2−4=8	3×5−3=12	4
F	3×4−4=8	6×3−3=15	7
G	2×5−4=6	7×3−3=18	12

	AB	C	△
D	6×6-16 = 20	5×3-3 = 12	4
E	6	3×5-3 = 12	6
F	8	6×3-3 = 15	(7)
G	12	7×3-3 = 18	6

	AB	CF	△
D	6×6−16 = 20	0	20
E	6	12	6
G	12	3	9

AB	CDF	△
E	6	12	6
G	12	3	(9)

Grid contents:
	B	B			
A	A		E	E	
A	A		E	E	
F	F			C	
F	F			C	
G	D	D	D	C	

	AB	CDFG	△
E	6	14	8

ABE   CDFG

$|ABE| = 3 \geq m \ \& \ \leq M$

$|CDFG| = 4 \geq m \ 8 \leq M$