

grow your garden with CalFresh

CANTALOUPE

PLANT	Improve the soil with aged manure or compost before planting. Sow seeds in full sun, and shape rows into small hills to provide drainage. Plant 1 inch deep, 18 inches apart. Live in a cooler climate? Start seeds indoors and transplant after the last frost. Caution—cantaloupe vines are very fragile.
GROW	Fertilize when vines start growing, and provide 1-2 inches of water per week when blooms appear. Dry weather produces the sweetest melons. Prune end bud off, to get bigger, better quality melons.
EAT	Harvest melons when rinds turn from green to tan or yellow, and look for a crack in the stem that attaches to the fruit—both a sign of ripeness. This should happen 65-85 days after planting. If fruit detaches from the stem itself, this is a sign of over-ripeness. Slice and enjoy this summertime treat!

Grow Guide
Start seeds: <i>When soil reaches at least 60 degrees</i>
Average time to harvest: 65-85 days
Germination time: <i>Around 10 days</i>
Grow with: <i>Cucumber, Zucchini</i>
Nutrition Content: <i>Vitamin C, A</i>



Adapted from www.almanac.com/plant/cantaloupe

grow your garden with CalFresh

CANTALOUPE

PLANT	Improve the soil with aged manure or compost before planting. Sow seeds in full sun, and shape rows into small hills to provide drainage. Plant 1 inch deep, 18 inches apart. Live in a cooler climate? Start seeds indoors and transplant after the last frost. Caution—cantaloupe vines are very fragile.
GROW	Fertilize when vines start growing, and provide 1-2 inches of water per week when blooms appear. Dry weather produces the sweetest melons. Prune end bud off, to get bigger, better quality melons.
EAT	Harvest melons when rinds turn from green to tan or yellow, and look for a crack in the stem that attaches to the fruit—both a sign of ripeness. This should happen 65-85 days after planting. If fruit detaches from the stem itself, this is a sign of over-ripeness. Slice and enjoy this summertime treat!

Grow Guide
Start seeds: <i>When soil reaches at least 60 degrees</i>
Average time to harvest: 65-85 days
Germination time: <i>Around 10 days</i>
Grow with: <i>Cucumber, Zucchini</i>
Nutrition Content: <i>Vitamin C, A</i>



Adapted from www.almanac.com/plant/cantaloupe

grow your garden with CalFresh

CANTALOUPE

PLANT	Improve the soil with aged manure or compost before planting. Sow seeds in full sun, and shape rows into small hills to provide drainage. Plant 1 inch deep, 18 inches apart. Live in a cooler climate? Start seeds indoors and transplant after the last frost. Caution—cantaloupe vines are very fragile.
GROW	Fertilize when vines start growing, and provide 1-2 inches of water per week when blooms appear. Dry weather produces the sweetest melons. Prune end bud off, to get bigger, better quality melons.
EAT	Harvest melons when rinds turn from green to tan or yellow, and look for a crack in the stem that attaches to the fruit—both a sign of ripeness. This should happen 65-85 days after planting. If fruit detaches from the stem itself, this is a sign of over-ripeness. Slice and enjoy this summertime treat!

Grow Guide
Start seeds: <i>When soil reaches at least 60 degrees</i>
Average time to harvest: 65-85 days
Germination time: <i>Around 10 days</i>
Grow with: <i>Cucumber, Zucchini</i>
Nutrition Content: <i>Vitamin C, A</i>



Adapted from www.almanac.com/plant/cantaloupe

grow your garden with CalFresh

CANTALOUPE

PLANT	Improve the soil with aged manure or compost before planting. Sow seeds in full sun, and shape rows into small hills to provide drainage. Plant 1 inch deep, 18 inches apart. Live in a cooler climate? Start seeds indoors and transplant after the last frost. Caution—cantaloupe vines are very fragile.
GROW	Fertilize when vines start growing, and provide 1-2 inches of water per week when blooms appear. Dry weather produces the sweetest melons. Prune end bud off, to get bigger, better quality melons.
EAT	Harvest melons when rinds turn from green to tan or yellow, and look for a crack in the stem that attaches to the fruit—both a sign of ripeness. This should happen 65-85 days after planting. If fruit detaches from the stem itself, this is a sign of over-ripeness. Slice and enjoy this summertime treat!

Grow Guide
Start seeds: <i>When soil reaches at least 60 degrees</i>
Average time to harvest: 65-85 days
Germination time: <i>Around 10 days</i>
Grow with: <i>Cucumber, Zucchini</i>
Nutrition Content: <i>Vitamin C, A</i>



Adapted from www.almanac.com/plant/cantaloupe

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

cultiva tu
jardín
con CalFresh

MELÓN

PLANTA	Mejora la tierra con compost antes de plantar. Siembra las semillas a pleno sol y forma hileras en pequeñas colinas para facilitar el drenaje. Siembra a 2,5 cm de profundidad y con una separación de 45 cm. Precaución: las vides de melón son frágiles.
CULTIVA	Agregue abono cuando las vides empiecen a crecer y proporcione 1-2 pulgadas de agua por semana cuando aparezcan las flores. El clima seco produce los melones más dulces. Poda los brotes finales para obtener melones más grandes y de mejor calidad.
COME	Coseche los melones cuando la corteza pase de verde a bronceada o amarilla, y busque una grieta en el tallo que se adhiere a la fruta: ambos son signos de madurez. Esto debería ocurrir entre 65 y 85 días después de la plantación. Si la fruta se desprende del propio tallo, es un signo de exceso de maduración. Corta y disfruta.



Adaptado de www.almanac.com/plant/cantaloupe

Guía Para Cultivar

Sembrar semillas:
Quando el suelo alcanza al menos 60 grados

Tiempo para cosechar: 65-85 días

Tiempo de germinación:
Alrededor de 10 días

Cultiva con:
Pepino, Calabacín

Contenido Nutricional:
Vitaminas A y C



cultiva tu
jardín
con CalFresh

MELÓN

PLANTA	Mejora la tierra con compost antes de plantar. Siembra las semillas a pleno sol y forma hileras en pequeñas colinas para facilitar el drenaje. Siembra a 2,5 cm de profundidad y con una separación de 45 cm. Precaución: las vides de melón son frágiles.
CULTIVA	Agregue abono cuando las vides empiecen a crecer y proporcione 1-2 pulgadas de agua por semana cuando aparezcan las flores. El clima seco produce los melones más dulces. Poda los brotes finales para obtener melones más grandes y de mejor calidad.
COME	Coseche los melones cuando la corteza pase de verde a bronceada o amarilla, y busque una grieta en el tallo que se adhiere a la fruta: ambos son signos de madurez. Esto debería ocurrir entre 65 y 85 días después de la plantación. Si la fruta se desprende del propio tallo, es un signo de exceso de maduración. Corta y disfruta.



Adaptado de www.almanac.com/plant/cantaloupe

Guía Para Cultivar

Sembrar semillas:
Quando el suelo alcanza al menos 60 grados

Tiempo para cosechar: 65-85 días

Tiempo de germinación:
Alrededor de 10 días

Cultiva con:
Pepino, Calabacín

Contenido Nutricional:
Vitaminas A y C



cultiva tu
jardín
con CalFresh

MELÓN

PLANTA	Mejora la tierra con compost antes de plantar. Siembra las semillas a pleno sol y forma hileras en pequeñas colinas para facilitar el drenaje. Siembra a 2,5 cm de profundidad y con una separación de 45 cm. Precaución: las vides de melón son frágiles.
CULTIVA	Agregue abono cuando las vides empiecen a crecer y proporcione 1-2 pulgadas de agua por semana cuando aparezcan las flores. El clima seco produce los melones más dulces. Poda los brotes finales para obtener melones más grandes y de mejor calidad.
COME	Coseche los melones cuando la corteza pase de verde a bronceada o amarilla, y busque una grieta en el tallo que se adhiere a la fruta: ambos son signos de madurez. Esto debería ocurrir entre 65 y 85 días después de la plantación. Si la fruta se desprende del propio tallo, es un signo de exceso de maduración. Corta y disfruta.



Adaptado de www.almanac.com/plant/cantaloupe

Guía Para Cultivar

Sembrar semillas:
Quando el suelo alcanza al menos 60 grados

Tiempo para cosechar: 65-85 días

Tiempo de germinación:
Alrededor de 10 días

Cultiva con:
Pepino, Calabacín

Contenido Nutricional:
Vitaminas A y C



cultiva tu
jardín
con CalFresh

MELÓN

PLANTA	Mejora la tierra con compost antes de plantar. Siembra las semillas a pleno sol y forma hileras en pequeñas colinas para facilitar el drenaje. Siembra a 2,5 cm de profundidad y con una separación de 45 cm. Precaución: las vides de melón son frágiles.
CULTIVA	Agregue abono cuando las vides empiecen a crecer y proporcione 1-2 pulgadas de agua por semana cuando aparezcan las flores. El clima seco produce los melones más dulces. Poda los brotes finales para obtener melones más grandes y de mejor calidad.
COME	Coseche los melones cuando la corteza pase de verde a bronceada o amarilla, y busque una grieta en el tallo que se adhiere a la fruta: ambos son signos de madurez. Esto debería ocurrir entre 65 y 85 días después de la plantación. Si la fruta se desprende del propio tallo, es un signo de exceso de maduración. Corta y disfruta.



Adaptado de www.almanac.com/plant/cantaloupe

Guía Para Cultivar

Sembrar semillas:
Quando el suelo alcanza al menos 60 grados

Tiempo para cosechar: 65-85 días

Tiempo de germinación:
Alrededor de 10 días

Cultiva con:
Pepino, Calabacín

Contenido Nutricional:
Vitaminas A y C



Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

grow your garden with CalFresh

CARROTS

PLANT	Plant seeds 1/4 to 1/2 inch deep (no more than two or three seeds per inch). When they are about 1 inch tall, thin (remove some plants) so there are no more than 1 to 2 seedlings per inch. For a continuous harvest throughout the growing season, plant new seeds about every 6 weeks.
GROW	Keep garden well watered and weeded.
EAT	Carrots can be harvested or “pulled” when the roots are at least 1/2 inch in diameter. Finger carrots are usually ready to harvest within 50 to 60 days. Other varieties should be allowed to grow until they have reached a diameter of at least 3/4 inch (about 60 to 70 days after planting).

Grow Guide
Start seeds: <i>Spring (late March)</i>
Average time to harvest: <i>50-70 days</i>
Germination time: <i>2 weeks</i>
Grow with: <i>radishes</i>
Nutrition Content: <i>Vitamin A</i>
Storage: <i>Store carrots with the green tops trimmed. Although the tops are edible, during storage this greenery robs the carrot of moisture and nutritional value.</i>



grow your garden with CalFresh

CARROTS

PLANT	Plant seeds 1/4 to 1/2 inch deep (no more than two or three seeds per inch). When they are about 1 inch tall, thin (remove some plants) so there are no more than 1 to 2 seedlings per inch. For a continuous harvest throughout the growing season, plant new seeds about every 6 weeks.
GROW	Keep garden well watered and weeded.
EAT	Carrots can be harvested or “pulled” when the roots are at least 1/2 inch in diameter. Finger carrots are usually ready to harvest within 50 to 60 days. Other varieties should be allowed to grow until they have reached a diameter of at least 3/4 inch (about 60 to 70 days after planting).

Grow Guide
Start seeds: <i>Spring (late March)</i>
Average time to harvest: <i>50-70 days</i>
Germination time: <i>2 weeks</i>
Grow with: <i>radishes</i>
Nutrition Content: <i>Vitamin A</i>
Storage: <i>Store carrots with the green tops trimmed. Although the tops are edible, during storage this greenery robs the carrot of moisture and nutritional value.</i>



grow your garden with CalFresh

CARROTS

PLANT	Plant seeds 1/4 to 1/2 inch deep (no more than two or three seeds per inch). When they are about 1 inch tall, thin (remove some plants) so there are no more than 1 to 2 seedlings per inch. For a continuous harvest throughout the growing season, plant new seeds about every 6 weeks.
GROW	Keep garden well watered and weeded.
EAT	Carrots can be harvested or “pulled” when the roots are at least 1/2 inch in diameter. Finger carrots are usually ready to harvest within 50 to 60 days. Other varieties should be allowed to grow until they have reached a diameter of at least 3/4 inch (about 60 to 70 days after planting).

Grow Guide
Start seeds: <i>Spring (late March)</i>
Average time to harvest: <i>50-70 days</i>
Germination time: <i>2 weeks</i>
Grow with: <i>radishes</i>
Nutrition Content: <i>Vitamin A</i>
Storage: <i>Store carrots with the green tops trimmed. Although the tops are edible, during storage this greenery robs the carrot of moisture and nutritional value.</i>



grow your garden with CalFresh

CARROTS

PLANT	Plant seeds 1/4 to 1/2 inch deep (no more than two or three seeds per inch). When they are about 1 inch tall, thin (remove some plants) so there are no more than 1 to 2 seedlings per inch. For a continuous harvest throughout the growing season, plant new seeds about every 6 weeks.
GROW	Keep garden well watered and weeded.
EAT	Carrots can be harvested or “pulled” when the roots are at least 1/2 inch in diameter. Finger carrots are usually ready to harvest within 50 to 60 days. Other varieties should be allowed to grow until they have reached a diameter of at least 3/4 inch (about 60 to 70 days after planting).

Grow Guide
Start seeds: <i>Spring (late March)</i>
Average time to harvest: <i>50-70 days</i>
Germination time: <i>2 weeks</i>
Grow with: <i>radishes</i>
Nutrition Content: <i>Vitamin A</i>
Storage: <i>Store carrots with the green tops trimmed. Although the tops are edible, during storage this greenery robs the carrot of moisture and nutritional value.</i>



Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

cultiva tu
jardín
con calfresh

ZANAHORIAS

PLANTA

Plante las semillas a una profundidad de 1/4 a 1/2 pulgada (no más de dos o tres semillas por pulgada). Cuando tengan una altura de aproximadamente 1 pulgada, elimine algunas plantas para que no haya más de 1 o 2 plántulas por pulgada. Para obtener una cosecha continua, planta nuevas semillas cada 6 semanas.

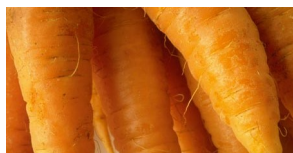
CULTIVA

Mantenga el jardín bien regado y desherbado.

COME

Las zanahorias pueden cosecharse o "arrancarse" cuando las raíces tengan al menos 1/2 pulgada de diámetro. Las zanahorias deben dejarse crecer hasta que alcancen un diámetro de al menos 3/4 de pulgada (entre 60 y 70 días después de la plantación).

 **Food for People**
The Food Bank for Humboldt County



Guía Para Cultivar

Sembrar semillas:

Primavera (finales de Marzo)

Tiempo para cosechar: 50-70 días

Tiempo de germinación: 2 semanas

Cultiva con: rábanos

Contenido nutricional: Vitamina A

Conservación: Guarde las zanahorias con la parte superior verde recortada.



cultiva tu
jardín
con calfresh

ZANAHORIAS

PLANTA

Plante las semillas a una profundidad de 1/4 a 1/2 pulgada (no más de dos o tres semillas por pulgada). Cuando tengan una altura de aproximadamente 1 pulgada, elimine algunas plantas para que no haya más de 1 o 2 plántulas por pulgada. Para obtener una cosecha continua, planta nuevas semillas cada 6 semanas.

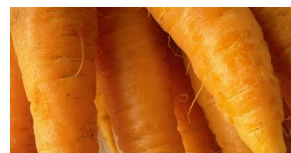
CULTIVA

Mantenga el jardín bien regado y desherbado.

COME

Las zanahorias pueden cosecharse o "arrancarse" cuando las raíces tengan al menos 1/2 pulgada de diámetro. Las zanahorias deben dejarse crecer hasta que alcancen un diámetro de al menos 3/4 de pulgada (entre 60 y 70 días después de la plantación).

 **Food for People**
The Food Bank for Humboldt County



Guía Para Cultivar

Sembrar semillas:

Primavera (finales de Marzo)

Tiempo para cosechar: 50-70 días

Tiempo de germinación: 2 semanas

Cultiva con: rábanos

Contenido nutricional: Vitamina A

Conservación: Guarde las zanahorias con la parte superior verde recortada.



cultiva tu
jardín
con calfresh

ZANAHORIAS

PLANTA

Plante las semillas a una profundidad de 1/4 a 1/2 pulgada (no más de dos o tres semillas por pulgada). Cuando tengan una altura de aproximadamente 1 pulgada, elimine algunas plantas para que no haya más de 1 o 2 plántulas por pulgada. Para obtener una cosecha continua, planta nuevas semillas cada 6 semanas.

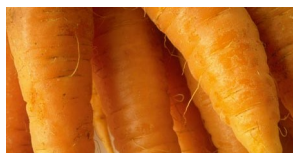
CULTIVA

Mantenga el jardín bien regado y desherbado.

COME

Las zanahorias pueden cosecharse o "arrancarse" cuando las raíces tengan al menos 1/2 pulgada de diámetro. Las zanahorias deben dejarse crecer hasta que alcancen un diámetro de al menos 3/4 de pulgada (entre 60 y 70 días después de la plantación).

 **Food for People**
The Food Bank for Humboldt County



Guía Para Cultivar

Sembrar semillas:

Primavera (finales de Marzo)

Tiempo para cosechar: 50-70 días

Tiempo de germinación: 2 semanas

Cultiva con: rábanos

Contenido nutricional: Vitamina A

Conservación: Guarde las zanahorias con la parte superior verde recortada.



cultiva tu
jardín
con calfresh

ZANAHORIAS

PLANTA

Plante las semillas a una profundidad de 1/4 a 1/2 pulgada (no más de dos o tres semillas por pulgada). Cuando tengan una altura de aproximadamente 1 pulgada, elimine algunas plantas para que no haya más de 1 o 2 plántulas por pulgada. Para obtener una cosecha continua, planta nuevas semillas cada 6 semanas.

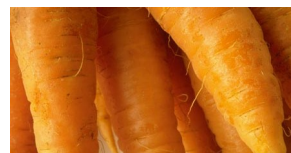
CULTIVA

Mantenga el jardín bien regado y desherbado.

COME

Las zanahorias pueden cosecharse o "arrancarse" cuando las raíces tengan al menos 1/2 pulgada de diámetro. Las zanahorias deben dejarse crecer hasta que alcancen un diámetro de al menos 3/4 de pulgada (entre 60 y 70 días después de la plantación).

 **Food for People**
The Food Bank for Humboldt County



Guía Para Cultivar

Sembrar semillas:

Primavera (finales de Marzo)

Tiempo para cosechar: 50-70 días

Tiempo de germinación: 2 semanas

Cultiva con: rábanos

Contenido nutricional: Vitamina A

Conservación: Guarde las zanahorias con la parte superior verde recortada.



Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

grow your garden with CalFresh

Chamomile

PLANT	Full sun, for example at the end of a vegetable row or bed, in fertile, well drained soil. Grows well in containers.
GROW	Thin seedlings to 2-4 inches apart when they are about one inch tall. Plants do not like to be transplanted once their roots have established; sow the seeds directly in the garden.
EAT	Cut branches when they are holding numerous open flowers, and hang in small bunches to dry. Chamomile tea is made from the blossoms only.



Grow Guide

Start seeds:
Indoors January, directly in garden March-April.

Transplant: February-March or sow seeds directly March-April.

Average time to harvest:
60 days.

Germination time:
10-14 days.

Average plant size:
8-24" tall.

Grow with:
Cabbage, Lettuce, Spinach, Calendula, Cilantro, Feverfew and Mint.

grow your garden with CalFresh

Chamomile

PLANT	Full sun, for example at the end of a vegetable row or bed, in fertile, well drained soil. Grows well in containers.
GROW	Thin seedlings to 2-4 inches apart when they are about one inch tall. Plants do not like to be transplanted once their roots have established; sow the seeds directly in the garden.
EAT	Cut branches when they are holding numerous open flowers, and hang in small bunches to dry. Chamomile tea is made from the blossoms only.



Grow Guide

Start seeds:
Indoors January, directly in garden March-April.

Transplant: February-March or sow seeds directly March-April.

Average time to harvest:
60 days.

Germination time:
10-14 days.

Average plant size:
8-24" tall.

Grow with:
Cabbage, Lettuce, Spinach, Calendula, Cilantro, Feverfew and Mint.

grow your garden with CalFresh

Chamomile

PLANT	Full sun, for example at the end of a vegetable row or bed, in fertile, well drained soil. Grows well in containers.
GROW	Thin seedlings to 2-4 inches apart when they are about one inch tall. Plants do not like to be transplanted once their roots have established; sow the seeds directly in the garden.
EAT	Cut branches when they are holding numerous open flowers, and hang in small bunches to dry. Chamomile tea is made from the blossoms only.



Grow Guide

Start seeds:
Indoors January, directly in garden March-April.

Transplant: February-March or sow seeds directly March-April.

Average time to harvest:
60 days.

Germination time:
10-14 days.

Average plant size:
8-24" tall.

Grow with:
Cabbage, Lettuce, Spinach, Calendula, Cilantro, Feverfew and Mint.

grow your garden with CalFresh

Chamomile

PLANT	Full sun, for example at the end of a vegetable row or bed, in fertile, well drained soil. Grows well in containers.
GROW	Thin seedlings to 2-4 inches apart when they are about one inch tall. Plants do not like to be transplanted once their roots have established; sow the seeds directly in the garden.
EAT	Cut branches when they are holding numerous open flowers, and hang in small bunches to dry. Chamomile tea is made from the blossoms only.



Grow Guide

Start seeds:
Indoors January, directly in garden March-April.

Transplant: February-March or sow seeds directly March-April.

Average time to harvest:
60 days.

Germination time:
10-14 days.

Average plant size:
8-24" tall.

Grow with:
Cabbage, Lettuce, Spinach, Calendula, Cilantro, Feverfew and Mint.

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

grow your garden with CalFresh

CHERRY TOMATOES

PLANT	Plant seed one-eighth inch deep in pots. Transplant 1 & 1/2 ft. apart when first flowers open. Choose fertile soil & sunny sheltered site. Tomatoes need <i>warmth</i> and <i>sun</i> to ripen on the north coast!
GROW	Keep soil moist. Use tomato (or other organic) fertilizer. Tie main stem to a stake or use a tomato cage. Remove side shoots, yellowing leaves, and those shading fruit-bearing branches. Remove growing tip after four trusses have begun to fruit.
EAT	Pick when fully colored. Eat raw, in salsa, soup or sauce!

Grow Guide

Start seeds: <i>Indoors April</i> <i>*Cherry tomatoes do well on the coast</i>
Transplant: <i>May-June</i>
Average time to harvest: <i>16-20 weeks</i>
Equipment needed: <i>Stakes, twine, fertilizer</i>
Germination time: <i>8-11 days</i>
Average plant size: <i>2 - 4 ft tall, 1 ft wide</i>
Grow with: <i>Potatoes, and eggplant</i>
Nutrition Content: <i>Vitamin A and C</i> <i>27 calories per cup</i>



grow your garden with CalFresh

CHERRY TOMATOES

PLANT	Plant seed one-eighth inch deep in pots. Transplant 1 & 1/2 ft. apart when first flowers open. Choose fertile soil & sunny sheltered site. Tomatoes need <i>warmth</i> and <i>sun</i> to ripen on the north coast!
GROW	Keep soil moist. Use tomato (or other organic) fertilizer. Tie main stem to a stake or use a tomato cage. Remove side shoots, yellowing leaves, and those shading fruit-bearing branches. Remove growing tip after four trusses have begun to fruit.
EAT	Pick when fully colored. Eat raw, in salsa, soup or sauce!

Grow Guide

Start seeds: <i>Indoors April</i> <i>*Cherry tomatoes do well on the coast</i>
Transplant: <i>May-June</i>
Average time to harvest: <i>16-20 weeks</i>
Equipment needed: <i>Stakes, twine, fertilizer</i>
Germination time: <i>8-11 days</i>
Average plant size: <i>2 - 4 ft tall, 1 ft wide</i>
Grow with: <i>Potatoes, and eggplant</i>
Nutrition Content: <i>Vitamin A and C</i> <i>27 calories per cup</i>



grow your garden with CalFresh

CHERRY TOMATOES

PLANT	Plant seed one-eighth inch deep in pots. Transplant 1 & 1/2 ft. apart when first flowers open. Choose fertile soil & sunny sheltered site. Tomatoes need <i>warmth</i> and <i>sun</i> to ripen on the north coast!
GROW	Keep soil moist. Use tomato (or other organic) fertilizer. Tie main stem to a stake or use a tomato cage. Remove side shoots, yellowing leaves, and those shading fruit-bearing branches. Remove growing tip after four trusses have begun to fruit.
EAT	Pick when fully colored. Eat raw, in salsa, soup or sauce!

Grow Guide

Start seeds: <i>Indoors April</i> <i>*Cherry tomatoes do well on the coast</i>
Transplant: <i>May-June</i>
Average time to harvest: <i>16-20 weeks</i>
Equipment needed: <i>Stakes, twine, fertilizer</i>
Germination time: <i>8-11 days</i>
Average plant size: <i>2 - 4 ft tall, 1 ft wide</i>
Grow with: <i>Potatoes, and eggplant</i>
Nutrition Content: <i>Vitamin A and C</i> <i>27 calories per cup</i>



grow your garden with CalFresh

CHERRY TOMATOES

PLANT	Plant seed one-eighth inch deep in pots. Transplant 1 & 1/2 ft. apart when first flowers open. Choose fertile soil & sunny sheltered site. Tomatoes need <i>warmth</i> and <i>sun</i> to ripen on the north coast!
GROW	Keep soil moist. Use tomato (or other organic) fertilizer. Tie main stem to a stake or use a tomato cage. Remove side shoots, yellowing leaves, and those shading fruit-bearing branches. Remove growing tip after four trusses have begun to fruit.
EAT	Pick when fully colored. Eat raw, in salsa, soup or sauce!

Grow Guide

Start seeds: <i>Indoors April</i> <i>*Cherry tomatoes do well on the coast</i>
Transplant: <i>May-June</i>
Average time to harvest: <i>16-20 weeks</i>
Equipment needed: <i>Stakes, twine, fertilizer</i>
Germination time: <i>8-11 days</i>
Average plant size: <i>2 - 4 ft tall, 1 ft wide</i>
Grow with: <i>Potatoes, and eggplant</i>
Nutrition Content: <i>Vitamin A and C</i> <i>27 calories per cup</i>



Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

grow your garden with CalFresh

SWEET CORN

PLANT	Plant seeds 2 weeks after last spring frost. Make sure soil is at least 60 degrees when planting—sweet corn likes hot weather. Plant 1 inch deep, 12 inches apart and provide 3 feet spacing between rows.
GROW	Keep soil well-drained, moist, and do not damage roots when weeding. When the plants are 4-5 inches tall, thin them so plants are 16-23 inches apart. Except in very dry conditions, watering is not necessary until flowering starts.
EAT	Harvest around 60 days, or when tassels turn brown and cob starts to swell. Cook and serve corn as soon as possible after harvesting—sweet flavor tends to be lost if stored for too long. Corn can be added to salads, chilis, or eaten straight off the cob!

Grow Guide
Sow seeds: <i>Late April to late June (does not do well in coastal climates)</i>
Average time to harvest: <i>60-100 days depending on temperature</i>
Germination time: <i>4 - 12 days</i>
Average plant size: <i>4 - 12 feet tall</i>
Grow with: <i>Squash, cucumbers, melons</i>
Nutrition Content: <i>62 calories per 1/2 cup, high in vitamin B6, excellent source of dietary fiber</i>



Adapted from www.almanac.com/plant/corn

grow your garden with CalFresh

SWEET CORN

PLANT	Plant seeds 2 weeks after last spring frost. Make sure soil is at least 60 degrees when planting—sweet corn likes hot weather. Plant 1 inch deep, 12 inches apart and provide 3 feet spacing between rows.
GROW	Keep soil well-drained, moist, and do not damage roots when weeding. When the plants are 4-5 inches tall, thin them so plants are 16-23 inches apart. Except in very dry conditions, watering is not necessary until flowering starts.
EAT	Harvest around 60 days, or when tassels turn brown and cob starts to swell. Cook and serve corn as soon as possible after harvesting—sweet flavor tends to be lost if stored for too long. Corn can be added to salads, chilis, or eaten straight off the cob!



Adapted from www.almanac.com/plant/corn

Grow Guide
Sow seeds: <i>Late April to late June (does not do well in coastal climates)</i>
Average time to harvest: <i>60-100 days depending on temperature</i>
Germination time: <i>4 - 12 days</i>
Average plant size: <i>4 - 12 feet tall</i>
Grow with: <i>Squash, cucumbers, melons</i>
Nutrition Content: <i>62 calories per 1/2 cup, high in vitamin B6, excellent source of dietary fiber</i>

grow your garden with CalFresh

SWEET CORN

PLANT	Plant seeds 2 weeks after last spring frost. Make sure soil is at least 60 degrees when planting—sweet corn likes hot weather. Plant 1 inch deep, 12 inches apart and provide 3 feet spacing between rows.
GROW	Keep soil well-drained, moist, and do not damage roots when weeding. When the plants are 4-5 inches tall, thin them so plants are 16-23 inches apart. Except in very dry conditions, watering is not necessary until flowering starts.
EAT	Harvest around 60 days, or when tassels turn brown and cob starts to swell. Cook and serve corn as soon as possible after harvesting—sweet flavor tends to be lost if stored for too long. Corn can be added to salads, chilis, or eaten straight off the cob!

Grow Guide
Sow seeds: <i>Late April to late June (does not do well in coastal climates)</i>
Average time to harvest: <i>60-100 days depending on temperature</i>
Germination time: <i>4 - 12 days</i>
Average plant size: <i>4 - 12 feet tall</i>
Grow with: <i>Squash, cucumbers, melons</i>
Nutrition Content: <i>62 calories per 1/2 cup, high in vitamin B6, excellent source of dietary fiber</i>



Adapted from www.almanac.com/plant/corn

grow your garden with CalFresh

SWEET CORN

PLANT	Plant seeds 2 weeks after last spring frost. Make sure soil is at least 60 degrees when planting—sweet corn likes hot weather. Plant 1 inch deep, 12 inches apart and provide 3 feet spacing between rows.
GROW	Keep soil well-drained, moist, and do not damage roots when weeding. When the plants are 4-5 inches tall, thin them so plants are 16-23 inches apart. Except in very dry conditions, watering is not necessary until flowering starts.
EAT	Harvest around 60 days, or when tassels turn brown and cob starts to swell. Cook and serve corn as soon as possible after harvesting—sweet flavor tends to be lost if stored for too long. Corn can be added to salads, chilis, or eaten straight off the cob!



Adapted from www.almanac.com/plant/corn

Grow Guide
Sow seeds: <i>Late April to late June (does not do well in coastal climates)</i>
Average time to harvest: <i>60-100 days depending on temperature</i>
Germination time: <i>4 - 12 days</i>
Average plant size: <i>4 - 12 feet tall</i>
Grow with: <i>Squash, cucumbers, melons</i>
Nutrition Content: <i>62 calories per 1/2 cup, high in vitamin B6, excellent source of dietary fiber</i>

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

cultiva tu
jardín
con calfresh

ELOTE

PLANTA

Plante las semillas 2 semanas después de la última helada de primavera. Asegúrese de que la tierra esté a un mínimo de 60 grados F cuando plante. Plante a 1 pulgada de profundidad, con una separación de 12 pulgadas y deje un espacio de 3 pies entre las hileras.

CULTIVA

Mantenga el suelo bien drenado y húmedo, y no dañe las raíces al deshierbar. Cuando las plantas tengan una altura de 4-5 pulgadas, elimine algunas plantas para que plantas tengan una separación de 16-23 pulgadas. A menos que esté muy seco, no es necesario regar hasta que comience la floración.

COME

Coseche alrededor de 60 días, o cuando las borlas se vuelvan café y la mazorca comience a hincharse. Cocine y sirva el elote lo mas antes posible, ya que el sabor dulce se pierde si se conserva por mucho tiempo. El elote puede añadirse a las ensaladas, a sopas o comerse directamente de la mazorca.

Guía Para Cultivar

Sembrar las s

emillas: De finales de abril a finales de junio (no se da bien en climas costeros)

Tiempo de cosecha: 60-100 días dependiendo de la temperatura

Tiempo de germinación: 4 -12 días

Tamaño de planta: 4-12 pies de altura

Cultiva con: Calabazas, pepinos, melones

Contenido nutricional: Alto contenido en vitamina B6, excelente fuente de fibra dietética

cultiva tu
jardín
con calfresh

ELOTE

PLANTA

Plante las semillas 2 semanas después de la última helada de primavera. Asegúrese de que la tierra esté a un mínimo de 60 grados F cuando plante. Plante a 1 pulgada de profundidad, con una separación de 12 pulgadas y deje un espacio de 3 pies entre las hileras.

CULTIVA

Mantenga el suelo bien drenado y húmedo, y no dañe las raíces al deshierbar. Cuando las plantas tengan una altura de 4-5 pulgadas, elimine algunas plantas para que plantas tengan una separación de 16-23 pulgadas. A menos que esté muy seco, no es necesario regar hasta que comience la floración.

COME

Coseche alrededor de 60 días, o cuando las borlas se vuelvan café y la mazorca comience a hincharse. Cocine y sirva el elote lo mas antes posible, ya que el sabor dulce se pierde si se conserva por mucho tiempo. El elote puede añadirse a las ensaladas, a sopas o comerse directamente de la mazorca.

Guía Para Cultivar

Sembrar las s

emillas: De finales de abril a finales de junio (no se da bien en climas costeros)

Tiempo de cosecha: 60-100 días dependiendo de la temperatura

Tiempo de germinación: 4 -12 días

Tamaño de planta: 4-12 pies de altura

Cultiva con: Calabazas, pepinos, melones

Contenido nutricional: Alto contenido en vitamina B6, excelente fuente de fibra dietética



cultiva tu
jardín
con calfresh

ELOTE

PLANTA

Plante las semillas 2 semanas después de la última helada de primavera. Asegúrese de que la tierra esté a un mínimo de 60 grados F cuando plante. Plante a 1 pulgada de profundidad, con una separación de 12 pulgadas y deje un espacio de 3 pies entre las hileras.

CULTIVA

Mantenga el suelo bien drenado y húmedo, y no dañe las raíces al deshierbar. Cuando las plantas tengan una altura de 4-5 pulgadas, elimine algunas plantas para que plantas tengan una separación de 16-23 pulgadas. A menos que esté muy seco, no es necesario regar hasta que comience la floración.

COME

Coseche alrededor de 60 días, o cuando las borlas se vuelvan café y la mazorca comience a hincharse. Cocine y sirva el elote lo mas antes posible, ya que el sabor dulce se pierde si se conserva por mucho tiempo. El elote puede añadirse a las ensaladas, a sopas o comerse directamente de la mazorca.

Guía Para Cultivar

Sembrar las s

emillas: De finales de abril a finales de junio (no se da bien en climas costeros)

Tiempo de cosecha: 60-100 días dependiendo de la temperatura

Tiempo de germinación: 4 -12 días

Tamaño de planta: 4-12 pies de altura

Cultiva con: Calabazas, pepinos, melones

Contenido nutricional: Alto contenido en vitamina B6, excelente fuente de fibra dietética

cultiva tu
jardín
con calfresh

ELOTE

PLANTA

Plante las semillas 2 semanas después de la última helada de primavera. Asegúrese de que la tierra esté a un mínimo de 60 grados F cuando plante. Plante a 1 pulgada de profundidad, con una separación de 12 pulgadas y deje un espacio de 3 pies entre las hileras.

CULTIVA

Mantenga el suelo bien drenado y húmedo, y no dañe las raíces al deshierbar. Cuando las plantas tengan una altura de 4-5 pulgadas, elimine algunas plantas para que plantas tengan una separación de 16-23 pulgadas. A menos que esté muy seco, no es necesario regar hasta que comience la floración.

COME

Coseche alrededor de 60 días, o cuando las borlas se vuelvan café y la mazorca comience a hincharse. Cocine y sirva el elote lo mas antes posible, ya que el sabor dulce se pierde si se conserva por mucho tiempo. El elote puede añadirse a las ensaladas, a sopas o comerse directamente de la mazorca.

Guía Para Cultivar

Sembrar las s

emillas: De finales de abril a finales de junio (no se da bien en climas costeros)

Tiempo de cosecha: 60-100 días dependiendo de la temperatura

Tiempo de germinación: 4 -12 días

Tamaño de planta: 4-12 pies de altura

Cultiva con: Calabazas, pepinos, melones

Contenido nutricional: Alto contenido en vitamina B6, excelente fuente de fibra dietética



Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

grow your garden with CalFresh

Crab Apple

PLANT	Crabapples are wild apples, and they are adaptable. They prefer deep, well-drained soil and do well in lawns. They can be kept small enough to line driveways or walkways.
GROW	One inch of water per week for the first year. Once the tree is established, it may only need water during extremely dry conditions.
EAT	High in pectin, crab apples can be used to help gel other fruit preserves. Can be made into applesauce, baking crisps, pressing into juice, and apple butter.

Grow Guide

Transplant: Plant bare root in early spring. Container grown tree anytime, spring through fall.

Average time to harvest: Growth rates vary by species.

Average plant size: Keep pruned to 8ft.

Grow with: Perennial bulbs do well under trees.

Nutrition Content: Fiber, vitamin C, potassium, copper.



grow your garden with CalFresh

Crab Apple

PLANT	Crabapples are wild apples, and they are adaptable. They prefer deep, well-drained soil and do well in lawns. They can be kept small enough to line driveways or walkways.
GROW	One inch of water per week for the first year. Once the tree is established, it may only need water during extremely dry conditions.
EAT	High in pectin, crab apples can be used to help gel other fruit preserves. Can be made into applesauce, baking crisps, pressing into juice, and apple butter.

Grow Guide

Transplant: Plant bare root in early spring. Container grown tree anytime, spring through fall.

Average time to harvest: Growth rates vary by species.

Average plant size: Keep pruned to 8ft.

Grow with: Perennial bulbs do well under trees.

Nutrition Content: Fiber, vitamin C, potassium, copper.



grow your garden with CalFresh

Crab Apple

PLANT	Crabapples are wild apples, and they are adaptable. They prefer deep, well-drained soil and do well in lawns. They can be kept small enough to line driveways or walkways.
GROW	One inch of water per week for the first year. Once the tree is established, it may only need water during extremely dry conditions.
EAT	High in pectin, crab apples can be used to help gel other fruit preserves. Can be made into applesauce, baking crisps, pressing into juice, and apple butter.

Grow Guide

Transplant: Plant bare root in early spring. Container grown tree anytime, spring through fall.

Average time to harvest: Growth rates vary by species.

Average plant size: Keep pruned to 8ft.

Grow with: Perennial bulbs do well under trees.

Nutrition Content: Fiber, vitamin C, potassium, copper.



grow your garden with CalFresh

Crab Apple

PLANT	Crabapples are wild apples, and they are adaptable. They prefer deep, well-drained soil and do well in lawns. They can be kept small enough to line driveways or walkways.
GROW	One inch of water per week for the first year. Once the tree is established, it may only need water during extremely dry conditions.
EAT	High in pectin, crab apples can be used to help gel other fruit preserves. Can be made into applesauce, baking crisps, pressing into juice, and apple butter.

Grow Guide

Transplant: Plant bare root in early spring. Container grown tree anytime, spring through fall.

Average time to harvest: Growth rates vary by species.

Average plant size: Keep pruned to 8ft.

Grow with: Perennial bulbs do well under trees.

Nutrition Content: Fiber, vitamin C, potassium, copper.



Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

grow your garden with CalFresh

CUCUMBERS

PLANT	Plant outside in spring, in full sun, no earlier than 2 weeks after last frost. If planting seeds, plant 1 inch deep and 6-10 inches apart. If transplanting seedlings, plant 12 inches apart. The soil will benefit from mixing in compost.
GROW	Cucumber plants climb like a vine—a trellis is a good idea to protect fruit from rotting when laying on wet soil. Keep soil continuously moist and weed-free. When seedlings are 4 inches tall, thin plants so they are 1 & 1/2 feet apart.
EAT	Harvest regular slicing cucumbers when about 6-8 inches long, green, firm, and crisp. Lemon cucumbers grow more quickly, need less heat, and are ready when round yellow fruit is 3-4 inches.



Adapted from www.almanac.com

Grow Guide

Plant: in full sun, 2 weeks after last frost in spring

Space: Plant seeds 1 inch deep and 6-10 inches apart. If transplanting seedlings, plant 12 inches apart

Grow: A trellis helps the vine climb upward, saving space and keeping fruit off wet soil

Water: Keep moist continuously

Harvest: When ripe, pick regularly, to keep plants productive

Storage: Will keep 7-10 days wrapped in refrigerator.

grow your garden with CalFresh

CUCUMBERS

PLANT	Plant outside in spring, in full sun, no earlier than 2 weeks after last frost. If planting seeds, plant 1 inch deep and 6-10 inches apart. If transplanting seedlings, plant 12 inches apart. The soil will benefit from mixing in compost.
GROW	Cucumber plants climb like a vine—a trellis is a good idea to protect fruit from rotting when laying on wet soil. Keep soil continuously moist and weed-free. When seedlings are 4 inches tall, thin plants so they are 1 & 1/2 feet apart.
EAT	Harvest regular slicing cucumbers when about 6-8 inches long, green, firm, and crisp. Lemon cucumbers grow more quickly, need less heat, and are ready when round yellow fruit is 3-4 inches.



Adapted from www.almanac.com

Grow Guide

Plant: in full sun, 2 weeks after last frost in spring

Space: Plant seeds 1 inch deep and 6-10 inches apart. If transplanting seedlings, plant 12 inches apart

Grow: A trellis helps the vine climb upward, saving space and keeping fruit off wet soil

Water: Keep moist continuously

Harvest: When ripe, pick regularly, to keep plants productive

Storage: Will keep 7-10 days wrapped in refrigerator.

grow your garden with CalFresh

CUCUMBERS

PLANT	Plant outside in spring, in full sun, no earlier than 2 weeks after last frost. If planting seeds, plant 1 inch deep and 6-10 inches apart. If transplanting seedlings, plant 12 inches apart. The soil will benefit from mixing in compost.
GROW	Cucumber plants climb like a vine—a trellis is a good idea to protect fruit from rotting when laying on wet soil. Keep soil continuously moist and weed-free. When seedlings are 4 inches tall, thin plants so they are 1 & 1/2 feet apart.
EAT	Harvest regular slicing cucumbers when about 6-8 inches long, green, firm, and crisp. Lemon cucumbers grow more quickly, need less heat, and are ready when round yellow fruit is 3-4 inches.



Adapted from www.almanac.com

Grow Guide

Plant: in full sun, 2 weeks after last frost in spring

Space: Plant seeds 1 inch deep and 6-10 inches apart. If transplanting seedlings, plant 12 inches apart

Grow: A trellis helps the vine climb upward, saving space and keeping fruit off wet soil

Water: Keep moist continuously

Harvest: When ripe, pick regularly, to keep plants productive

Storage: Will keep 7-10 days wrapped in refrigerator.

grow your garden with CalFresh

CUCUMBERS

PLANT	Plant outside in spring, in full sun, no earlier than 2 weeks after last frost. If planting seeds, plant 1 inch deep and 6-10 inches apart. If transplanting seedlings, plant 12 inches apart. The soil will benefit from mixing in compost.
GROW	Cucumber plants climb like a vine—a trellis is a good idea to protect fruit from rotting when laying on wet soil. Keep soil continuously moist and weed-free. When seedlings are 4 inches tall, thin plants so they are 1 & 1/2 feet apart.
EAT	Harvest regular slicing cucumbers when about 6-8 inches long, green, firm, and crisp. Lemon cucumbers grow more quickly, need less heat, and are ready when round yellow fruit is 3-4 inches.



Adapted from www.almanac.com

Grow Guide

Plant: in full sun, 2 weeks after last frost in spring

Space: Plant seeds 1 inch deep and 6-10 inches apart. If transplanting seedlings, plant 12 inches apart

Grow: A trellis helps the vine climb upward, saving space and keeping fruit off wet soil

Water: Keep moist continuously

Harvest: When ripe, pick regularly, to keep plants productive

Storage: Will keep 7-10 days wrapped in refrigerator.

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

cultiva tu
jardín
con calfresh

PEPINOS

PLANTA	Plantar en primavera, a plena luz del sol, no antes de 2 semanas después de la última helada. Si se plantan semillas, plantar a 2,5 cm de profundidad y con una separación de 15 cm. Si se trasplantan plántulas, plántelas a 30 cm de distancia. La tierra se beneficiará de la mezcla de compost.
CULTIVA	Las plantas de pepino escalan como una viña: un enrejado es una buena idea para proteger los frutos de la podre. Mantén la tierra continuamente húmeda y libre de malas hierbas. Cuando las plántulas tengan 10 cm de altura, aclare las plantas para que estén separadas por 1,5 pie.
COME	Coseche los pepinos cuando midan entre 6 y 8 pulgadas, sean verdes, firmes y crujientes.



Guía Para Cultivar

Plantar: A pleno sol, 2 semanas después de la última helada de primavera

Cultiva con: Elote

Cultivar: Un enrejado ayuda a mantener la fruta fuera de la tierra

Riegue: Mantén la humedad continuamente

Cosecha: Cuando estén maduras, recójalas con regularidad para que las plantas sigan siendo productivas.

Conservación: Se conserva 7-10 días envueltas en el refrigerador.



cultiva tu
jardín
con calfresh

PEPINOS

PLANTA	Plantar en primavera, a plena luz del sol, no antes de 2 semanas después de la última helada. Si se plantan semillas, plantar a 2,5 cm de profundidad y con una separación de 15 cm. Si se trasplantan plántulas, plántelas a 30 cm de distancia. La tierra se beneficiará de la mezcla de compost.
CULTIVA	Las plantas de pepino escalan como una viña: un enrejado es una buena idea para proteger los frutos de la podre. Mantén la tierra continuamente húmeda y libre de malas hierbas. Cuando las plántulas tengan 10 cm de altura, aclare las plantas para que estén separadas por 1,5 pie.
COME	Coseche los pepinos cuando midan entre 6 y 8 pulgadas, sean verdes, firmes y crujientes.



Guía Para Cultivar

Plantar: A pleno sol, 2 semanas después de la última helada de primavera

Cultiva con: Elote

Cultivar: Un enrejado ayuda a mantener la fruta fuera de la tierra

Riegue: Mantén la humedad continuamente

Cosecha: Cuando estén maduras, recójalas con regularidad para que las plantas sigan siendo productivas.

Conservación: Se conserva 7-10 días envueltas en el refrigerador.



cultiva tu
jardín
con calfresh

PEPINOS

PLANTA	Plantar en primavera, a plena luz del sol, no antes de 2 semanas después de la última helada. Si se plantan semillas, plantar a 2,5 cm de profundidad y con una separación de 15 cm. Si se trasplantan plántulas, plántelas a 30 cm de distancia. La tierra se beneficiará de la mezcla de compost.
CULTIVA	Las plantas de pepino escalan como una viña: un enrejado es una buena idea para proteger los frutos de la podre. Mantén la tierra continuamente húmeda y libre de malas hierbas. Cuando las plántulas tengan 10 cm de altura, aclare las plantas para que estén separadas por 1,5 pie.
COME	Coseche los pepinos cuando midan entre 6 y 8 pulgadas, sean verdes, firmes y crujientes.



Guía Para Cultivar

Plantar: A pleno sol, 2 semanas después de la última helada de primavera

Cultiva con: Elote

Cultivar: Un enrejado ayuda a mantener la fruta fuera de la tierra

Riegue: Mantén la humedad continuamente

Cosecha: Cuando estén maduras, recójalas con regularidad para que las plantas sigan siendo productivas.

Conservación: Se conserva 7-10 días envueltas en el refrigerador.



cultiva tu
jardín
con calfresh

PEPINOS

PLANTA	Plantar en primavera, a plena luz del sol, no antes de 2 semanas después de la última helada. Si se plantan semillas, plantar a 2,5 cm de profundidad y con una separación de 15 cm. Si se trasplantan plántulas, plántelas a 30 cm de distancia. La tierra se beneficiará de la mezcla de compost.
CULTIVA	Las plantas de pepino escalan como una viña: un enrejado es una buena idea para proteger los frutos de la podre. Mantén la tierra continuamente húmeda y libre de malas hierbas. Cuando las plántulas tengan 10 cm de altura, aclare las plantas para que estén separadas por 1,5 pie.
COME	Coseche los pepinos cuando midan entre 6 y 8 pulgadas, sean verdes, firmes y crujientes.



Guía Para Cultivar

Plantar: A pleno sol, 2 semanas después de la última helada de primavera

Cultiva con: Elote

Cultivar: Un enrejado ayuda a mantener la fruta fuera de la tierra

Riegue: Mantén la humedad continuamente

Cosecha: Cuando estén maduras, recójalas con regularidad para que las plantas sigan siendo productivas.

Conservación: Se conserva 7-10 días envueltas en el refrigerador.



Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

grow your garden with CalFresh

GREEN BEANS

PLANT	Sow seeds 1 inch deep next to a trellis or stakes to support growing plant. Space seeds 3 inches apart. It's not recommended to start seeds indoors. Place in full sun.
GROW	Provide water, and good drainage, with regular weeding. Help plants grab onto trellis or stakes if needed. Pole beans varieties can grow up to 8 feet tall!
EAT	Harvest beans 60-90 days after planting. Beans should be picked when the seeds just begin to bulge, while still immature, and seeds are not fully developed. Beans are delicious steamed, sautéed, mixed into salads, or raw!



Grow Guide
Sow seeds: Late April *Pole or bush varieties
Average time to harvest: 9-12 weeks
Materials needed: Stakes or trellis to support plants
Germination time: 7-10 days
Grow with: Sunflowers and Corn
Nutrition Content: 34 calories per 1 cup, great source of vitamin A and C

grow your garden with CalFresh

GREEN BEANS

PLANT	Sow seeds 1 inch deep next to a trellis or stakes to support growing plant. Space seeds 3 inches apart. It's not recommended to start seeds indoors. Place in full sun.
GROW	Provide water, and good drainage, with regular weeding. Help plants grab onto trellis or stakes if needed. Pole beans varieties can grow up to 8 feet tall!
EAT	Harvest beans 60-90 days after planting. Beans should be picked when the seeds just begin to bulge, while still immature, and seeds are not fully developed. Beans are delicious steamed, sautéed, mixed into salads, or raw!



Grow Guide
Sow seeds: Late April *Pole or bush varieties
Average time to harvest: 9-12 weeks
Materials needed: Stakes or trellis to support plants
Germination time: 7-10 days
Grow with: Sunflowers and Corn
Nutrition Content: 34 calories per 1 cup, great source of vitamin A and C

grow your garden with CalFresh

GREEN BEANS

PLANT	Sow seeds 1 inch deep next to a trellis or stakes to support growing plant. Space seeds 3 inches apart. It's not recommended to start seeds indoors. Place in full sun.
GROW	Provide water, and good drainage, with regular weeding. Help plants grab onto trellis or stakes if needed. Pole beans varieties can grow up to 8 feet tall!
EAT	Harvest beans 60-90 days after planting. Beans should be picked when the seeds just begin to bulge, while still immature, and seeds are not fully developed. Beans are delicious steamed, sautéed, mixed into salads, or raw!



Grow Guide
Sow seeds: Late April *Pole or bush varieties
Average time to harvest: 9-12 weeks
Materials needed: Stakes or trellis to support plants
Germination time: 7-10 days
Grow with: Sunflowers and Corn
Nutrition Content: 34 calories per 1 cup, great source of vitamin A and C

grow your garden with CalFresh

GREEN BEANS

PLANT	Sow seeds 1 inch deep next to a trellis or stakes to support growing plant. Space seeds 3 inches apart. It's not recommended to start seeds indoors. Place in full sun.
GROW	Provide water, and good drainage, with regular weeding. Help plants grab onto trellis or stakes if needed. Pole beans varieties can grow up to 8 feet tall!
EAT	Harvest beans 60-90 days after planting. Beans should be picked when the seeds just begin to bulge, while still immature, and seeds are not fully developed. Beans are delicious steamed, sautéed, mixed into salads, or raw!



Grow Guide
Sow seeds: Late April *Pole or bush varieties
Average time to harvest: 9-12 weeks
Materials needed: Stakes or trellis to support plants
Germination time: 7-10 days
Grow with: Sunflowers and Corn
Nutrition Content: 34 calories per 1 cup, great source of vitamin A and C

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

**Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809**

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

**Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809**

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

**Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809**

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

**Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809**

grow your garden with CalFresh

KALE & SWISS CHARD

Grow Guide

Start seeds:
Early March

Average time to harvest: *55-70 days if transplanted*

Germination time:
5-12 days

Grow with: *Chard and Kale are great grown together*

Nutrition Content:
High in vitamin A, C and iron

PLANT

Start seeds inside in early March, and when at least 2 true leaves form, transplant to garden, spacing 12 inches apart and 1/2 inch deep. Kale and chard do well in cool or warm temperatures, in full sun or some shade.

GROW

When plants are about 5 inches tall, thin (remove some plants) so they are spaced 8-12 inches apart. Mulch plants with compost or grass clippings to discourage weeds and promote growth. Water regularly and evenly.

EAT

Harvest when plants are 8-10 inches tall and leaves are about the size of your hand. When harvesting, avoid picking the terminal bud (located at the top, center of the plant) because this is what keeps the plant growing. Enjoy in salads, soups, wraps and even raw!



Adapted from www.almanac.com/plant/kale and chard

grow your garden with CalFresh

KALE & SWISS CHARD

Grow Guide

Start seeds:
Early March

Average time to harvest: *55-70 days if transplanted*

Germination time:
5-12 days

Grow with: *Chard and Kale are great grown together*

Nutrition Content:
High in vitamin A, C and iron

PLANT

Start seeds inside in early March, and when at least 2 true leaves form, transplant to garden, spacing 12 inches apart and 1/2 inch deep. Kale and chard do well in cool or warm temperatures, in full sun or some shade.

GROW

When plants are about 5 inches tall, thin (remove some plants) so they are spaced 8-12 inches apart. Mulch plants with compost or grass clippings to discourage weeds and promote growth. Water regularly and evenly.

EAT

Harvest when plants are 8-10 inches tall and leaves are about the size of your hand. When harvesting, avoid picking the terminal bud (located at the top, center of the plant) because this is what keeps the plant growing. Enjoy in salads, soups, wraps and even raw!



Adapted from www.almanac.com/plant/kale and chard

grow your garden with CalFresh

KALE & SWISS CHARD

Grow Guide

Start seeds:
Early March

Average time to harvest: *55-70 days if transplanted*

Germination time:
5-12 days

Grow with: *Chard and Kale are great grown together*

Nutrition Content:
High in vitamin A, C and iron

PLANT

Start seeds inside in early March, and when at least 2 true leaves form, transplant to garden, spacing 12 inches apart and 1/2 inch deep. Kale and chard do well in cool or warm temperatures, in full sun or some shade.

GROW

When plants are about 5 inches tall, thin (remove some plants) so they are spaced 8-12 inches apart. Mulch plants with compost or grass clippings to discourage weeds and promote growth. Water regularly and evenly.

EAT

Harvest when plants are 8-10 inches tall and leaves are about the size of your hand. When harvesting, avoid picking the terminal bud (located at the top, center of the plant) because this is what keeps the plant growing. Enjoy in salads, soups, wraps and even raw!



Adapted from www.almanac.com/plant/kale and chard

grow your garden with CalFresh

KALE & SWISS CHARD

Grow Guide

Start seeds:
Early March

Average time to harvest: *55-70 days if transplanted*

Germination time:
5-12 days

Grow with: *Chard and Kale are great grown together*

Nutrition Content:
High in vitamin A, C and iron

PLANT

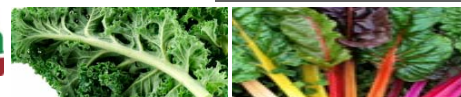
Start seeds inside in early March, and when at least 2 true leaves form, transplant to garden, spacing 12 inches apart and 1/2 inch deep. Kale and chard do well in cool or warm temperatures, in full sun or some shade.

GROW

When plants are about 5 inches tall, thin (remove some plants) so they are spaced 8-12 inches apart. Mulch plants with compost or grass clippings to discourage weeds and promote growth. Water regularly and evenly.

EAT

Harvest when plants are 8-10 inches tall and leaves are about the size of your hand. When harvesting, avoid picking the terminal bud (located at the top, center of the plant) because this is what keeps the plant growing. Enjoy in salads, soups, wraps and even raw!



Adapted from www.almanac.com/plant/kale and chard

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

grow your garden with CalFresh

KALE & SWISS CHARD

PLANT	Start seeds inside in early March, and when at least 2 true leaves form, transplant to garden, spacing 12 inches apart and 1/2 inch deep. Kale and chard do well in cool or warm temperatures, in full sun or some shade.
GROW	When plants are about 5 inches tall, thin (remove some plants) so they are spaced 8-12 inches apart. Mulch plants with compost or grass clippings to discourage weeds and promote growth. Water regularly and evenly.
EAT	Harvest when plants are 8-10 inches tall and leaves are about the size of your hand. When harvesting, avoid picking the terminal bud (located at the top, center of the plant) because this is what keeps the plant growing. Enjoy in salads, soups, wraps and even raw!

Grow Guide
Start seeds: <i>Early March</i>
Average time to harvest: <i>55-70 days if transplanted</i>
Germination time: <i>5-12 days</i>
Grow with: <i>Chard and Kale are great grown together</i>
Nutrition Content: <i>High in vitamin A, C and iron</i>



Adapted from www.almanac.com/plant/kale and chard

grow your garden with CalFresh

KALE & SWISS CHARD

PLANT	Start seeds inside in early March, and when at least 2 true leaves form, transplant to garden, spacing 12 inches apart and 1/2 inch deep. Kale and chard do well in cool or warm temperatures, in full sun or some shade.
GROW	When plants are about 5 inches tall, thin (remove some plants) so they are spaced 8-12 inches apart. Mulch plants with compost or grass clippings to discourage weeds and promote growth. Water regularly and evenly.
EAT	Harvest when plants are 8-10 inches tall and leaves are about the size of your hand. When harvesting, avoid picking the terminal bud (located at the top, center of the plant) because this is what keeps the plant growing. Enjoy in salads, soups, wraps and even raw!

Grow Guide
Start seeds: <i>Early March</i>
Average time to harvest: <i>55-70 days if transplanted</i>
Germination time: <i>5-12 days</i>
Grow with: <i>Chard and Kale are great grown together</i>
Nutrition Content: <i>High in vitamin A, C and iron</i>



Adapted from www.almanac.com/plant/kale and chard

grow your garden with CalFresh

KALE & SWISS CHARD

PLANT	Start seeds inside in early March, and when at least 2 true leaves form, transplant to garden, spacing 12 inches apart and 1/2 inch deep. Kale and chard do well in cool or warm temperatures, in full sun or some shade.
GROW	When plants are about 5 inches tall, thin (remove some plants) so they are spaced 8-12 inches apart. Mulch plants with compost or grass clippings to discourage weeds and promote growth. Water regularly and evenly.
EAT	Harvest when plants are 8-10 inches tall and leaves are about the size of your hand. When harvesting, avoid picking the terminal bud (located at the top, center of the plant) because this is what keeps the plant growing. Enjoy in salads, soups, wraps and even raw!

Grow Guide
Start seeds: <i>Early March</i>
Average time to harvest: <i>55-70 days if transplanted</i>
Germination time: <i>5-12 days</i>
Grow with: <i>Chard and Kale are great grown together</i>
Nutrition Content: <i>High in vitamin A, C and iron</i>



Adapted from www.almanac.com/plant/kale and chard

grow your garden with CalFresh

KALE & SWISS CHARD

PLANT	Start seeds inside in early March, and when at least 2 true leaves form, transplant to garden, spacing 12 inches apart and 1/2 inch deep. Kale and chard do well in cool or warm temperatures, in full sun or some shade.
GROW	When plants are about 5 inches tall, thin (remove some plants) so they are spaced 8-12 inches apart. Mulch plants with compost or grass clippings to discourage weeds and promote growth. Water regularly and evenly.
EAT	Harvest when plants are 8-10 inches tall and leaves are about the size of your hand. When harvesting, avoid picking the terminal bud (located at the top, center of the plant) because this is what keeps the plant growing. Enjoy in salads, soups, wraps and even raw!

Grow Guide
Start seeds: <i>Early March</i>
Average time to harvest: <i>55-70 days if transplanted</i>
Germination time: <i>5-12 days</i>
Grow with: <i>Chard and Kale are great grown together</i>
Nutrition Content: <i>High in vitamin A, C and iron</i>



Adapted from www.almanac.com/plant/kale and chard

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

grow your
garden
with CalFresh

Huckleberry

PLANT	Garden Huckleberries like rich soil and partial shade.
GROW	Thin plants to about 2 feet apart when they have several sets of true leaves and are growing strong—usually several weeks after sowing.
EAT	The ripe berries can be collected after they have turned black and begin to soften. Allowing the berries to stay on the plant longer will produce better, richer flavor. Cook ripe berries before eating. Delicious in pies and jams.



Grow Guide

Start seeds:
March-April.
*Start seeds indoors.

Transplant:
Into container when seedlings are 2 inches tall. Into ground in early summer.

Germination time:
2 weeks

Average plant size:
2-3 ft. high shrub

Grow with:
Blueberries, azaleas, rhododendrons, gardenias, hydrangeas, ferns.

Nutrition Content:
Rich in vitamin C.

grow your
garden
with CalFresh

Huckleberry

PLANT	Garden Huckleberries like rich soil and partial shade.
GROW	Thin plants to about 2 feet apart when they have several sets of true leaves and are growing strong—usually several weeks after sowing.
EAT	The ripe berries can be collected after they have turned black and begin to soften. Allowing the berries to stay on the plant longer will produce better, richer flavor. Cook ripe berries before eating. Delicious in pies and jams.



Grow Guide

Start seeds:
March-April.
*Start seeds indoors.

Transplant:
Into container when seedlings are 2 inches tall. Into ground in early summer.

Germination time:
2 weeks

Average plant size:
2-3 ft. high shrub

Grow with:
Blueberries, azaleas, rhododendrons, gardenias, hydrangeas, ferns.

Nutrition Content:
Rich in vitamin C.

grow your
garden
with CalFresh

Huckleberry

PLANT	Garden Huckleberries like rich soil and partial shade.
GROW	Thin plants to about 2 feet apart when they have several sets of true leaves and are growing strong—usually several weeks after sowing.
EAT	The ripe berries can be collected after they have turned black and begin to soften. Allowing the berries to stay on the plant longer will produce better, richer flavor. Cook ripe berries before eating. Delicious in pies and jams.



Grow Guide

Start seeds:
March-April.
*Start seeds indoors.

Transplant:
Into container when seedlings are 2 inches tall. Into ground in early summer.

Germination time:
2 weeks

Average plant size:
2-3 ft. high shrub

Grow with:
Blueberries, azaleas, rhododendrons, gardenias, hydrangeas, ferns.

Nutrition Content:
Rich in vitamin C.

grow your
garden
with CalFresh

Huckleberry

PLANT	Garden Huckleberries like rich soil and partial shade.
GROW	Thin plants to about 2 feet apart when they have several sets of true leaves and are growing strong—usually several weeks after sowing.
EAT	The ripe berries can be collected after they have turned black and begin to soften. Allowing the berries to stay on the plant longer will produce better, richer flavor. Cook ripe berries before eating. Delicious in pies and jams.



Grow Guide

Start seeds:
March-April.
*Start seeds indoors.

Transplant:
Into container when seedlings are 2 inches tall. Into ground in early summer.

Germination time:
2 weeks

Average plant size:
2-3 ft. high shrub

Grow with:
Blueberries, azaleas, rhododendrons, gardenias, hydrangeas, ferns.

Nutrition Content:
Rich in vitamin C.

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

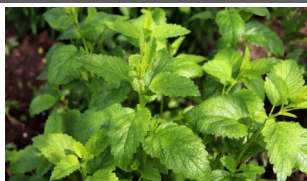
grow your garden with CalFresh

Lemon Balm

PLANT	Full sun; it will tolerate shade. Lemon balm will grow in almost any soil, but not very wet soil.
GROW	Regular, even watering. It grows best in slightly moist soil. Once established, it tolerates drought. Control spread of this hardy herb.
EAT	Use freshly chopped leaves sprinkled lightly on cooked vegetables, salad, chicken, lamb, shellfish. Fresh or dry leaves make a refreshing, mildly lemony tea.

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD



Grow Guide

Start seeds: Indoors about 2 months before transplanting.

Transplant: After last spring frost.

Germination time: 14 days.

Average plant size: 12 to 24 inches tall and wide.

Grow with: Broccoli, cauliflower, and other cabbage family plants. The fragrance of lemon balm helps deter insects that attack cabbage family crops and also masks the smell of cabbage.

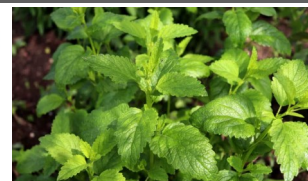
grow your garden with CalFresh

Lemon Balm

PLANT	Full sun; it will tolerate shade. Lemon balm will grow in almost any soil, but not very wet soil.
GROW	Regular, even watering. It grows best in slightly moist soil. Once established, it tolerates drought. Control spread of this hardy herb.
EAT	Use freshly chopped leaves sprinkled lightly on cooked vegetables, salad, chicken, lamb, shellfish. Fresh or dry leaves make a refreshing, mildly lemony tea.

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD



Grow Guide

Start seeds: Indoors about 2 months before transplanting.

Transplant: After last spring frost.

Germination time: 14 days.

Average plant size: 12 to 24 inches tall and wide.

Grow with: Broccoli, cauliflower, and other cabbage family plants. The fragrance of lemon balm helps deter insects that attack cabbage family crops and also masks the smell of cabbage.

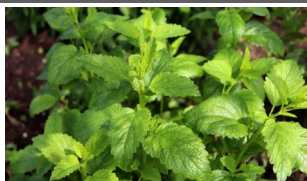
grow your garden with CalFresh

Lemon Balm

PLANT	Full sun; it will tolerate shade. Lemon balm will grow in almost any soil, but not very wet soil.
GROW	Regular, even watering. It grows best in slightly moist soil. Once established, it tolerates drought. Control spread of this hardy herb.
EAT	Use freshly chopped leaves sprinkled lightly on cooked vegetables, salad, chicken, lamb, shellfish. Fresh or dry leaves make a refreshing, mildly lemony tea.

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD



Grow Guide

Start seeds: Indoors about 2 months before transplanting.

Transplant: After last spring frost.

Germination time: 14 days.

Average plant size: 12 to 24 inches tall and wide.

Grow with: Broccoli, cauliflower, and other cabbage family plants. The fragrance of lemon balm helps deter insects that attack cabbage family crops and also masks the smell of cabbage.

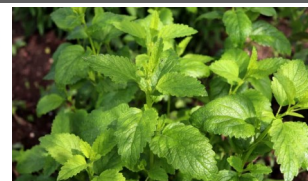
grow your garden with CalFresh

Lemon Balm

PLANT	Full sun; it will tolerate shade. Lemon balm will grow in almost any soil, but not very wet soil.
GROW	Regular, even watering. It grows best in slightly moist soil. Once established, it tolerates drought. Control spread of this hardy herb.
EAT	Use freshly chopped leaves sprinkled lightly on cooked vegetables, salad, chicken, lamb, shellfish. Fresh or dry leaves make a refreshing, mildly lemony tea.

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD



Grow Guide

Start seeds: Indoors about 2 months before transplanting.

Transplant: After last spring frost.

Germination time: 14 days.

Average plant size: 12 to 24 inches tall and wide.

Grow with: Broccoli, cauliflower, and other cabbage family plants. The fragrance of lemon balm helps deter insects that attack cabbage family crops and also masks the smell of cabbage.

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

grow your garden with CalFresh

Lemon Verbena

PLANT	Cuttings and divisions are best taken when plants are emerging from dormancy in late spring. Plant in rich, moist soil in full sun to partial afternoon shade.
GROW	Keep the surface of the soil moist, but don't oversaturate the plants. Plants do well in dry or humid climates. Control spread of this hardy herb.
EAT	Harvest the leathery leaves anytime. Infuse sauce, oil, or tea with whole leaves. The tiny blossoms can be used in the same way as the leaves.



Grow Guide
Planting: Starts/young plants. March-May.
Equipment needed: Growing in a container is an ideal way to cultivate the plant all year in colder regions, Container-grown also stays a more manageable size than plants grown in the ground.
Average plant size: Grown in containers, rarely exceed 2-3 ft height, but outdoors in frost-free climates, shrubs can exceed 8 ft.
Grow with: Dill, cilantro, garlic.

grow your garden with CalFresh

Lemon Verbena

PLANT	Cuttings and divisions are best taken when plants are emerging from dormancy in late spring. Plant in rich, moist soil in full sun to partial afternoon shade.
GROW	Keep the surface of the soil moist, but don't oversaturate the plants. Plants do well in dry or humid climates. Control spread of this hardy herb.
EAT	Harvest the leathery leaves anytime. Infuse sauce, oil, or tea with whole leaves. The tiny blossoms can be used in the same way as the leaves.



Grow Guide
Planting: Starts/young plants. March-May.
Equipment needed: Growing in a container is an ideal way to cultivate the plant all year in colder regions, Container-grown also stays a more manageable size than plants grown in the ground.
Average plant size: Grown in containers, rarely exceed 2-3 ft height, but outdoors in frost-free climates, shrubs can exceed 8 ft.
Grow with: Dill, cilantro, garlic.

grow your garden with CalFresh

Lemon Verbena

PLANT	Cuttings and divisions are best taken when plants are emerging from dormancy in late spring. Plant in rich, moist soil in full sun to partial afternoon shade.
GROW	Keep the surface of the soil moist, but don't oversaturate the plants. Plants do well in dry or humid climates. Control spread of this hardy herb.
EAT	Harvest the leathery leaves anytime. Infuse sauce, oil, or tea with whole leaves. The tiny blossoms can be used in the same way as the leaves.



Grow Guide
Planting: Starts/young plants. March-May.
Equipment needed: Growing in a container is an ideal way to cultivate the plant all year in colder regions, Container-grown also stays a more manageable size than plants grown in the ground.
Average plant size: Grown in containers, rarely exceed 2-3 ft height, but outdoors in frost-free climates, shrubs can exceed 8 ft.
Grow with: Dill, cilantro, garlic.

grow your garden with CalFresh

Lemon Verbena

PLANT	Cuttings and divisions are best taken when plants are emerging from dormancy in late spring. Plant in rich, moist soil in full sun to partial afternoon shade.
GROW	Keep the surface of the soil moist, but don't oversaturate the plants. Plants do well in dry or humid climates. Control spread of this hardy herb.
EAT	Harvest the leathery leaves anytime. Infuse sauce, oil, or tea with whole leaves. The tiny blossoms can be used in the same way as the leaves.



Grow Guide
Planting: Starts/young plants. March-May.
Equipment needed: Growing in a container is an ideal way to cultivate the plant all year in colder regions, Container-grown also stays a more manageable size than plants grown in the ground.
Average plant size: Grown in containers, rarely exceed 2-3 ft height, but outdoors in frost-free climates, shrubs can exceed 8 ft.
Grow with: Dill, cilantro, garlic.

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

grow your garden with CalFresh

LETTUCE

Grow Guide

Start seeds:
Outdoors; Feb-June

Transplant:
March-July

Time to harvest:
6-8 weeks (leaf),
8-14 (hearting)

Equipment needed:
Slug protection
(i.e. copper or Slug-O)

Germination time:
6-12 days

Average plant size:
8 in tall and wide

Grow with: chicory

Nutrition Content:
Vitamin A, C, and folate;
9 calories per serving

PLANT

Plant seeds 1/4-1/2 inch deep in pots or rows in the garden. Thin (remove some plants so others have room) or transplant to 5-10 inches apart. Lettuces are hardy. Try growing March through Oct.

GROW

Keep seedlings moist, and water in dry weather (stops tough and bitter leaves). Water in the morning to prevent disease. Protect from slugs.

EAT

Pick individual leaves of 'loose-leaf' or baby lettuces as needed. Cut 'hearting' varieties when central leaves are fairly firm. Wash and serve fresh salad.



grow your garden with CalFresh

LETTUCE

Grow Guide

Start seeds:
Outdoors; Feb-June

Transplant:
March-July

Time to harvest:
6-8 weeks (leaf),
8-14 (hearting)

Equipment needed:
Slug protection
(i.e. copper or Slug-O)

Germination time:
6-12 days

Average plant size:
8 in tall and wide

Grow with: chicory

Nutrition Content:
Vitamin A, C, and folate;
9 calories per serving

PLANT

Plant seeds 1/4-1/2 inch deep in pots or rows in the garden. Thin (remove some plants so others have room) or transplant to 5-10 inches apart. Lettuces are hardy. Try growing March through Oct.

GROW

Keep seedlings moist, and water in dry weather (stops tough and bitter leaves). Water in the morning to prevent disease. Protect from slugs.

EAT

Pick individual leaves of 'loose-leaf' or baby lettuces as needed. Cut 'hearting' varieties when central leaves are fairly firm. Wash and serve fresh salad.



grow your garden with CalFresh

LETTUCE

Grow Guide

Start seeds:
Outdoors; Feb-June

Transplant:
March-July

Time to harvest:
6-8 weeks (leaf),
8-14 (hearting)

Equipment needed:
Slug protection
(i.e. copper or Slug-O)

Germination time:
6-12 days

Average plant size:
8 in tall and wide

Grow with: chicory

Nutrition Content:
Vitamin A, C, and folate;
9 calories per serving

PLANT

Plant seeds 1/4-1/2 inch deep in pots or rows in the garden. Thin (remove some plants so others have room) or transplant to 5-10 inches apart. Lettuces are hardy. Try growing March through Oct.

GROW

Keep seedlings moist, and water in dry weather (stops tough and bitter leaves). Water in the morning to prevent disease. Protect from slugs.

EAT

Pick individual leaves of 'loose-leaf' or baby lettuces as needed. Cut 'hearting' varieties when central leaves are fairly firm. Wash and serve fresh salad.



grow your garden with CalFresh

LETTUCE

Grow Guide

Start seeds:
Outdoors; Feb-June

Transplant:
March-July

Time to harvest:
6-8 weeks (leaf),
8-14 (hearting)

Equipment needed:
Slug protection
(i.e. copper or Slug-O)

Germination time:
6-12 days

Average plant size:
8 in tall and wide

Grow with: chicory

Nutrition Content:
Vitamin A, C, and folate;
9 calories per serving

PLANT

Plant seeds 1/4-1/2 inch deep in pots or rows in the garden. Thin (remove some plants so others have room) or transplant to 5-10 inches apart. Lettuces are hardy. Try growing March through Oct.

GROW

Keep seedlings moist, and water in dry weather (stops tough and bitter leaves). Water in the morning to prevent disease. Protect from slugs.

EAT

Pick individual leaves of 'loose-leaf' or baby lettuces as needed. Cut 'hearting' varieties when central leaves are fairly firm. Wash and serve fresh salad.



Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

cultiva tu
jardín
con calfresh

LECHUGA

PLANTA	Plante las semillas a 1/4 - 1/2 pulgadas de profundidad en macetas o filas en el jardín. Quita algunas plantas para que otras tengan espacio o trasplanta a 5-10 pulgadas de distancia. Las lechugas son resistentes. Intenta cultivarlas de marzo a octubre.
CULTIVA	Mantenga las plántulas húmedas y riegue en tiempo seco (evita que las hojas sean duras y amargas). Riegue por la mañana para evitar enfermedades. Protéjalas de las babosas.
COME	Cortar las variedades de "corazón" cuando las hojas centrales estén firmes. Lavar y servir la ensalada fresca.



Guía Para Cultivar

Empezar a sembrar: Feb-Junio

Trasplantar: Marzo-Julio

Tiempo de cosecha: 6-8 semanas (hoja); 8-14 (corazón)

Equipo necesario: Protección contra las babosas

Tiempo de germinación: 6-12 días

Tamaño de plantas: 8 pulgadas de alto y ancho

Cultivar con: cilantro

Contenido nutricional: Vitamina A, C y folato; 9 calorías por porción

cultiva tu
jardín
con calfresh

LECHUGA

PLANTA	Plante las semillas a 1/4 - 1/2 pulgadas de profundidad en macetas o filas en el jardín. Quita algunas plantas para que otras tengan espacio o trasplanta a 5-10 pulgadas de distancia. Las lechugas son resistentes. Intenta cultivarlas de marzo a octubre.
CULTIVA	Mantenga las plántulas húmedas y riegue en tiempo seco (evita que las hojas sean duras y amargas). Riegue por la mañana para evitar enfermedades. Protéjalas de las babosas.
COME	Cortar las variedades de "corazón" cuando las hojas centrales estén firmes. Lavar y servir la ensalada fresca.



Guía Para Cultivar

Empezar a sembrar: Feb-Junio

Trasplantar: Marzo-Julio

Tiempo de cosecha: 6-8 semanas (hoja); 8-14 (corazón)

Equipo necesario: Protección contra las babosas

Tiempo de germinación: 6-12 días

Tamaño de plantas: 8 pulgadas de alto y ancho

Cultivar con: cilantro

Contenido nutricional: Vitamina A, C y folato; 9 calorías por porción

cultiva tu
jardín
con calfresh

LECHUGA

PLANTA	Plante las semillas a 1/4 - 1/2 pulgadas de profundidad en macetas o filas en el jardín. Quita algunas plantas para que otras tengan espacio o trasplanta a 5-10 pulgadas de distancia. Las lechugas son resistentes. Intenta cultivarlas de marzo a octubre.
CULTIVA	Mantenga las plántulas húmedas y riegue en tiempo seco (evita que las hojas sean duras y amargas). Riegue por la mañana para evitar enfermedades. Protéjalas de las babosas.
COME	Cortar las variedades de "corazón" cuando las hojas centrales estén firmes. Lavar y servir la ensalada fresca.



Guía Para Cultivar

Empezar a sembrar: Feb-Junio

Trasplantar: Marzo-Julio

Tiempo de cosecha: 6-8 semanas (hoja); 8-14 (corazón)

Equipo necesario: Protección contra las babosas

Tiempo de germinación: 6-12 días

Tamaño de plantas: 8 pulgadas de alto y ancho

Cultivar con: cilantro

Contenido nutricional: Vitamina A, C y folato; 9 calorías por porción

cultiva tu
jardín
con calfresh

LECHUGA

PLANTA	Plante las semillas a 1/4 - 1/2 pulgadas de profundidad en macetas o filas en el jardín. Quita algunas plantas para que otras tengan espacio o trasplanta a 5-10 pulgadas de distancia. Las lechugas son resistentes. Intenta cultivarlas de marzo a octubre.
CULTIVA	Mantenga las plántulas húmedas y riegue en tiempo seco (evita que las hojas sean duras y amargas). Riegue por la mañana para evitar enfermedades. Protéjalas de las babosas.
COME	Cortar las variedades de "corazón" cuando las hojas centrales estén firmes. Lavar y servir la ensalada fresca.



Guía Para Cultivar

Empezar a sembrar: Feb-Junio

Trasplantar: Marzo-Julio

Tiempo de cosecha: 6-8 semanas (hoja); 8-14 (corazón)

Equipo necesario: Protección contra las babosas

Tiempo de germinación: 6-12 días

Tamaño de plantas: 8 pulgadas de alto y ancho

Cultivar con: cilantro

Contenido nutricional: Vitamina A, C y folato; 9 calorías por porción

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

grow your garden with CalFresh

ONIONS

PLANT	Plant early spring. Use onion "sets" or starts that can be transplanted into well drained, loose soil in full sun, 4-5 inches apart, in rows 12-18 inches apart. Don't bury more than 1 inch under soil. Add compost and fertilizer to soil before planting.
GROW	Onions need about 1 inch of water per week (including rain). Make sure soil is well drained.
EAT	Harvest when tops become yellow and start to fall over. Bend the tops completely down. Loosen soil to pull bulbs and let dry in the sun on dry ground. When tops and skin are dry, wipe off soil and continue drying/curing indoors 2-3 weeks. Cut tops and enjoy in your cooking!

Grow Guide
Sow seeds: Indoors 8-12 weeks before last frost.
Seeds? Seeds take longest time and should be started indoors.
Or starts? Starts are hardy & give a jump on the growing season.
Weeding: Remove weeds gently, to avoid pulling or damaging the onions' roots.
Spring Onions: Young onions harvested before the bulb swells. Tops and small bulb are all edible.
Storage: cool, dry place, good air flow under to prevent rot.



grow your garden with CalFresh

ONIONS

PLANT	Plant early spring. Use onion "sets" or starts that can be transplanted into well drained, loose soil in full sun, 4-5 inches apart, in rows 12-18 inches apart. Don't bury more than 1 inch under soil. Add compost and fertilizer to soil before planting.
GROW	Onions need about 1 inch of water per week (including rain). Make sure soil is well drained.
EAT	Harvest when tops become yellow and start to fall over. Bend the tops completely down. Loosen soil to pull bulbs and let dry in the sun on dry ground. When tops and skin are dry, wipe off soil and continue drying/curing indoors 2-3 weeks. Cut tops and enjoy in your cooking!



Grow Guide
Sow seeds: Indoors 8-12 weeks before last frost.
Seeds? Seeds take longest time and should be started indoors.
Or starts? Starts are hardy & give a jump on the growing season.
Weeding: Remove weeds gently, to avoid pulling or damaging the onions' roots.
Spring Onions: Young onions harvested before the bulb swells. Tops and small bulb are all edible.
Storage: cool, dry place, good air flow under to prevent rot.

grow your garden with CalFresh

ONIONS

PLANT	Plant early spring. Use onion "sets" or starts that can be transplanted into well drained, loose soil in full sun, 4-5 inches apart, in rows 12-18 inches apart. Don't bury more than 1 inch under soil. Add compost and fertilizer to soil before planting.
GROW	Onions need about 1 inch of water per week (including rain). Make sure soil is well drained.
EAT	Harvest when tops become yellow and start to fall over. Bend the tops completely down. Loosen soil to pull bulbs and let dry in the sun on dry ground. When tops and skin are dry, wipe off soil and continue drying/curing indoors 2-3 weeks. Cut tops and enjoy in your cooking!

Grow Guide
Sow seeds: Indoors 8-12 weeks before last frost.
Seeds? Seeds take longest time and should be started indoors.
Or starts? Starts are hardy & give a jump on the growing season.
Weeding: Remove weeds gently, to avoid pulling or damaging the onions' roots.
Spring Onions: Young onions harvested before the bulb swells. Tops and small bulb are all edible.
Storage: cool, dry place, good air flow under to prevent rot.



grow your garden with CalFresh

ONIONS

PLANT	Plant early spring. Use onion "sets" or starts that can be transplanted into well drained, loose soil in full sun, 4-5 inches apart, in rows 12-18 inches apart. Don't bury more than 1 inch under soil. Add compost and fertilizer to soil before planting.
GROW	Onions need about 1 inch of water per week (including rain). Make sure soil is well drained.
EAT	Harvest when tops become yellow and start to fall over. Bend the tops completely down. Loosen soil to pull bulbs and let dry in the sun on dry ground. When tops and skin are dry, wipe off soil and continue drying/curing indoors 2-3 weeks. Cut tops and enjoy in your cooking!



Grow Guide
Sow seeds: Indoors 8-12 weeks before last frost.
Seeds? Seeds take longest time and should be started indoors.
Or starts? Starts are hardy & give a jump on the growing season.
Weeding: Remove weeds gently, to avoid pulling or damaging the onions' roots.
Spring Onions: Young onions harvested before the bulb swells. Tops and small bulb are all edible.
Storage: cool, dry place, good air flow under to prevent rot.

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

cultiva tu
jardín
con calfresh

CEBOLLAS

PLANTA	Utiliza plántulas de cebolla que puedan ser trasplantados en tierra suelta y bien drenada a pleno sol, con una separación de 4 a 5 pulgadas, en hileras de 12 a 18 pulgadas. No entierre más de 1 pulgada bajo la tierra. Añade abono y fertilizante a la tierra antes de plantar.
CULTIVA	Las cebollas necesitan aproximadamente 1 pulgada de agua por semana. Asegúrate de que la tierra esté bien drenada.
COME	Coseche cuando las puntas se vuelvan amarillas y comiencen a caer. Dobla las puntas completamente hacia abajo. Afloja la tierra para sacar los bulbos y deja que se sequen al sol. Cuando las puntas y la piel estén secas, quita la tierra y sigue secando adentro durante 2-3 semanas. Corta las puntas y disfrútalas en tu cocina.



Guía Para Cultivar

Sembrar las semillas: Adentro 8-12 semanas antes de la última helada. Plante a principios de la primavera.

¿Semillas? Las semillas tardan más tiempo y deben iniciarse adentro.

¿Plántulas? Las plántulas son más fuertes y estarán listas más rápido.

Elimine: Quite las malas hierbas con cuidado, para evitar dañar las raíces.

Cebollas de primavera: Cebollas jóvenes cosechadas antes de que el bulbo se hinche.

Conservación: lugar fresco y seco, evite humedad.

cultiva tu
jardín
con calfresh

CEBOLLAS

PLANTA	Utiliza plántulas de cebolla que puedan ser trasplantados en tierra suelta y bien drenada a pleno sol, con una separación de 4 a 5 pulgadas, en hileras de 12 a 18 pulgadas. No entierre más de 1 pulgada bajo la tierra. Añade abono y fertilizante a la tierra antes de plantar.
CULTIVA	Las cebollas necesitan aproximadamente 1 pulgada de agua por semana. Asegúrate de que la tierra esté bien drenada.
COME	Coseche cuando las puntas se vuelvan amarillas y comiencen a caer. Dobla las puntas completamente hacia abajo. Afloja la tierra para sacar los bulbos y deja que se sequen al sol. Cuando las puntas y la piel estén secas, quita la tierra y sigue secando adentro durante 2-3 semanas. Corta las puntas y disfrútalas en tu cocina.



Guía Para Cultivar

Sembrar las semillas: Adentro 8-12 semanas antes de la última helada. Plante a principios de la primavera.

¿Semillas? Las semillas tardan más tiempo y deben iniciarse adentro.

¿Plántulas? Las plántulas son más fuertes y estarán listas más rápido.

Elimine: Quite las malas hierbas con cuidado, para evitar dañar las raíces.

Cebollas de primavera: Cebollas jóvenes cosechadas antes de que el bulbo se hinche.

Conservación: lugar fresco y seco, evite humedad.

cultiva tu
jardín
con calfresh

CEBOLLAS

PLANTA	Utiliza plántulas de cebolla que puedan ser trasplantados en tierra suelta y bien drenada a pleno sol, con una separación de 4 a 5 pulgadas, en hileras de 12 a 18 pulgadas. No entierre más de 1 pulgada bajo la tierra. Añade abono y fertilizante a la tierra antes de plantar.
CULTIVA	Las cebollas necesitan aproximadamente 1 pulgada de agua por semana. Asegúrate de que la tierra esté bien drenada.
COME	Coseche cuando las puntas se vuelvan amarillas y comiencen a caer. Dobla las puntas completamente hacia abajo. Afloja la tierra para sacar los bulbos y deja que se sequen al sol. Cuando las puntas y la piel estén secas, quita la tierra y sigue secando adentro durante 2-3 semanas. Corta las puntas y disfrútalas en tu cocina.



Guía Para Cultivar

Sembrar las semillas: Adentro 8-12 semanas antes de la última helada. Plante a principios de la primavera.

¿Semillas? Las semillas tardan más tiempo y deben iniciarse adentro.

¿Plántulas? Las plántulas son más fuertes y estarán listas más rápido.

Elimine: Quite las malas hierbas con cuidado, para evitar dañar las raíces.

Cebollas de primavera: Cebollas jóvenes cosechadas antes de que el bulbo se hinche.

Conservación: lugar fresco y seco, evite humedad.

cultiva tu
jardín
con calfresh

CEBOLLAS

PLANTA	Utiliza plántulas de cebolla que puedan ser trasplantados en tierra suelta y bien drenada a pleno sol, con una separación de 4 a 5 pulgadas, en hileras de 12 a 18 pulgadas. No entierre más de 1 pulgada bajo la tierra. Añade abono y fertilizante a la tierra antes de plantar.
CULTIVA	Las cebollas necesitan aproximadamente 1 pulgada de agua por semana. Asegúrate de que la tierra esté bien drenada.
COME	Coseche cuando las puntas se vuelvan amarillas y comiencen a caer. Dobla las puntas completamente hacia abajo. Afloja la tierra para sacar los bulbos y deja que se sequen al sol. Cuando las puntas y la piel estén secas, quita la tierra y sigue secando adentro durante 2-3 semanas. Corta las puntas y disfrútalas en tu cocina.



Guía Para Cultivar

Sembrar las semillas: Adentro 8-12 semanas antes de la última helada. Plante a principios de la primavera.

¿Semillas? Las semillas tardan más tiempo y deben iniciarse adentro.

¿Plántulas? Las plántulas son más fuertes y estarán listas más rápido.

Elimine: Quite las malas hierbas con cuidado, para evitar dañar las raíces.

Cebollas de primavera: Cebollas jóvenes cosechadas antes de que el bulbo se hinche.

Conservación: lugar fresco y seco, evite humedad.

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

grow your garden with CalFresh

PEAS

PLANT	Plant seeds 3/4 inch deep in pots and transplant, or plant seeds in garden 1-2 inches apart, in rows 2 feet apart.
GROW	Protect from birds. Keep young plants moist, increasing watering slightly after flowering starts. Mulch to conserve moisture. Support plants with mesh, netting or trellis they can climb up.
EAT	Pick sugar snap and snow peas when pods are still flat; 'shelling' types when peas are felt through the pod (e.g. round and wrinkled peas). Pick often for more pods. Eat fresh or make a stir fry!

Grow Guide
Start seeds: <i>Outdoors; Feb-June</i>
Transplant: <i>Spring</i>
Average time to harvest: <i>10-14 weeks</i>
Equipment needed: <i>Trellis and mulch</i>
Germination time: <i>7-10 days</i>
Average plant size: <i>3 feet tall, 1 foot wide</i>
Grow with: <i>Radish, Spinach, Lettuce</i>
Nutrition Content: <i>Vitamin C, folate and fiber; 41 calories per cup</i>



grow your garden with CalFresh

PEAS

PLANT	Plant seeds 3/4 inch deep in pots and transplant, or plant seeds in garden 1-2 inches apart, in rows 2 feet apart.
GROW	Protect from birds. Keep young plants moist, increasing watering slightly after flowering starts. Mulch to conserve moisture. Support plants with mesh, netting or trellis they can climb up.
EAT	Pick sugar snap and snow peas when pods are still flat; 'shelling' types when peas are felt through the pod (e.g. round and wrinkled peas). Pick often for more pods. Eat fresh or make a stir fry!



Grow Guide
Start seeds: <i>Outdoors; Feb-June</i>
Transplant: <i>Spring</i>
Average time to harvest: <i>10-14 weeks</i>
Equipment needed: <i>Trellis and mulch</i>
Germination time: <i>7-10 days</i>
Average plant size: <i>3 feet tall, 1 foot wide</i>
Grow with: <i>Radish, Spinach, Lettuce</i>
Nutrition Content: <i>Vitamin C, folate and fiber; 41 calories per cup</i>

grow your garden with CalFresh

PEAS

PLANT	Plant seeds 3/4 inch deep in pots and transplant, or plant seeds in garden 1-2 inches apart, in rows 2 feet apart.
GROW	Protect from birds. Keep young plants moist, increasing watering slightly after flowering starts. Mulch to conserve moisture. Support plants with mesh, netting or trellis they can climb up.
EAT	Pick sugar snap and snow peas when pods are still flat; 'shelling' types when peas are felt through the pod (e.g. round and wrinkled peas). Pick often for more pods. Eat fresh or make a stir fry!

Grow Guide
Start seeds: <i>Outdoors; Feb-June</i>
Transplant: <i>Spring</i>
Average time to harvest: <i>10-14 weeks</i>
Equipment needed: <i>Trellis and mulch</i>
Germination time: <i>7-10 days</i>
Average plant size: <i>3 feet tall, 1 foot wide</i>
Grow with: <i>Radish, Spinach, Lettuce</i>
Nutrition Content: <i>Vitamin C, folate and fiber; 41 calories per cup</i>



grow your garden with CalFresh

PEAS

PLANT	Plant seeds 3/4 inch deep in pots and transplant, or plant seeds in garden 1-2 inches apart, in rows 2 feet apart.
GROW	Protect from birds. Keep young plants moist, increasing watering slightly after flowering starts. Mulch to conserve moisture. Support plants with mesh, netting or trellis they can climb up.
EAT	Pick sugar snap and snow peas when pods are still flat; 'shelling' types when peas are felt through the pod (e.g. round and wrinkled peas). Pick often for more pods. Eat fresh or make a stir fry!



Grow Guide
Start seeds: <i>Outdoors; Feb-June</i>
Transplant: <i>Spring</i>
Average time to harvest: <i>10-14 weeks</i>
Equipment needed: <i>Trellis and mulch</i>
Germination time: <i>7-10 days</i>
Average plant size: <i>3 feet tall, 1 foot wide</i>
Grow with: <i>Radish, Spinach, Lettuce</i>
Nutrition Content: <i>Vitamin C, folate and fiber; 41 calories per cup</i>

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

grow your garden with CalFresh

Peppermint

PLANT	Mints are vigorous perennials that thrive in light soil with good drainage. Most will tolerate some shade.
GROW	Minimal care is needed for mint. For outdoor plants, use a light mulch. This will help keep the soil moist and keep the leaves clean. Frequent harvesting is the key to keeping mint plants at their best. Control spread of this herb.
EAT	Chop fresh leaves and sprinkle over peas, zucchini, fresh beans, marinades for summer vegetables, cold soups, fruit salads, and cheese. Brew for tea, dried or fresh.

Grow Guide

Planting:
Starts or cuttings, March-May.

Equipment needed:
In confined areas such as containers; top dress plants with a thin layer of compost or organic fertilizer every few months.

Average plant size:
12-24 inches

Grow with:
Cabbage and tomatoes in pots, if possible, in order to prevent it from spreading and stealing nutrients.



grow your garden with CalFresh

Peppermint

PLANT	Mints are vigorous perennials that thrive in light soil with good drainage. Most will tolerate some shade.
GROW	Minimal care is needed for mint. For outdoor plants, use a light mulch. This will help keep the soil moist and keep the leaves clean. Frequent harvesting is the key to keeping mint plants at their best. Control spread of this herb.
EAT	Chop fresh leaves and sprinkle over peas, zucchini, fresh beans, marinades for summer vegetables, cold soups, fruit salads, and cheese. Brew for tea, dried or fresh.

Grow Guide

Planting:
Starts or cuttings, March-May.

Equipment needed:
In confined areas such as containers; top dress plants with a thin layer of compost or organic fertilizer every few months.

Average plant size:
12-24 inches

Grow with:
Cabbage and tomatoes in pots, if possible, in order to prevent it from spreading and stealing nutrients.



grow your garden with CalFresh

Peppermint

PLANT	Mints are vigorous perennials that thrive in light soil with good drainage. Most will tolerate some shade.
GROW	Minimal care is needed for mint. For outdoor plants, use a light mulch. This will help keep the soil moist and keep the leaves clean. Frequent harvesting is the key to keeping mint plants at their best. Control spread of this herb.
EAT	Chop fresh leaves and sprinkle over peas, zucchini, fresh beans, marinades for summer vegetables, cold soups, fruit salads, and cheese. Brew for tea, dried or fresh.

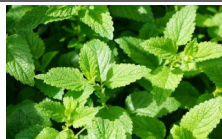
Grow Guide

Planting:
Starts or cuttings, March-May.

Equipment needed:
In confined areas such as containers; top dress plants with a thin layer of compost or organic fertilizer every few months.

Average plant size:
12-24 inches

Grow with:
Cabbage and tomatoes in pots, if possible, in order to prevent it from spreading and stealing nutrients.



grow your garden with CalFresh

Peppermint

PLANT	Mints are vigorous perennials that thrive in light soil with good drainage. Most will tolerate some shade.
GROW	Minimal care is needed for mint. For outdoor plants, use a light mulch. This will help keep the soil moist and keep the leaves clean. Frequent harvesting is the key to keeping mint plants at their best. Control spread of this herb.
EAT	Chop fresh leaves and sprinkle over peas, zucchini, fresh beans, marinades for summer vegetables, cold soups, fruit salads, and cheese. Brew for tea, dried or fresh.

Grow Guide

Planting:
Starts or cuttings, March-May.

Equipment needed:
In confined areas such as containers; top dress plants with a thin layer of compost or organic fertilizer every few months.

Average plant size:
12-24 inches

Grow with:
Cabbage and tomatoes in pots, if possible, in order to prevent it from spreading and stealing nutrients.



Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

grow your garden with CalFresh

PEPPERS

PLANT	Start seeds indoors, planting 1/4 inch deep. Transplant 18-24 inches apart when 65-70 degrees. Need warm temperatures to grow (do best inland or in a greenhouse on the coast.)
GROW	Stake to support plants from bending. Fertilize after first fruit starts to grow. Keep soil moist and well drained.
EAT	Start picking when fruits are glossy and develop mature color. Leave peppers on plant longer for a sweeter taste. Pick often to encourage more growth.



Grow Guide

Start seeds:
March-April

Transplant:
June-July

Average time to harvest:
20 weeks

Equipment needed:
Stakes or twine

Germination time:
14-20 days

Average plant size:
1 x 2 feet

Grow with:
tomato

Nutrition Content:
Vitamins A & C

grow your garden with CalFresh

PEPPERS

PLANT	Start seeds indoors, planting 1/4 inch deep. Transplant 18-24 inches apart when 65-70 degrees. Need warm temperatures to grow (do best inland or in a greenhouse on the coast.)
GROW	Stake to support plants from bending. Fertilize after first fruit starts to grow. Keep soil moist and well drained.
EAT	Start picking when fruits are glossy and develop mature color. Leave peppers on plant longer for a sweeter taste. Pick often to encourage more growth.



Grow Guide

Start seeds:
March-April

Transplant:
June-July

Average time to harvest:
20 weeks

Equipment needed:
Stakes or twine

Germination time:
14-20 days

Average plant size:
1 x 2 feet

Grow with:
tomato

Nutrition Content:
Vitamins A & C

grow your garden with CalFresh

PEPPERS

PLANT	Start seeds indoors, planting 1/4 inch deep. Transplant 18-24 inches apart when 65-70 degrees. Need warm temperatures to grow (do best inland or in a greenhouse on the coast.)
GROW	Stake to support plants from bending. Fertilize after first fruit starts to grow. Keep soil moist and well drained.
EAT	Start picking when fruits are glossy and develop mature color. Leave peppers on plant longer for a sweeter taste. Pick often to encourage more growth.



Grow Guide

Start seeds:
March-April

Transplant:
June-July

Average time to harvest:
20 weeks

Equipment needed:
Stakes or twine

Germination time:
14-20 days

Average plant size:
1 x 2 feet

Grow with:
tomato

Nutrition Content:
Vitamins A & C

grow your garden with CalFresh

PEPPERS

PLANT	Start seeds indoors, planting 1/4 inch deep. Transplant 18-24 inches apart when 65-70 degrees. Need warm temperatures to grow (do best inland or in a greenhouse on the coast.)
GROW	Stake to support plants from bending. Fertilize after first fruit starts to grow. Keep soil moist and well drained.
EAT	Start picking when fruits are glossy and develop mature color. Leave peppers on plant longer for a sweeter taste. Pick often to encourage more growth.



Grow Guide

Start seeds:
March-April

Transplant:
June-July

Average time to harvest:
20 weeks

Equipment needed:
Stakes or twine

Germination time:
14-20 days

Average plant size:
1 x 2 feet

Grow with:
tomato

Nutrition Content:
Vitamins A & C

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

cultiva tu
jardín
con CalFresh

CHILES

PLANTA	Inicie las semillas adentro, cultivando a 1/4 de pulgada de profundidad. Sembrar a 18-24 pulgadas de distancia. Necesitan temperaturas cálidas para crecer (65-70 grados F).
CULTIVA	Fije el tallo de cada planta a estaca para evitar que las plantas se doblen. Fertilizar después de que empiecen a crecer. Mantenga tierra húmeda y bien drenada.
COME	Empiece a cortar cuando los frutos estén brillantes. Dejar los chiles en la planta por más tiempo ase que tengan un sabor más dulce. Recoger con frecuencia para animar a que crezcan.



Guía Para Cultivar

Empezar a sembrar:
Marzo - Abril

Plantar: Junio - Julio

Tiempo de cultivo:
20 semanas

Equipo necesario:
Estacas o cordeles para sostener los tallos

Tiempo de germinación:
14 - 20 días

Tamaño de planta:
1 x 2 pies

Cultivar con: Tomate

Contenido nutricional:
Vitaminas A y C

cultiva tu
jardín
con CalFresh

CHILES

PLANTA	Inicie las semillas adentro, cultivando a 1/4 de pulgada de profundidad. Sembrar a 18-24 pulgadas de distancia. Necesitan temperaturas cálidas para crecer (65-70 grados F).
CULTIVA	Fije el tallo de cada planta a estaca para evitar que las plantas se doblen. Fertilizar después de que empiecen a crecer. Mantenga tierra húmeda y bien drenada.
COME	Empiece a cortar cuando los frutos estén brillantes. Dejar los chiles en la planta por más tiempo ase que tengan un sabor más dulce. Recoger con frecuencia para animar a que crezcan.



Guía Para Cultivar

Empezar a sembrar:
Marzo - Abril

Plantar: Junio - Julio

Tiempo de cultivo:
20 semanas

Equipo necesario:
Estacas o cordeles para sostener los tallos

Tiempo de germinación:
14 - 20 días

Tamaño de planta:
1 x 2 pies

Cultivar con: Tomate

Contenido nutricional:
Vitaminas A y C

cultiva tu
jardín
con CalFresh

CHILES

PLANTA	Inicie las semillas adentro, cultivando a 1/4 de pulgada de profundidad. Sembrar a 18-24 pulgadas de distancia. Necesitan temperaturas cálidas para crecer (65-70 grados F).
CULTIVA	Fije el tallo de cada planta a estaca para evitar que las plantas se doblen. Fertilizar después de que empiecen a crecer. Mantenga tierra húmeda y bien drenada.
COME	Empiece a cortar cuando los frutos estén brillantes. Dejar los chiles en la planta por más tiempo ase que tengan un sabor más dulce. Recoger con frecuencia para animar a que crezcan.



Guía Para Cultivar

Empezar a sembrar:
Marzo - Abril

Plantar: Junio - Julio

Tiempo de cultivo:
20 semanas

Equipo necesario:
Estacas o cordeles para sostener los tallos

Tiempo de germinación:
14 - 20 días

Tamaño de planta:
1 x 2 pies

Cultivar con: Tomate

Contenido nutricional:
Vitaminas A y C

cultiva tu
jardín
con CalFresh

CHILES

PLANTA	Inicie las semillas adentro, cultivando a 1/4 de pulgada de profundidad. Sembrar a 18-24 pulgadas de distancia. Necesitan temperaturas cálidas para crecer (65-70 grados F).
CULTIVA	Fije el tallo de cada planta a estaca para evitar que las plantas se doblen. Fertilizar después de que empiecen a crecer. Mantenga tierra húmeda y bien drenada.
COME	Empiece a cortar cuando los frutos estén brillantes. Dejar los chiles en la planta por más tiempo ase que tengan un sabor más dulce. Recoger con frecuencia para animar a que crezcan.



Guía Para Cultivar

Empezar a sembrar:
Marzo - Abril

Plantar: Junio - Julio

Tiempo de cultivo:
20 semanas

Equipo necesario:
Estacas o cordeles para sostener los tallos

Tiempo de germinación:
14 - 20 días

Tamaño de planta:
1 x 2 pies

Cultivar con: Tomate

Contenido nutricional:
Vitaminas A y C

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

grow your garden with CalFresh

POTATOES

PLANT	Buy disease-free seed potatoes. Medium-small “seed” potatoes are ideal, because you don’t need to cut them. Space 10-12 in. apart and cover with no more than 4-inches of soil.
GROW	Once stems have grown 8-inches tall, bury the bottom 4-inches, this is called ‘hilling.’ Repeat until stems begin to flower. This allows the plant to produce more potatoes.
EAT	Potatoes are done growing when the plant flowers. If you dig up then, they will have thin skins (“new potatoes”) good for fresh eating in soups or roasted. To get potatoes that store well, wait until the plants turn brown and die. They will have thicker skins. Try sautéing potatoes with bell pepper and zucchini for a quick & healthy stir-fry.

Grow Guide	
Start seeds:	Mid-March—Mid-May
Average time to harvest:	3-months
Germination time:	Seed potatoes sprout in 2 weeks
Average plant size:	28 inches
Grow with:	tomatoes, eggplant
Nutrition Content:	Vitamin C and fiber



Adapted from *The Humboldt Kitchen Gardener* by Eddie Tanner

grow your garden with CalFresh

POTATOES

PLANT	Buy disease-free seed potatoes. Medium-small “seed” potatoes are ideal, because you don’t need to cut them. Space 10-12 in. apart and cover with no more than 4-inches of soil.
GROW	Once stems have grown 8-inches tall, bury the bottom 4-inches, this is called ‘hilling.’ Repeat until stems begin to flower. This allows the plant to produce more potatoes.
EAT	Potatoes are done growing when the plant flowers. If you dig up then, they will have thin skins (“new potatoes”) good for fresh eating in soups or roasted. To get potatoes that store well, wait until the plants turn brown and die. They will have thicker skins. Try sautéing potatoes with bell pepper and zucchini for a quick & healthy stir-fry.

Grow Guide	
Start seeds:	Mid-March—Mid-May
Average time to harvest:	3-months
Germination time:	Seed potatoes sprout in 2 weeks
Average plant size:	28 inches
Grow with:	tomatoes, eggplant
Nutrition Content:	Vitamin C and fiber



Adapted from *The Humboldt Kitchen Gardener* by Eddie Tanner

grow your garden with CalFresh

POTATOES

PLANT	Buy disease-free seed potatoes. Medium-small “seed” potatoes are ideal, because you don’t need to cut them. Space 10-12 in. apart and cover with no more than 4-inches of soil.
GROW	Once stems have grown 8-inches tall, bury the bottom 4-inches, this is called ‘hilling.’ Repeat until stems begin to flower. This allows the plant to produce more potatoes.
EAT	Potatoes are done growing when the plant flowers. If you dig up then, they will have thin skins (“new potatoes”) good for fresh eating in soups or roasted. To get potatoes that store well, wait until the plants turn brown and die. They will have thicker skins. Try sautéing potatoes with bell pepper and zucchini for a quick & healthy stir-fry.

Grow Guide	
Start seeds:	Mid-March—Mid-May
Average time to harvest:	3-months
Germination time:	Seed potatoes sprout in 2 weeks
Average plant size:	28 inches
Grow with:	tomatoes, eggplant
Nutrition Content:	Vitamin C and fiber



Adapted from *The Humboldt Kitchen Gardener* by Eddie Tanner

grow your garden with CalFresh

POTATOES

PLANT	Buy disease-free seed potatoes. Medium-small “seed” potatoes are ideal, because you don’t need to cut them. Space 10-12 in. apart and cover with no more than 4-inches of soil.
GROW	Once stems have grown 8-inches tall, bury the bottom 4-inches, this is called ‘hilling.’ Repeat until stems begin to flower. This allows the plant to produce more potatoes.
EAT	Potatoes are done growing when the plant flowers. If you dig up then, they will have thin skins (“new potatoes”) good for fresh eating in soups or roasted. To get potatoes that store well, wait until the plants turn brown and die. They will have thicker skins. Try sautéing potatoes with bell pepper and zucchini for a quick & healthy stir-fry.

Grow Guide	
Start seeds:	Mid-March—Mid-May
Average time to harvest:	3-months
Germination time:	Seed potatoes sprout in 2 weeks
Average plant size:	28 inches
Grow with:	tomatoes, eggplant
Nutrition Content:	Vitamin C and fiber



Adapted from *The Humboldt Kitchen Gardener* by Eddie Tanner

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

cultiva tu
jardín
con calfresh

PAPAS

PLANTA	Compre papas de siembra libres de enfermedades. Las semillas de tamaño medio son ideales, ya que no es necesario cortarlas. Sepáralas a 10-12 pulgadas y cúbrealas con no más de 4 pulgadas de tierra.
CULTIVA	Una vez que los tallos hayan crecido 8 pulgadas de altura, entiérrelos 4 pulgadas. Repita este paso hasta que los tallos comiencen a florecer. Esto permite a la planta producir más papas.
COME	Las papas terminan de crecer cuando la planta florece. Si se desentierra entonces, tendrán pieles finas ("papas nuevas") - buenas para comerlas en sopas o asadas. Para conservar, hay que esperar a que las plantas se vuelvan café y mueran. Entonces las papas tendrán una piel más gruesa.

Guía Para Cultivar

Empezar a sembrar:
Mediados de marzo-
mediados de mayo

Tiempo de cosechar:
3 meses

Tiempo de germinación: 2 semanas

Tamaño de plantas:
28 pulgadas

Cultiva con:
tomates, berenjenas

Contenido nutricional: Vitamina C y fibra

 **Food for People**
The Food Bank for Humboldt County



 **CalFresh**
FOOD

Adapted from *The Humboldt Kitchen Gardener* by Eddie Tanner



cultiva tu
jardín
con calfresh

PAPAS

PLANTA	Compre papas de siembra libres de enfermedades. Las semillas de tamaño medio son ideales, ya que no es necesario cortarlas. Sepáralas a 10-12 pulgadas y cúbrealas con no más de 4 pulgadas de tierra.
CULTIVA	Una vez que los tallos hayan crecido 8 pulgadas de altura, entiérrelos 4 pulgadas. Repita este paso hasta que los tallos comiencen a florecer. Esto permite a la planta producir más papas.
COME	Las papas terminan de crecer cuando la planta florece. Si se desentierra entonces, tendrán pieles finas ("papas nuevas") - buenas para comerlas en sopas o asadas. Para conservar, hay que esperar a que las plantas se vuelvan café y mueran. Entonces las papas tendrán una piel más gruesa.

Guía Para Cultivar

Empezar a sembrar:
Mediados de marzo-
mediados de mayo

Tiempo de cosechar:
3 meses

Tiempo de germinación: 2 semanas

Tamaño de plantas:
28 pulgadas

Cultiva con:
tomates, berenjenas

Contenido nutricional: Vitamina C y fibra

 **Food for People**
The Food Bank for Humboldt County



 **CalFresh**
FOOD

Adapted from *The Humboldt Kitchen Gardener* by Eddie Tanner



cultiva tu
jardín
con calfresh

PAPAS

PLANTA	Compre papas de siembra libres de enfermedades. Las semillas de tamaño medio son ideales, ya que no es necesario cortarlas. Sepáralas a 10-12 pulgadas y cúbrealas con no más de 4 pulgadas de tierra.
CULTIVA	Una vez que los tallos hayan crecido 8 pulgadas de altura, entiérrelos 4 pulgadas. Repita este paso hasta que los tallos comiencen a florecer. Esto permite a la planta producir más papas.
COME	Las papas terminan de crecer cuando la planta florece. Si se desentierra entonces, tendrán pieles finas ("papas nuevas") - buenas para comerlas en sopas o asadas. Para conservar, hay que esperar a que las plantas se vuelvan café y mueran. Entonces las papas tendrán una piel más gruesa.

Guía Para Cultivar

Empezar a sembrar:
Mediados de marzo-
mediados de mayo

Tiempo de cosechar:
3 meses

Tiempo de germinación: 2 semanas

Tamaño de plantas:
28 pulgadas

Cultiva con:
tomates, berenjenas

Contenido nutricional: Vitamina C y fibra

 **Food for People**
The Food Bank for Humboldt County



 **CalFresh**
FOOD

Adapted from *The Humboldt Kitchen Gardener* by Eddie Tanner



cultiva tu
jardín
con calfresh

PAPAS

PLANTA	Compre papas de siembra libres de enfermedades. Las semillas de tamaño medio son ideales, ya que no es necesario cortarlas. Sepáralas a 10-12 pulgadas y cúbrealas con no más de 4 pulgadas de tierra.
CULTIVA	Una vez que los tallos hayan crecido 8 pulgadas de altura, entiérrelos 4 pulgadas. Repita este paso hasta que los tallos comiencen a florecer. Esto permite a la planta producir más papas.
COME	Las papas terminan de crecer cuando la planta florece. Si se desentierra entonces, tendrán pieles finas ("papas nuevas") - buenas para comerlas en sopas o asadas. Para conservar, hay que esperar a que las plantas se vuelvan café y mueran. Entonces las papas tendrán una piel más gruesa.

Guía Para Cultivar

Empezar a sembrar:
Mediados de marzo-
mediados de mayo

Tiempo de cosechar:
3 meses

Tiempo de germinación: 2 semanas

Tamaño de plantas:
28 pulgadas

Cultiva con:
tomates, berenjenas

Contenido nutricional: Vitamina C y fibra

 **Food for People**
The Food Bank for Humboldt County



 **CalFresh**
FOOD

Adapted from *The Humboldt Kitchen Gardener* by Eddie Tanner



Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

grow your garden with CalFresh

RADISHES

PLANT	Plant seeds directly in garden one week before or after the last spring frost. Plant seeds 1/2 inch deep and 1 inch apart. Plant every two weeks to have a continual harvest. Radishes prefer full sun. If they are shaded, they will put all of their energy into producing leaves.
GROW	Radishes require well drained and watered soil. At 1 week old, thin (remove some plants to make room for others to grow) to 1 inch apart.
EAT	Radishes can be harvested or “pulled” when they are ready at around 3 weeks. Don’t let radishes stay in the ground for too long—that’s how they lose their flavor. Add radishes to salads, a stir-fry, or even try pickling them!

Grow Guide
Sow seeds: Spring
Average time to harvest: 20-30 days
Germination time: 3-4 days
Grow with: Beets
Nutrition Content: Vitamin C
Storage: Cut leaves immediately after harvesting. Store in an air-tight container or bag. Put radishes in fridge or cool storage space.



Adapted from www.almanac.com/plant/radishes

grow your garden with CalFresh

RADISHES

PLANT	Plant seeds directly in garden one week before or after the last spring frost. Plant seeds 1/2 inch deep and 1 inch apart. Plant every two weeks to have a continual harvest. Radishes prefer full sun. If they are shaded, they will put all of their energy into producing leaves.
GROW	Radishes require well drained and watered soil. At 1 week old, thin (remove some plants to make room for others to grow) to 1 inch apart.
EAT	Radishes can be harvested or “pulled” when they are ready at around 3 weeks. Don’t let radishes stay in the ground for too long—that’s how they lose their flavor. Add radishes to salads, a stir-fry, or even try pickling them!



Adapted from www.almanac.com/plant/radishes

Grow Guide
Sow seeds: Spring
Average time to harvest: 20-30 days
Germination time: 3-4 days
Grow with: Beets
Nutrition Content: Vitamin C
Storage: Cut leaves immediately after harvesting. Store in an air-tight container or bag. Put radishes in fridge or cool storage space.

grow your garden with CalFresh

RADISHES

PLANT	Plant seeds directly in garden one week before or after the last spring frost. Plant seeds 1/2 inch deep and 1 inch apart. Plant every two weeks to have a continual harvest. Radishes prefer full sun. If they are shaded, they will put all of their energy into producing leaves.
GROW	Radishes require well drained and watered soil. At 1 week old, thin (remove some plants to make room for others to grow) to 1 inch apart.
EAT	Radishes can be harvested or “pulled” when they are ready at around 3 weeks. Don’t let radishes stay in the ground for too long—that’s how they lose their flavor. Add radishes to salads, a stir-fry, or even try pickling them!

Grow Guide
Sow seeds: Spring
Average time to harvest: 20-30 days
Germination time: 3-4 days
Grow with: Beets
Nutrition Content: Vitamin C
Storage: Cut leaves immediately after harvesting. Store in an air-tight container or bag. Put radishes in fridge or cool storage space.



Adapted from www.almanac.com/plant/radishes

grow your garden with CalFresh

RADISHES

PLANT	Plant seeds directly in garden one week before or after the last spring frost. Plant seeds 1/2 inch deep and 1 inch apart. Plant every two weeks to have a continual harvest. Radishes prefer full sun. If they are shaded, they will put all of their energy into producing leaves.
GROW	Radishes require well drained and watered soil. At 1 week old, thin (remove some plants to make room for others to grow) to 1 inch apart.
EAT	Radishes can be harvested or “pulled” when they are ready at around 3 weeks. Don’t let radishes stay in the ground for too long—that’s how they lose their flavor. Add radishes to salads, a stir-fry, or even try pickling them!



Adapted from www.almanac.com/plant/radishes

Grow Guide
Sow seeds: Spring
Average time to harvest: 20-30 days
Germination time: 3-4 days
Grow with: Beets
Nutrition Content: Vitamin C
Storage: Cut leaves immediately after harvesting. Store in an air-tight container or bag. Put radishes in fridge or cool storage space.

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

cultiva tu
jardín
con calfresh

RABANOS

PLANTA	Plante las semillas directamente en el jardín una semana antes o después de la última helada de primavera. Plante las semillas a 1/2 pulgada de profundidad y con una separación de 1 pulgada. Siembra cada dos semanas para tener una cosecha continua. Los rábanos prefieren estar a pleno sol. Si están en la sombra, dedicarán toda su energía a producir hojas.
CULTIVA	Los rábanos requieren tierra bien drenada y regada. La primera semana, elimine algunas plantas para dejar espacio a otras para que crezcan a 1 pulgada de distancia.
COME	Los rábanos pueden ser cosechados o "arrancados" cuando estén listos, alrededor de las 3 semanas. No dejes que los rábanos permanezcan en la tierra, o pierden su sabor.

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD



Guía Para Cultivar

Siembra las semillas:
Primavera

Tiempo para cosechar: 20-30 días

Tiempo de Germinación: 3-4 días

Cultivar con:
Remolacha

Contenido nutricional: Vitamina C

Conservación: Cortar las hojas inmediatamente después de la cosecha. Guardar en un frasco o bolsa hermética. Poner los rábanos en el refrigerador o en un lugar fresco.

cultiva tu
jardín
con calfresh

RABANOS

PLANTA	Plante las semillas directamente en el jardín una semana antes o después de la última helada de primavera. Plante las semillas a 1/2 pulgada de profundidad y con una separación de 1 pulgada. Siembra cada dos semanas para tener una cosecha continua. Los rábanos prefieren estar a pleno sol. Si están en la sombra, dedicarán toda su energía a producir hojas.
CULTIVA	Los rábanos requieren tierra bien drenada y regada. La primera semana, elimine algunas plantas para dejar espacio a otras para que crezcan a 1 pulgada de distancia.
COME	Los rábanos pueden ser cosechados o "arrancados" cuando estén listos, alrededor de las 3 semanas. No dejes que los rábanos permanezcan en la tierra, o pierden su sabor.

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD



Guía Para Cultivar

Siembra las semillas:
Primavera

Tiempo para cosechar: 20-30 días

Tiempo de Germinación: 3-4 días

Cultivar con:
Remolacha

Contenido nutricional: Vitamina C

Conservación: Cortar las hojas inmediatamente después de la cosecha. Guardar en un frasco o bolsa hermética. Poner los rábanos en el refrigerador o en un lugar fresco.

cultiva tu
jardín
con calfresh

RABANOS

PLANTA	Plante las semillas directamente en el jardín una semana antes o después de la última helada de primavera. Plante las semillas a 1/2 pulgada de profundidad y con una separación de 1 pulgada. Siembra cada dos semanas para tener una cosecha continua. Los rábanos prefieren estar a pleno sol. Si están en la sombra, dedicarán toda su energía a producir hojas.
CULTIVA	Los rábanos requieren tierra bien drenada y regada. La primera semana, elimine algunas plantas para dejar espacio a otras para que crezcan a 1 pulgada de distancia.
COME	Los rábanos pueden ser cosechados o "arrancados" cuando estén listos, alrededor de las 3 semanas. No dejes que los rábanos permanezcan en la tierra, o pierden su sabor.

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD



Guía Para Cultivar

Siembra las semillas:
Primavera

Tiempo para cosechar: 20-30 días

Tiempo de Germinación: 3-4 días

Cultivar con:
Remolacha

Contenido nutricional: Vitamina C

Conservación: Cortar las hojas inmediatamente después de la cosecha. Guardar en un frasco o bolsa hermética. Poner los rábanos en el refrigerador o en un lugar fresco.

cultiva tu
jardín
con calfresh

RABANOS

PLANTA	Plante las semillas directamente en el jardín una semana antes o después de la última helada de primavera. Plante las semillas a 1/2 pulgada de profundidad y con una separación de 1 pulgada. Siembra cada dos semanas para tener una cosecha continua. Los rábanos prefieren estar a pleno sol. Si están en la sombra, dedicarán toda su energía a producir hojas.
CULTIVA	Los rábanos requieren tierra bien drenada y regada. La primera semana, elimine algunas plantas para dejar espacio a otras para que crezcan a 1 pulgada de distancia.
COME	Los rábanos pueden ser cosechados o "arrancados" cuando estén listos, alrededor de las 3 semanas. No dejes que los rábanos permanezcan en la tierra, o pierden su sabor.

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD



Guía Para Cultivar

Siembra las semillas:
Primavera

Tiempo para cosechar: 20-30 días

Tiempo de Germinación: 3-4 días

Cultivar con:
Remolacha

Contenido nutricional: Vitamina C

Conservación: Cortar las hojas inmediatamente después de la cosecha. Guardar en un frasco o bolsa hermética. Poner los rábanos en el refrigerador o en un lugar fresco.

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

grow your garden with CalFresh

Salal

PLANT	Seeds should be sown in the fall, directly in the garden where they are to grow, in partial shade and planted in a rich, well draining, acidic soil.
GROW	Water regularly and thoroughly during the dry months. Prune to remove dead wood or to cut back an overgrown plant in the spring.
EAT	Berries are used in jellies, pies, and cakes. Young offshoots give soup a distinct and desirable flavor.

 **Food for People**
The Food Bank for Humboldt County



Grow Guide

Start seeds:
Early Fall. Plant seeds or rhizome cuttings directly in soil.

Average time to harvest: Bell-shaped flowers are produced on reddish, 6 inch stalks in spring, and form dark purple berries that are ready to eat fall/winter.

Average plant size:
Low growing (2-8 ft.) evergreen shrubs

Grow with: Other native plants such as ferns, rhododendrons, and azaleas.

Nutrition Content:
Rich in antioxidants and tannin.

grow your garden with CalFresh

Salal

PLANT	Seeds should be sown in the fall, directly in the garden where they are to grow, in partial shade and planted in a rich, well draining, acidic soil.
GROW	Water regularly and thoroughly during the dry months. Prune to remove dead wood or to cut back an overgrown plant in the spring.
EAT	Berries are used in jellies, pies, and cakes. Young offshoots give soup a distinct and desirable flavor.

 **Food for People**
The Food Bank for Humboldt County



Grow Guide

Start seeds:
Early Fall. Plant seeds or rhizome cuttings directly in soil.

Average time to harvest: Bell-shaped flowers are produced on reddish, 6 inch stalks in spring, and form dark purple berries that are ready to eat fall/winter.

Average plant size:
Low growing (2-8 ft.) evergreen shrubs

Grow with: Other native plants such as ferns, rhododendrons, and azaleas.

Nutrition Content:
Rich in antioxidants and tannin.

grow your garden with CalFresh

Salal

PLANT	Seeds should be sown in the fall, directly in the garden where they are to grow, in partial shade and planted in a rich, well draining, acidic soil.
GROW	Water regularly and thoroughly during the dry months. Prune to remove dead wood or to cut back an overgrown plant in the spring.
EAT	Berries are used in jellies, pies, and cakes. Young offshoots give soup a distinct and desirable flavor.

 **Food for People**
The Food Bank for Humboldt County



Grow Guide

Start seeds:
Early Fall. Plant seeds or rhizome cuttings directly in soil.

Average time to harvest: Bell-shaped flowers are produced on reddish, 6 inch stalks in spring, and form dark purple berries that are ready to eat fall/winter.

Average plant size:
Low growing (2-8 ft.) evergreen shrubs

Grow with: Other native plants such as ferns, rhododendrons, and azaleas.

Nutrition Content:
Rich in antioxidants and tannin.

grow your garden with CalFresh

Salal

PLANT	Seeds should be sown in the fall, directly in the garden where they are to grow, in partial shade and planted in a rich, well draining, acidic soil.
GROW	Water regularly and thoroughly during the dry months. Prune to remove dead wood or to cut back an overgrown plant in the spring.
EAT	Berries are used in jellies, pies, and cakes. Young offshoots give soup a distinct and desirable flavor.

 **Food for People**
The Food Bank for Humboldt County



Grow Guide

Start seeds:
Early Fall. Plant seeds or rhizome cuttings directly in soil.

Average time to harvest: Bell-shaped flowers are produced on reddish, 6 inch stalks in spring, and form dark purple berries that are ready to eat fall/winter.

Average plant size:
Low growing (2-8 ft.) evergreen shrubs

Grow with: Other native plants such as ferns, rhododendrons, and azaleas.

Nutrition Content:
Rich in antioxidants and tannin.

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

grow your garden with CalFresh

Salmonberry

Grow Guide

Transplant:
Cuttings: fall.

Average time of berry harvest:
May-August.

Average plant size:
6 ft.

Grow with: *lettuce, rhubarb, asparagus, chard, cilantro, mint, catnip*

Nutrition Content:
Vitamins A, C, and B6. Good source of fiber.



PLANT	Take cuttings in fall, as the plant goes dormant, 4 to 8 inches long, containing 4 or more buds per piece. Stick the cuttings into potting soil or moist sand with two buds below the surface of the soil and two buds above.
GROW	Plant in moist places with full to partial shade. Prune severely in the winter to encourage new growth the following spring. One inch water weekly, especially during berry set & ripening.
EAT	Orange-red berries can be eaten raw, mixed with meat or dried salmon, and made into jam. Growing shoots can be eaten raw or steamed.



grow your garden with CalFresh

Salmonberry

Grow Guide

Transplant:
Cuttings: fall.

Average time of berry harvest:
May-August.

Average plant size:
6 ft.

Grow with: *lettuce, rhubarb, asparagus, chard, cilantro, mint, catnip*

Nutrition Content:
Vitamins A, C, and B6. Good source of fiber.



PLANT	Take cuttings in fall, as the plant goes dormant, 4 to 8 inches long, containing 4 or more buds per piece. Stick the cuttings into potting soil or moist sand with two buds below the surface of the soil and two buds above.
GROW	Plant in moist places with full to partial shade. Prune severely in the winter to encourage new growth the following spring. One inch water weekly, especially during berry set & ripening.
EAT	Orange-red berries can be eaten raw, mixed with meat or dried salmon, and made into jam. Growing shoots can be eaten raw or steamed.



grow your garden with CalFresh

Salmonberry

Grow Guide

Transplant:
Cuttings: fall.

Average time of berry harvest:
May-August.

Average plant size:
6 ft.

Grow with: *lettuce, rhubarb, asparagus, chard, cilantro, mint, catnip*

Nutrition Content:
Vitamins A, C, and B6. Good source of fiber.



PLANT	Take cuttings in fall, as the plant goes dormant, 4 to 8 inches long, containing 4 or more buds per piece. Stick the cuttings into potting soil or moist sand with two buds below the surface of the soil and two buds above.
GROW	Plant in moist places with full to partial shade. Prune severely in the winter to encourage new growth the following spring. One inch water weekly, especially during berry set & ripening.
EAT	Orange-red berries can be eaten raw, mixed with meat or dried salmon, and made into jam. Growing shoots can be eaten raw or steamed.



grow your garden with CalFresh

Salmonberry

Grow Guide

Transplant:
Cuttings: fall.

Average time of berry harvest:
May-August.

Average plant size:
6 ft.

Grow with: *lettuce, rhubarb, asparagus, chard, cilantro, mint, catnip*

Nutrition Content:
Vitamins A, C, and B6. Good source of fiber.



PLANT	Take cuttings in fall, as the plant goes dormant, 4 to 8 inches long, containing 4 or more buds per piece. Stick the cuttings into potting soil or moist sand with two buds below the surface of the soil and two buds above.
GROW	Plant in moist places with full to partial shade. Prune severely in the winter to encourage new growth the following spring. One inch water weekly, especially during berry set & ripening.
EAT	Orange-red berries can be eaten raw, mixed with meat or dried salmon, and made into jam. Growing shoots can be eaten raw or steamed.



Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

grow your garden with CalFresh

SPINACH

PLANT	Spinach is a hearty plant that can withstand cold temperatures on the North Coast. Plant in early spring, as well as fall and winter. Sow seeds directly in garden rows, 1 inch deep, with 12 seeds per foot, in full sun or partial shade. Plant in soil no warmer than 70 degrees for germination.
GROW	When seedlings sprout to 2 inches, thin them (remove plants so others can grow) to be 3-4 inches apart. Fertilize only if needed and provide regular, even watering.
EAT	Harvest when leaves reach desired size. Don't wait too long, or leaves will become bitter. Harvest whole plant or individual leaves. Add to salads, soups, or try sautéing with garlic and olive oil!



Adapted from www.almanac.com/plant/spinach

Grow Guide

Sow seeds:
March—September

Average time to harvest: 35-45 days after sowing seeds

Germination time: 12-20 days, takes more time the warmer the soil

Grow with: Broccoli, strawberries, kohlrabi

Nutrition Content: Vitamin A,B,C and iron

Storage: Store in refrigerator for up to a week after harvest, in air-tight container. Wash before eating and enjoy!

grow your garden with CalFresh

SPINACH

PLANT	Spinach is a hearty plant that can withstand cold temperatures on the North Coast. Plant in early spring, as well as fall and winter. Sow seeds directly in garden rows, 1 inch deep, with 12 seeds per foot, in full sun or partial shade. Plant in soil no warmer than 70 degrees for germination.
GROW	When seedlings sprout to 2 inches, thin them (remove plants so others can grow) to be 3-4 inches apart. Fertilize only if needed and provide regular, even watering.
EAT	Harvest when leaves reach desired size. Don't wait too long, or leaves will become bitter. Harvest whole plant or individual leaves. Add to salads, soups, or try sautéing with garlic and olive oil!



Adapted from www.almanac.com/plant/spinach

Grow Guide

Sow seeds:
March—September

Average time to harvest: 35-45 days after sowing seeds

Germination time: 12-20 days, takes more time the warmer the soil

Grow with: Broccoli, strawberries, kohlrabi

Nutrition Content: Vitamin A,B,C and iron

Storage: Store in refrigerator for up to a week after harvest, in air-tight container. Wash before eating and enjoy!

grow your garden with CalFresh

SPINACH

PLANT	Spinach is a hearty plant that can withstand cold temperatures on the North Coast. Plant in early spring, as well as fall and winter. Sow seeds directly in garden rows, 1 inch deep, with 12 seeds per foot, in full sun or partial shade. Plant in soil no warmer than 70 degrees for germination.
GROW	When seedlings sprout to 2 inches, thin them (remove plants so others can grow) to be 3-4 inches apart. Fertilize only if needed and provide regular, even watering.
EAT	Harvest when leaves reach desired size. Don't wait too long, or leaves will become bitter. Harvest whole plant or individual leaves. Add to salads, soups, or try sautéing with garlic and olive oil!



Adapted from www.almanac.com/plant/spinach

Grow Guide

Sow seeds:
March—September

Average time to harvest: 35-45 days after sowing seeds

Germination time: 12-20 days, takes more time the warmer the soil

Grow with: Broccoli, strawberries, kohlrabi

Nutrition Content: Vitamin A,B,C and iron

Storage: Store in refrigerator for up to a week after harvest, in air-tight container. Wash before eating and enjoy!

grow your garden with CalFresh

SPINACH

PLANT	Spinach is a hearty plant that can withstand cold temperatures on the North Coast. Plant in early spring, as well as fall and winter. Sow seeds directly in garden rows, 1 inch deep, with 12 seeds per foot, in full sun or partial shade. Plant in soil no warmer than 70 degrees for germination.
GROW	When seedlings sprout to 2 inches, thin them (remove plants so others can grow) to be 3-4 inches apart. Fertilize only if needed and provide regular, even watering.
EAT	Harvest when leaves reach desired size. Don't wait too long, or leaves will become bitter. Harvest whole plant or individual leaves. Add to salads, soups, or try sautéing with garlic and olive oil!



Adapted from www.almanac.com/plant/spinach

Grow Guide

Sow seeds:
March—September

Average time to harvest: 35-45 days after sowing seeds

Germination time: 12-20 days, takes more time the warmer the soil

Grow with: Broccoli, strawberries, kohlrabi

Nutrition Content: Vitamin A,B,C and iron

Storage: Store in refrigerator for up to a week after harvest, in air-tight container. Wash before eating and enjoy!

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

cultiva tu
jardín
con CalFresh

ESPINACA

PLANTA	La espinaca es una planta resistente que soporta fría temperaturas de la costa norte. Planta a principios de la primavera, también en otoño o invierno. Siembre las semillas directamente en hileras de jardín, a 1 pulgada de profundidad, con 12 semillas por pie, a pleno sol o en sombra parcial. Plántelas en tierra que no supere los 70 grados para su germinación.
CULTIVA	Cuando las plántulas broten a 2 pulgadas, retire las plantas para que otras puedan crecer. Que estén a 3-4 pulgadas de distancia. Abona sólo si es necesario y riega regularmente.
COME	Cosecha cuando las hojas alcancen el tamaño deseado. No esperar mucho tiempo, o las hojas se volverán amargas. Coseche la planta entera o las hojas individuales. Añádelas a ensaladas, sopas o prueba a saltearlas con ajo y aceite de oliva.

Guía Para Cultivar
Siembra las semillas: Marzo-septiembre
Tiempo para cosecha: 35-45 días después de sembrar las semillas
Tiempo de germinación: 12-20 días, tarda más tiempo lo más caliente la tierra
Cultivar con: Brócoli, fresas, colirrábano
Contenido nutricional: Vitamina A,B,C y hierro
Contenido nutricional: Vitamina A, B, C y hierro



cultiva tu
jardín
con CalFresh

ESPINACA

PLANTA	La espinaca es una planta resistente que soporta fría temperaturas de la costa norte. Planta a principios de la primavera, también en otoño o invierno. Siembre las semillas directamente en hileras de jardín, a 1 pulgada de profundidad, con 12 semillas por pie, a pleno sol o en sombra parcial. Plántelas en tierra que no supere los 70 grados para su germinación.
CULTIVA	Cuando las plántulas broten a 2 pulgadas, retire las plantas para que otras puedan crecer. Que estén a 3-4 pulgadas de distancia. Abona sólo si es necesario y riega regularmente.
COME	Cosecha cuando las hojas alcancen el tamaño deseado. No esperar mucho tiempo, o las hojas se volverán amargas. Coseche la planta entera o las hojas individuales. Añádelas a ensaladas, sopas o prueba a saltearlas con ajo y aceite de oliva.

Guía Para Cultivar
Siembra las semillas: Marzo-septiembre
Tiempo para cosecha: 35-45 días después de sembrar las semillas
Tiempo de germinación: 12-20 días, tarda más tiempo lo más caliente la tierra
Cultivar con: Brócoli, fresas, colirrábano
Contenido nutricional: Vitamina A,B,C y hierro
Contenido nutricional: Vitamina A, B, C y hierro



cultiva tu
jardín
con CalFresh

ESPINACA

PLANTA	La espinaca es una planta resistente que soporta fría temperaturas de la costa norte. Planta a principios de la primavera, también en otoño o invierno. Siembre las semillas directamente en hileras de jardín, a 1 pulgada de profundidad, con 12 semillas por pie, a pleno sol o en sombra parcial. Plántelas en tierra que no supere los 70 grados para su germinación.
CULTIVA	Cuando las plántulas broten a 2 pulgadas, retire las plantas para que otras puedan crecer. Que estén a 3-4 pulgadas de distancia. Abona sólo si es necesario y riega regularmente.
COME	Cosecha cuando las hojas alcancen el tamaño deseado. No esperar mucho tiempo, o las hojas se volverán amargas. Coseche la planta entera o las hojas individuales. Añádelas a ensaladas, sopas o prueba a saltearlas con ajo y aceite de oliva.

Guía Para Cultivar
Siembra las semillas: Marzo-septiembre
Tiempo para cosecha: 35-45 días después de sembrar las semillas
Tiempo de germinación: 12-20 días, tarda más tiempo lo más caliente la tierra
Cultivar con: Brócoli, fresas, colirrábano
Contenido nutricional: Vitamina A,B,C y hierro
Contenido nutricional: Vitamina A, B, C y hierro



cultiva tu
jardín
con CalFresh

ESPINACA

PLANTA	La espinaca es una planta resistente que soporta fría temperaturas de la costa norte. Planta a principios de la primavera, también en otoño o invierno. Siembre las semillas directamente en hileras de jardín, a 1 pulgada de profundidad, con 12 semillas por pie, a pleno sol o en sombra parcial. Plántelas en tierra que no supere los 70 grados para su germinación.
CULTIVA	Cuando las plántulas broten a 2 pulgadas, retire las plantas para que otras puedan crecer. Que estén a 3-4 pulgadas de distancia. Abona sólo si es necesario y riega regularmente.
COME	Cosecha cuando las hojas alcancen el tamaño deseado. No esperar mucho tiempo, o las hojas se volverán amargas. Coseche la planta entera o las hojas individuales. Añádelas a ensaladas, sopas o prueba a saltearlas con ajo y aceite de oliva.

Guía Para Cultivar
Siembra las semillas: Marzo-septiembre
Tiempo para cosecha: 35-45 días después de sembrar las semillas
Tiempo de germinación: 12-20 días, tarda más tiempo lo más caliente la tierra
Cultivar con: Brócoli, fresas, colirrábano
Contenido nutricional: Vitamina A,B,C y hierro
Contenido nutricional: Vitamina A, B, C y hierro



Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

grow your garden with CalFresh

STRAWBERRIES

PLANT	Plant in early spring in a sunny spot in the ground or in containers, 8-14 inches apart, with the soil above the roots and below the leaves, preferably adding compost to enrich the soil.
GROW	Cut off the runners, and remove the first flowers if the plants are still small, so the plant's energy focuses on root and berry production. Try planting the runners elsewhere to grow new plants. Keep soil moist (not soggy) and weed-free. Mulching reduces water needs and weeds. Plants usually produce fruit for a few years.
EAT	Berries are usually ready 4-6 weeks after flowering. Pick ripe red berries regularly. Cut by stem- don't pull the berry.

 **Food for People**
The Food Bank for Humboldt County

 Adapted from www.mastergardeners.org



Grow Guide

Plant: As soon as the ground can be worked in Spring

Space: Dig holes 8-14 inches apart, deep and wide enough for roots: then cover with soil to a little above the roots

Water: Keep moist, but not soggy. Mulch reduces water needs and weeds.

Weeding: Remove weeds regularly

Nutrition Content: Good source of vitamin C

Storage: Store unwashed berries in refrigerator for 3-5 days, or freeze

grow your garden with CalFresh

STRAWBERRIES

PLANT	Plant in early spring in a sunny spot in the ground or in containers, 8-14 inches apart, with the soil above the roots and below the leaves, preferably adding compost to enrich the soil.
GROW	Cut off the runners, and remove the first flowers if the plants are still small, so the plant's energy focuses on root and berry production. Try planting the runners elsewhere to grow new plants. Keep soil moist (not soggy) and weed-free. Mulching reduces water needs and weeds. Plants usually produce fruit for a few years.
EAT	Berries are usually ready 4-6 weeks after flowering. Pick ripe red berries regularly. Cut by stem- don't pull the berry.

 **Food for People**
The Food Bank for Humboldt County

 Adapted from www.mastergardeners.org



Grow Guide

Plant: As soon as the ground can be worked in Spring

Space: Dig holes 8-14 inches apart, deep and wide enough for roots: then cover with soil to a little above the roots

Water: Keep moist, but not soggy. Mulch reduces water needs and weeds.

Weeding: Remove weeds regularly

Nutrition Content: Good source of vitamin C

Storage: Store unwashed berries in refrigerator for 3-5 days, or freeze

grow your garden with CalFresh

STRAWBERRIES

PLANT	Plant in early spring in a sunny spot in the ground or in containers, 8-14 inches apart, with the soil above the roots and below the leaves, preferably adding compost to enrich the soil.
GROW	Cut off the runners, and remove the first flowers if the plants are still small, so the plant's energy focuses on root and berry production. Try planting the runners elsewhere to grow new plants. Keep soil moist (not soggy) and weed-free. Mulching reduces water needs and weeds. Plants usually produce fruit for a few years.
EAT	Berries are usually ready 4-6 weeks after flowering. Pick ripe red berries regularly. Cut by stem- don't pull the berry.

 **Food for People**
The Food Bank for Humboldt County

 Adapted from www.mastergardeners.org



Grow Guide

Plant: As soon as the ground can be worked in Spring

Space: Dig holes 8-14 inches apart, deep and wide enough for roots: then cover with soil to a little above the roots

Water: Keep moist, but not soggy. Mulch reduces water needs and weeds.

Weeding: Remove weeds regularly

Nutrition Content: Good source of vitamin C

Storage: Store unwashed berries in refrigerator for 3-5 days, or freeze

grow your garden with CalFresh

STRAWBERRIES

PLANT	Plant in early spring in a sunny spot in the ground or in containers, 8-14 inches apart, with the soil above the roots and below the leaves, preferably adding compost to enrich the soil.
GROW	Cut off the runners, and remove the first flowers if the plants are still small, so the plant's energy focuses on root and berry production. Try planting the runners elsewhere to grow new plants. Keep soil moist (not soggy) and weed-free. Mulching reduces water needs and weeds. Plants usually produce fruit for a few years.
EAT	Berries are usually ready 4-6 weeks after flowering. Pick ripe red berries regularly. Cut by stem- don't pull the berry.

 **Food for People**
The Food Bank for Humboldt County

 Adapted from www.mastergardeners.org



Grow Guide

Plant: As soon as the ground can be worked in Spring

Space: Dig holes 8-14 inches apart, deep and wide enough for roots: then cover with soil to a little above the roots

Water: Keep moist, but not soggy. Mulch reduces water needs and weeds.

Weeding: Remove weeds regularly

Nutrition Content: Good source of vitamin C

Storage: Store unwashed berries in refrigerator for 3-5 days, or freeze

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

cultiva tu
jardín
con CalFresh

FRESAS

PLANTA Planta a principios de la primavera en un lugar soleado en el suelo o en macetas, con una separación de 8 a 14 pulgadas, con la tierra por encima de las raíces y por debajo de las hojas, preferiblemente añadiendo abono para enriquecer la tierra.

CULTIVA Corta los estolones y elimina las primeras flores si las plantas son aún pequeñas, para que la energía de la planta se concentre en la producción de raíces y frutos. Intenta plantar los estolones en otro lugar para que crezcan nuevas plantas. Mantén la tierra húmeda (no empapada) y libre de malas hierbas.

COME Las fresas estarán listas 4-6 semanas después de la floración. Recoja regularmente las bayas rojas maduras. Corte por el tallo, no arranque la fruta.

 **Food for People** *The Food Bank for Humboldt County* 
Adapted from www.mastergardeners.org



Guía Para Cultivar

Plantar: En cuanto se pueda trabajar la tierra en primavera.

Espacio: Haz hoyos con una separación de 8 a 14 pulgadas, lo suficientemente profundos y anchos para las raíces.

Regar: Manténgalo húmedo, pero no empapado.

Deshierbe: Elimine las malas hierbas con regularidad.

Contenido nutricional: Vitamina C

Conservación: Guardar las frutas sin lavar en el refrigerado por 3-5 días, o congele.

cultiva tu
jardín
con CalFresh

FRESAS

PLANTA Planta a principios de la primavera en un lugar soleado en el suelo o en macetas, con una separación de 8 a 14 pulgadas, con la tierra por encima de las raíces y por debajo de las hojas, preferiblemente añadiendo abono para enriquecer la tierra.

CULTIVA Corta los estolones y elimina las primeras flores si las plantas son aún pequeñas, para que la energía de la planta se concentre en la producción de raíces y frutos. Intenta plantar los estolones en otro lugar para que crezcan nuevas plantas. Mantén la tierra húmeda (no empapada) y libre de malas hierbas.

COME Las fresas estarán listas 4-6 semanas después de la floración. Recoja regularmente las bayas rojas maduras. Corte por el tallo, no arranque la fruta.

 **Food for People** *The Food Bank for Humboldt County* 
Adapted from www.mastergardeners.org



Guía Para Cultivar

Plantar: En cuanto se pueda trabajar la tierra en primavera.

Espacio: Haz hoyos con una separación de 8 a 14 pulgadas, lo suficientemente profundos y anchos para las raíces.

Regar: Manténgalo húmedo, pero no empapado.

Deshierbe: Elimine las malas hierbas con regularidad.

Contenido nutricional: Vitamina C

Conservación: Guardar las frutas sin lavar en el refrigerado por 3-5 días, o congele.

cultiva tu
jardín
con CalFresh

FRESAS

PLANTA Planta a principios de la primavera en un lugar soleado en el suelo o en macetas, con una separación de 8 a 14 pulgadas, con la tierra por encima de las raíces y por debajo de las hojas, preferiblemente añadiendo abono para enriquecer la tierra.

CULTIVA Corta los estolones y elimina las primeras flores si las plantas son aún pequeñas, para que la energía de la planta se concentre en la producción de raíces y frutos. Intenta plantar los estolones en otro lugar para que crezcan nuevas plantas. Mantén la tierra húmeda (no empapada) y libre de malas hierbas.

COME Las fresas estarán listas 4-6 semanas después de la floración. Recoja regularmente las bayas rojas maduras. Corte por el tallo, no arranque la fruta.

 **Food for People** *The Food Bank for Humboldt County* 
Adapted from www.mastergardeners.org



Guía Para Cultivar

Plantar: En cuanto se pueda trabajar la tierra en primavera.

Espacio: Haz hoyos con una separación de 8 a 14 pulgadas, lo suficientemente profundos y anchos para las raíces.

Regar: Manténgalo húmedo, pero no empapado.

Deshierbe: Elimine las malas hierbas con regularidad.

Contenido nutricional: Vitamina C

Conservación: Guardar las frutas sin lavar en el refrigerado por 3-5 días, o congele.

cultiva tu
jardín
con CalFresh

FRESAS

PLANTA Planta a principios de la primavera en un lugar soleado en el suelo o en macetas, con una separación de 8 a 14 pulgadas, con la tierra por encima de las raíces y por debajo de las hojas, preferiblemente añadiendo abono para enriquecer la tierra.

CULTIVA Corta los estolones y elimina las primeras flores si las plantas son aún pequeñas, para que la energía de la planta se concentre en la producción de raíces y frutos. Intenta plantar los estolones en otro lugar para que crezcan nuevas plantas. Mantén la tierra húmeda (no empapada) y libre de malas hierbas.

COME Las fresas estarán listas 4-6 semanas después de la floración. Recoja regularmente las bayas rojas maduras. Corte por el tallo, no arranque la fruta.

 **Food for People** *The Food Bank for Humboldt County* 
Adapted from www.mastergardeners.org



Guía Para Cultivar

Plantar: En cuanto se pueda trabajar la tierra en primavera.

Espacio: Haz hoyos con una separación de 8 a 14 pulgadas, lo suficientemente profundos y anchos para las raíces.

Regar: Manténgalo húmedo, pero no empapado.

Deshierbe: Elimine las malas hierbas con regularidad.

Contenido nutricional: Vitamina C

Conservación: Guardar las frutas sin lavar en el refrigerado por 3-5 días, o congele.

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

grow your garden with CalFresh

TOMATOES

PLANT	Plant seeds 1/8 inch deep in pots. Transplant 1 & 1/2 ft. apart when first flowers open. Choose fertile soil & sunny sheltered site. Tomatoes need <i>warmth</i> and <i>sun</i> to ripen on the north coast!
GROW	Keep soil moist. Use tomato feed or organic fertilizer. Tie main stem to a stake or use a tomato cage. Remove side shoots, and cut off yellowing leaves and those shading fruit-bearing trusses or branches.
EAT	Remove growing tip after four trusses have begun to fruit. Pick when fully colored. Ripen green tomatoes at end of season indoors. Eat raw, in salsa, soup, or sauce!



Grow Guide

Start seeds: <i>Indoors April</i>
Transplant: <i>May-June</i>
Average time to harvest: <i>16-20 weeks</i>
Equipment needed: <i>Stakes, twine, fertilizer</i>
Germination time: <i>8-11 days</i>
Average plant size: <i>2-4 ft tall, 1 ft wide</i>
Grow with: <i>Potatoes, and eggplant</i>
Nutrition Content: <i>Vitamin A and C 27 calories per cup</i>

grow your garden with CalFresh

TOMATOES

PLANT	Plant seeds 1/8 inch deep in pots. Transplant 1 & 1/2 ft. apart when first flowers open. Choose fertile soil & sunny sheltered site. Tomatoes need <i>warmth</i> and <i>sun</i> to ripen on the north coast!
GROW	Keep soil moist. Use tomato feed or organic fertilizer. Tie main stem to a stake or use a tomato cage. Remove side shoots, and cut off yellowing leaves and those shading fruit-bearing trusses or branches.
EAT	Remove growing tip after four trusses have begun to fruit. Pick when fully colored. Ripen green tomatoes at end of season indoors. Eat raw, in salsa, soup, or sauce!



Grow Guide

Start seeds: <i>Indoors April</i>
Transplant: <i>May-June</i>
Average time to harvest: <i>16-20 weeks</i>
Equipment needed: <i>Stakes, twine, fertilizer</i>
Germination time: <i>8-11 days</i>
Average plant size: <i>2-4 ft tall, 1 ft wide</i>
Grow with: <i>Potatoes, and eggplant</i>
Nutrition Content: <i>Vitamin A and C 27 calories per cup</i>

grow your garden with CalFresh

TOMATOES

PLANT	Plant seeds 1/8 inch deep in pots. Transplant 1 & 1/2 ft. apart when first flowers open. Choose fertile soil & sunny sheltered site. Tomatoes need <i>warmth</i> and <i>sun</i> to ripen on the north coast!
GROW	Keep soil moist. Use tomato feed or organic fertilizer. Tie main stem to a stake or use a tomato cage. Remove side shoots, and cut off yellowing leaves and those shading fruit-bearing trusses or branches.
EAT	Remove growing tip after four trusses have begun to fruit. Pick when fully colored. Ripen green tomatoes at end of season indoors. Eat raw, in salsa, soup, or sauce!



Grow Guide

Start seeds: <i>Indoors April</i>
Transplant: <i>May-June</i>
Average time to harvest: <i>16-20 weeks</i>
Equipment needed: <i>Stakes, twine, fertilizer</i>
Germination time: <i>8-11 days</i>
Average plant size: <i>2-4 ft tall, 1 ft wide</i>
Grow with: <i>Potatoes, and eggplant</i>
Nutrition Content: <i>Vitamin A and C 27 calories per cup</i>

grow your garden with CalFresh

TOMATOES

PLANT	Plant seeds 1/8 inch deep in pots. Transplant 1 & 1/2 ft. apart when first flowers open. Choose fertile soil & sunny sheltered site. Tomatoes need <i>warmth</i> and <i>sun</i> to ripen on the north coast!
GROW	Keep soil moist. Use tomato feed or organic fertilizer. Tie main stem to a stake or use a tomato cage. Remove side shoots, and cut off yellowing leaves and those shading fruit-bearing trusses or branches.
EAT	Remove growing tip after four trusses have begun to fruit. Pick when fully colored. Ripen green tomatoes at end of season indoors. Eat raw, in salsa, soup, or sauce!



Grow Guide

Start seeds: <i>Indoors April</i>
Transplant: <i>May-June</i>
Average time to harvest: <i>16-20 weeks</i>
Equipment needed: <i>Stakes, twine, fertilizer</i>
Germination time: <i>8-11 days</i>
Average plant size: <i>2-4 ft tall, 1 ft wide</i>
Grow with: <i>Potatoes, and eggplant</i>
Nutrition Content: <i>Vitamin A and C 27 calories per cup</i>

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

cultiva tu
jardín
con CalFresh

TOMATES

PLANTA Plantar las semillas a 1/8 de pulgada de profundidad en macetas. Trasplantar al jardín a 1 y 1/2 pies de distancia cuando se abran las primeras flores. Elige tierra fértil y un lugar soleado y protegido. Los tomates necesitan calor y sol para madurar en la costa norte.

CULTIVA Mantenga la tierra húmeda. Utilizar abono o fertilizante orgánico para tomates. Amarre el tallo principal a un poste o utilice una jaula para tomates. Elimine los brotes laterales y corte las hojas amarillas y las que dan sombra a los ramas que dan fruto.

COME Eliminar la punta de crecimiento después de que cuatro racimos hayan empezado a dar fruta. Coseche cuando estén completamente coloreados. Madure los tomates verdes al final de la temporada adentro.

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD



Guía Para Cultivar

Semillas de inicio:
Adentro, en abril

Trasplante:
Mayo-Junio

Tiempo de cosecha:
16-20 semanas

Equipo necesario:
Estacas, cuerda, fertilizante

Tiempo de germinación: *8-11 días*

Tamaño de planta:
2-4 pies de alto, 1 pie de ancho

Cultiva con: *Papas*

Contenido nutricional: Vitamina A y C

cultiva tu
jardín
con CalFresh

TOMATES

PLANTA Plantar las semillas a 1/8 de pulgada de profundidad en macetas. Trasplantar al jardín a 1 y 1/2 pies de distancia cuando se abran las primeras flores. Elige tierra fértil y un lugar soleado y protegido. Los tomates necesitan calor y sol para madurar en la costa norte.

CULTIVA Mantenga la tierra húmeda. Utilizar abono o fertilizante orgánico para tomates. Amarre el tallo principal a un poste o utilice una jaula para tomates. Elimine los brotes laterales y corte las hojas amarillas y las que dan sombra a los ramas que dan fruto.

COME Eliminar la punta de crecimiento después de que cuatro racimos hayan empezado a dar fruta. Coseche cuando estén completamente coloreados. Madure los tomates verdes al final de la temporada adentro.

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD



Guía Para Cultivar

Semillas de inicio:
Adentro, en abril

Trasplante:
Mayo-Junio

Tiempo de cosecha:
16-20 semanas

Equipo necesario:
Estacas, cuerda, fertilizante

Tiempo de germinación: *8-11 días*

Tamaño de planta:
2-4 pies de alto, 1 pie de ancho

Cultiva con: *Papas*

Contenido nutricional: Vitamina A y C

cultiva tu
jardín
con CalFresh

TOMATES

PLANTA Plantar las semillas a 1/8 de pulgada de profundidad en macetas. Trasplantar al jardín a 1 y 1/2 pies de distancia cuando se abran las primeras flores. Elige tierra fértil y un lugar soleado y protegido. Los tomates necesitan calor y sol para madurar en la costa norte.

CULTIVA Mantenga la tierra húmeda. Utilizar abono o fertilizante orgánico para tomates. Amarre el tallo principal a un poste o utilice una jaula para tomates. Elimine los brotes laterales y corte las hojas amarillas y las que dan sombra a los ramas que dan fruto.

COME Eliminar la punta de crecimiento después de que cuatro racimos hayan empezado a dar fruta. Coseche cuando estén completamente coloreados. Madure los tomates verdes al final de la temporada adentro.

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD



Guía Para Cultivar

Semillas de inicio:
Adentro, en abril

Trasplante:
Mayo-Junio

Tiempo de cosecha:
16-20 semanas

Equipo necesario:
Estacas, cuerda, fertilizante

Tiempo de germinación: *8-11 días*

Tamaño de planta:
2-4 pies de alto, 1 pie de ancho

Cultiva con: *Papas*

Contenido nutricional: Vitamina A y C

cultiva tu
jardín
con CalFresh

TOMATES

PLANTA Plantar las semillas a 1/8 de pulgada de profundidad en macetas. Trasplantar al jardín a 1 y 1/2 pies de distancia cuando se abran las primeras flores. Elige tierra fértil y un lugar soleado y protegido. Los tomates necesitan calor y sol para madurar en la costa norte.

CULTIVA Mantenga la tierra húmeda. Utilizar abono o fertilizante orgánico para tomates. Amarre el tallo principal a un poste o utilice una jaula para tomates. Elimine los brotes laterales y corte las hojas amarillas y las que dan sombra a los ramas que dan fruto.

COME Eliminar la punta de crecimiento después de que cuatro racimos hayan empezado a dar fruta. Coseche cuando estén completamente coloreados. Madure los tomates verdes al final de la temporada adentro.

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD



Guía Para Cultivar

Semillas de inicio:
Adentro, en abril

Trasplante:
Mayo-Junio

Tiempo de cosecha:
16-20 semanas

Equipo necesario:
Estacas, cuerda, fertilizante

Tiempo de germinación: *8-11 días*

Tamaño de planta:
2-4 pies de alto, 1 pie de ancho

Cultiva con: *Papas*

Contenido nutricional: Vitamina A y C

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

grow your garden with CalFresh

Wild Onion

PLANT	If you find this plant in the later summer to fall with the ripe little bulbs on the top of the plant in their papery coating, pick them, take them home and plant about an inch or two under the soil and mulch. Next spring, they should come up as plants.
GROW	Plant in full sun. The soil needs to be loamy and rich in organic matter.
EAT	All parts of this plant are edible. The bulb and whole plant can be chopped up in any kind of cooking you would normally use onion or garlic.

Grow Guide
Transplant: <i>Bulbs can be planted late summer through fall.</i>
Harvest: <i>In summer.</i>
Average plant size: <i>Up to 12 inches tall.</i>
Grow with: <i>Cabbage, chamomile, carrots, leeks, beets, lettuce.</i>
Nutrition Content: <i>Vitamin K, folic acid, niacin, riboflavin, thiamin, carotenes, lutein.</i>



 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD

grow your garden with CalFresh

Wild Onion

PLANT	If you find this plant in the later summer to fall with the ripe little bulbs on the top of the plant in their papery coating, pick them, take them home and plant about an inch or two under the soil and mulch. Next spring, they should come up as plants.
GROW	Plant in full sun. The soil needs to be loamy and rich in organic matter.
EAT	All parts of this plant are edible. The bulb and whole plant can be chopped up in any kind of cooking you would normally use onion or garlic.

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD

Grow Guide
Transplant: <i>Bulbs can be planted late summer through fall.</i>
Harvest: <i>In summer.</i>
Average plant size: <i>Up to 12 inches tall.</i>
Grow with: <i>Cabbage, chamomile, carrots, leeks, beets, lettuce.</i>
Nutrition Content: <i>Vitamin K, folic acid, niacin, riboflavin, thiamin, carotenes, lutein.</i>



grow your garden with CalFresh

Wild Onion

PLANT	If you find this plant in the later summer to fall with the ripe little bulbs on the top of the plant in their papery coating, pick them, take them home and plant about an inch or two under the soil and mulch. Next spring, they should come up as plants.
GROW	Plant in full sun. The soil needs to be loamy and rich in organic matter.
EAT	All parts of this plant are edible. The bulb and whole plant can be chopped up in any kind of cooking you would normally use onion or garlic.

Grow Guide
Transplant: <i>Bulbs can be planted late summer through fall.</i>
Harvest: <i>In summer.</i>
Average plant size: <i>Up to 12 inches tall.</i>
Grow with: <i>Cabbage, chamomile, carrots, leeks, beets, lettuce.</i>
Nutrition Content: <i>Vitamin K, folic acid, niacin, riboflavin, thiamin, carotenes, lutein.</i>



 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD

grow your garden with CalFresh

Wild Onion

PLANT	If you find this plant in the later summer to fall with the ripe little bulbs on the top of the plant in their papery coating, pick them, take them home and plant about an inch or two under the soil and mulch. Next spring, they should come up as plants.
GROW	Plant in full sun. The soil needs to be loamy and rich in organic matter.
EAT	All parts of this plant are edible. The bulb and whole plant can be chopped up in any kind of cooking you would normally use onion or garlic.

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD

Grow Guide
Transplant: <i>Bulbs can be planted late summer through fall.</i>
Harvest: <i>In summer.</i>
Average plant size: <i>Up to 12 inches tall.</i>
Grow with: <i>Cabbage, chamomile, carrots, leeks, beets, lettuce.</i>
Nutrition Content: <i>Vitamin K, folic acid, niacin, riboflavin, thiamin, carotenes, lutein.</i>



Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

grow your
garden
with CalFresh

WINTER SQUASH

Pumpkin, Acorn, Butternut, Hubbard, Spaghetti

PLANT	Start pumpkin and acorn squash indoors, 2-4 weeks before last spring frost. Transplant when soil is at least 60 degrees, in full sun, 3 feet apart (need room for crawling vines.) Winter squash prefer very rich, well-drained soil that's not too soggy. If you have limited space, you can also grow in 5-10 gallon pots!
GROW	Provide 1 inch of water per week, keeping fruit and leaves dry as you water, to prevent rot. Pumpkins and acorn squash need compost or manure regularly.
EAT	Harvest when squashes sound hollow and rind feels hard. Lasts a long time stored in a cool, dry place. Enjoy in soups, roasted, or baked with cinnamon, butter, and brown sugar for a delicious, sweet treat!

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD

Adapted from www.almanac.com/plant/pumpkins



Grow Guide

Start seeds:
Spring (late April)

Transplant:
When soil reaches at least 60 degrees

Average time to harvest: 75-100 days

Germination time:
7-12 days

Average plant size:
1-2 ft tall, 10-20 ft wide

Grow with: Beans, corn, radishes

Nutrition Content:
Good source of vitamin A, C, and iron



grow your
garden
with CalFresh

WINTER SQUASH

Pumpkin, Acorn, Butternut, Hubbard, Spaghetti

PLANT	Start pumpkin and acorn squash indoors, 2-4 weeks before last spring frost. Transplant when soil is at least 60 degrees, in full sun, 3 feet apart (need room for crawling vines.) Winter squash prefer very rich, well-drained soil that's not too soggy. If you have limited space, you can also grow in 5-10 gallon pots!
GROW	Provide 1 inch of water per week, keeping fruit and leaves dry as you water, to prevent rot. Pumpkins and acorn squash need compost or manure regularly.
EAT	Harvest when squashes sound hollow and rind feels hard. Lasts a long time stored in a cool, dry place. Enjoy in soups, roasted, or baked with cinnamon, butter, and brown sugar for a delicious, sweet treat!

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD

Adapted from www.almanac.com/plant/pumpkins



Grow Guide

Start seeds:
Spring (late April)

Transplant:
When soil reaches at least 60 degrees

Average time to harvest: 75-100 days

Germination time:
7-12 days

Average plant size:
1-2 ft tall, 10-20 ft wide

Grow with: Beans, corn, radishes

Nutrition Content:
Good source of vitamin A, C, and iron



grow your
garden
with CalFresh

WINTER SQUASH

Pumpkin, Acorn, Butternut, Hubbard, Spaghetti

PLANT	Start pumpkin and acorn squash indoors, 2-4 weeks before last spring frost. Transplant when soil is at least 60 degrees, in full sun, 3 feet apart (need room for crawling vines.) Winter squash prefer very rich, well-drained soil that's not too soggy. If you have limited space, you can also grow in 5-10 gallon pots!
GROW	Provide 1 inch of water per week, keeping fruit and leaves dry as you water, to prevent rot. Pumpkins and acorn squash need compost or manure regularly.
EAT	Harvest when squashes sound hollow and rind feels hard. Lasts a long time stored in a cool, dry place. Enjoy in soups, roasted, or baked with cinnamon, butter, and brown sugar for a delicious, sweet treat!

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD

Adapted from www.almanac.com/plant/pumpkins



Grow Guide

Start seeds:
Spring (late April)

Transplant:
When soil reaches at least 60 degrees

Average time to harvest: 75-100 days

Germination time:
7-12 days

Average plant size:
1-2 ft tall, 10-20 ft wide

Grow with: Beans, corn, radishes

Nutrition Content:
Good source of vitamin A, C, and iron



grow your
garden
with CalFresh

WINTER SQUASH

Pumpkin, Acorn, Butternut, Hubbard, Spaghetti

PLANT	Start pumpkin and acorn squash indoors, 2-4 weeks before last spring frost. Transplant when soil is at least 60 degrees, in full sun, 3 feet apart (need room for crawling vines.) Winter squash prefer very rich, well-drained soil that's not too soggy. If you have limited space, you can also grow in 5-10 gallon pots!
GROW	Provide 1 inch of water per week, keeping fruit and leaves dry as you water, to prevent rot. Pumpkins and acorn squash need compost or manure regularly.
EAT	Harvest when squashes sound hollow and rind feels hard. Lasts a long time stored in a cool, dry place. Enjoy in soups, roasted, or baked with cinnamon, butter, and brown sugar for a delicious, sweet treat!

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD

Adapted from www.almanac.com/plant/pumpkins



Grow Guide

Start seeds:
Spring (late April)

Transplant:
When soil reaches at least 60 degrees

Average time to harvest: 75-100 days

Germination time:
7-12 days

Average plant size:
1-2 ft tall, 10-20 ft wide

Grow with: Beans, corn, radishes

Nutrition Content:
Good source of vitamin A, C, and iron



Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

cultiva tu
jardín
con CalFresh

CALABAZA

PLANTA	Empiece a cultivar calabazas adentro, 2-4 semanas antes de la última helada de primavera. Trasplántalas cuando el suelo esté a 60 grados F mínimo, a pleno sol, a un metro de distancia. Las calabazas de invierno prefieren un suelo muy nutrido y bien drenado que no esté demasiado mojado. Si tienes poco espacio, también puede cultivarlas en macetas de 5-10 galones.
CULTIVA	Riega 1 pulgada a la semana, manteniendo los frutos y las hojas secas mientras riegas, para evitar que se pudran. Las calabaza necesitan abono regularmente.
COME	Coseche cuando las calabazas suenen huecas y la piel se sienta dura. Duran bastante tiempo en un lugar fresco y seco. Disfruta en sopas, asadas, o horneadas.

 **Food for People**
The Food Bank for Humboldt County



Guía para Cultivar

Sembrar: Primavera
(finales de abril)

Trasplante:
Cuando el suelo alcance
al menos 60 grados F

Tiempo para cosechar: 75-100 días

Tiempo de germinación: 7-12 días

Tamaño de planta:
1-2 pies de altura, 10-20
pies de ancho

Cultiva con: Frijoles,
maíz, rábanos

Contenido nutricional: Buena fuente de
vitamina A, C y hierro



cultiva tu
jardín
con CalFresh

CALABAZA

PLANTA	Empiece a cultivar calabazas adentro, 2-4 semanas antes de la última helada de primavera. Trasplántalas cuando el suelo esté a 60 grados F mínimo, a pleno sol, a un metro de distancia. Las calabazas de invierno prefieren un suelo muy nutrido y bien drenado que no esté demasiado mojado. Si tienes poco espacio, también puede cultivarlas en macetas de 5-10 galones.
CULTIVA	Riega 1 pulgada a la semana, manteniendo los frutos y las hojas secas mientras riegas, para evitar que se pudran. Las calabaza necesitan abono regularmente.
COME	Coseche cuando las calabazas suenen huecas y la piel se sienta dura. Duran bastante tiempo en un lugar fresco y seco. Disfruta en sopas, asadas, o horneadas.

 **Food for People**
The Food Bank for Humboldt County



Guía para Cultivar

Sembrar: Primavera
(finales de abril)

Trasplante:
Cuando el suelo alcance
al menos 60 grados F

Tiempo para cosechar: 75-100 días

Tiempo de germinación: 7-12 días

Tamaño de planta:
1-2 pies de altura, 10-20
pies de ancho

Cultiva con: Frijoles,
maíz, rábanos

Contenido nutricional: Buena fuente de
vitamina A, C y hierro



cultiva tu
jardín
con CalFresh

CALABAZA

PLANTA	Empiece a cultivar calabazas adentro, 2-4 semanas antes de la última helada de primavera. Trasplántalas cuando el suelo esté a 60 grados F mínimo, a pleno sol, a un metro de distancia. Las calabazas de invierno prefieren un suelo muy nutrido y bien drenado que no esté demasiado mojado. Si tienes poco espacio, también puede cultivarlas en macetas de 5-10 galones.
CULTIVA	Riega 1 pulgada a la semana, manteniendo los frutos y las hojas secas mientras riegas, para evitar que se pudran. Las calabaza necesitan abono regularmente.
COME	Coseche cuando las calabazas suenen huecas y la piel se sienta dura. Duran bastante tiempo en un lugar fresco y seco. Disfruta en sopas, asadas, o horneadas.

 **Food for People**
The Food Bank for Humboldt County



Guía para Cultivar

Sembrar: Primavera
(finales de abril)

Trasplante:
Cuando el suelo alcance
al menos 60 grados F

Tiempo para cosechar: 75-100 días

Tiempo de germinación: 7-12 días

Tamaño de planta:
1-2 pies de altura, 10-20
pies de ancho

Cultiva con: Frijoles,
maíz, rábanos

Contenido nutricional: Buena fuente de
vitamina A, C y hierro



cultiva tu
jardín
con CalFresh

CALABAZA

PLANTA	Empiece a cultivar calabazas adentro, 2-4 semanas antes de la última helada de primavera. Trasplántalas cuando el suelo esté a 60 grados F mínimo, a pleno sol, a un metro de distancia. Las calabazas de invierno prefieren un suelo muy nutrido y bien drenado que no esté demasiado mojado. Si tienes poco espacio, también puede cultivarlas en macetas de 5-10 galones.
CULTIVA	Riega 1 pulgada a la semana, manteniendo los frutos y las hojas secas mientras riegas, para evitar que se pudran. Las calabaza necesitan abono regularmente.
COME	Coseche cuando las calabazas suenen huecas y la piel se sienta dura. Duran bastante tiempo en un lugar fresco y seco. Disfruta en sopas, asadas, o horneadas.

 **Food for People**
The Food Bank for Humboldt County



Guía para Cultivar

Sembrar: Primavera
(finales de abril)

Trasplante:
Cuando el suelo alcance
al menos 60 grados F

Tiempo para cosechar: 75-100 días

Tiempo de germinación: 7-12 días

Tamaño de planta:
1-2 pies de altura, 10-20
pies de ancho

Cultiva con: Frijoles,
maíz, rábanos

Contenido nutricional: Buena fuente de
vitamina A, C y hierro



Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

grow your garden with CalFresh

ZUCCHINI / SUMMER SQUASH

PLANT	Start indoors and transplant after at least 2 true leaves have formed and soil reaches at least 55 degrees. Plant 1 inch deep and 2 to 3 feet apart, in direct sunlight. Zucchini loves warm weather. Careful with roots!
GROW	Mulch to protect shallow roots, discourage weeds and retain moisture. Water and fertilize with compost after first blooms appear.
EAT	Harvest about 60 days after planting, or when small and tender for best flavor. Cut zucchini, rather than pulling, and store in fridge for up to 10 days. Excellent barbequed, sautéed or in just about any dish!

Grow Guide
Start seeds: <i>Early April</i>
Transplant: <i>When true leaves appear</i>
Average time to harvest: <i>About 60 days</i>
Types: <i>zucchini, patty-pan, yellow squash,</i>
Grow with: <i>Corn, beans, radishes</i>
Nutrition Content: <i>20 calories per 1 cup, vitamins A, C, B6</i>



Adapted from www.almanac.com/plant/zucchini



grow your garden with CalFresh

ZUCCHINI / SUMMER SQUASH

PLANT	Start indoors and transplant after at least 2 true leaves have formed and soil reaches at least 55 degrees. Plant 1 inch deep and 2 to 3 feet apart, in direct sunlight. Zucchini loves warm weather. Careful with roots!
GROW	Mulch to protect shallow roots, discourage weeds and retain moisture. Water and fertilize with compost after first blooms appear.
EAT	Harvest about 60 days after planting, or when small and tender for best flavor. Cut zucchini, rather than pulling, and store in fridge for up to 10 days. Excellent barbequed, sautéed or in just about any dish!



Adapted from www.almanac.com/plant/zucchini



Grow Guide
Start seeds: <i>Early April</i>
Transplant: <i>When true leaves appear</i>
Average time to harvest: <i>About 60 days</i>
Types: <i>zucchini, patty-pan, yellow squash,</i>
Grow with: <i>Corn, beans, radishes</i>
Nutrition Content: <i>20 calories per 1 cup, vitamins A, C, B6</i>

grow your garden with CalFresh

ZUCCHINI / SUMMER SQUASH

PLANT	Start indoors and transplant after at least 2 true leaves have formed and soil reaches at least 55 degrees. Plant 1 inch deep and 2 to 3 feet apart, in direct sunlight. Zucchini loves warm weather. Careful with roots!
GROW	Mulch to protect shallow roots, discourage weeds and retain moisture. Water and fertilize with compost after first blooms appear.
EAT	Harvest about 60 days after planting, or when small and tender for best flavor. Cut zucchini, rather than pulling, and store in fridge for up to 10 days. Excellent barbequed, sautéed or in just about any dish!

Grow Guide
Start seeds: <i>Early April</i>
Transplant: <i>When true leaves appear</i>
Average time to harvest: <i>About 60 days</i>
Types: <i>zucchini, patty-pan, yellow squash,</i>
Grow with: <i>Corn, beans, radishes</i>
Nutrition Content: <i>20 calories per 1 cup, vitamins A, C, B6</i>



Adapted from www.almanac.com/plant/zucchini



grow your garden with CalFresh

ZUCCHINI / SUMMER SQUASH

PLANT	Start indoors and transplant after at least 2 true leaves have formed and soil reaches at least 55 degrees. Plant 1 inch deep and 2 to 3 feet apart, in direct sunlight. Zucchini loves warm weather. Careful with roots!
GROW	Mulch to protect shallow roots, discourage weeds and retain moisture. Water and fertilize with compost after first blooms appear.
EAT	Harvest about 60 days after planting, or when small and tender for best flavor. Cut zucchini, rather than pulling, and store in fridge for up to 10 days. Excellent barbequed, sautéed or in just about any dish!



Adapted from www.almanac.com/plant/zucchini



Grow Guide
Start seeds: <i>Early April</i>
Transplant: <i>When true leaves appear</i>
Average time to harvest: <i>About 60 days</i>
Types: <i>zucchini, patty-pan, yellow squash,</i>
Grow with: <i>Corn, beans, radishes</i>
Nutrition Content: <i>20 calories per 1 cup, vitamins A, C, B6</i>

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

grow your garden with CalFresh

Vine Tea (Yerba Buena)



PLANT	Transplant young plants in the spring after all danger of frost is past. Full to partial shade. Space the plants 4 to 6 feet apart.
GROW	Water the plant once a week during the summer. Just an inch of water each week is plenty of moisture. Once established, this perennial can survive off natural rainfall except during extremely dry and hot weather.
EAT	The glossy evergreen leaves smell and taste of mint. Steep leaves and stems in boiling hot water for tea. Older leaves seem to make better tea.

Grow Guide
Plant starts: After spring frost.
Average time to harvest: Cut the upper parts of the stems right before the plant blooms if harvesting the leaves for tea. Dry and store the leaves in an airtight container.
Average plant size: 6" tall and less than 6' wide.
Grow with: Avoid planting with creeping ground plants.



grow your garden with CalFresh

Vine Tea (Yerba Buena)



PLANT	Transplant young plants in the spring after all danger of frost is past. Full to partial shade. Space the plants 4 to 6 feet apart.
GROW	Water the plant once a week during the summer. Just an inch of water each week is plenty of moisture. Once established, this perennial can survive off natural rainfall except during extremely dry and hot weather.
EAT	The glossy evergreen leaves smell and taste of mint. Steep leaves and stems in boiling hot water for tea. Older leaves seem to make better tea.

Grow Guide
Plant starts: After spring frost.
Average time to harvest: Cut the upper parts of the stems right before the plant blooms if harvesting the leaves for tea. Dry and store the leaves in an airtight container.
Average plant size: 6" tall and less than 6' wide.
Grow with: Avoid planting with creeping ground plants.



grow your garden with CalFresh

Vine Tea (Yerba Buena)



PLANT	Transplant young plants in the spring after all danger of frost is past. Full to partial shade. Space the plants 4 to 6 feet apart.
GROW	Water the plant once a week during the summer. Just an inch of water each week is plenty of moisture. Once established, this perennial can survive off natural rainfall except during extremely dry and hot weather.
EAT	The glossy evergreen leaves smell and taste of mint. Steep leaves and stems in boiling hot water for tea. Older leaves seem to make better tea.

Grow Guide
Plant starts: After spring frost.
Average time to harvest: Cut the upper parts of the stems right before the plant blooms if harvesting the leaves for tea. Dry and store the leaves in an airtight container.
Average plant size: 6" tall and less than 6' wide.
Grow with: Avoid planting with creeping ground plants.



grow your garden with CalFresh

Vine Tea (Yerba Buena)



PLANT	Transplant young plants in the spring after all danger of frost is past. Full to partial shade. Space the plants 4 to 6 feet apart.
GROW	Water the plant once a week during the summer. Just an inch of water each week is plenty of moisture. Once established, this perennial can survive off natural rainfall except during extremely dry and hot weather.
EAT	The glossy evergreen leaves smell and taste of mint. Steep leaves and stems in boiling hot water for tea. Older leaves seem to make better tea.

Grow Guide
Plant starts: After spring frost.
Average time to harvest: Cut the upper parts of the stems right before the plant blooms if harvesting the leaves for tea. Dry and store the leaves in an airtight container.
Average plant size: 6" tall and less than 6' wide.
Grow with: Avoid planting with creeping ground plants.



Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR

Department of Health & Human Services @ 1-877-410-8809

grow your garden with CalFresh

BEETS

PLANT	Plant in early spring, 1/2 inch deep with 1 inch spacing in between seeds. Place in rows 12 to 18 inches apart. For a continuous harvest, plant every 6 weeks until midsummer.
GROW	Keep soil moist to encourage seeds to sprout. Thinning (removing some of the plants) is needed so there is enough space for the rest of the plants to grow. Thin when plants reach 2 inches high by pinching them off, rather than pulling.
EAT	Harvest beets after 50-70 days of growing. Beets are great roasted, steamed, and pickled. You can eat the tops / greens too! Beet greens are tasty and nutritious: steam, sauté or add to salads.



Adapted from www.almanac.com/plants/beets

Grow Guide

Sow seeds:
Spring (early March)

Average time to harvest: 7-10 weeks

Germination time:
8-11 days

Grow with: Garlic, mint

Nutrition Content:
Good source of vitamin C and folate. Only 58 calories per 1 cup

Storage: Cut off greens and store in fridge for 5-7 days. Can also be stored long-term in cellars.

grow your garden with CalFresh

BEETS

PLANT	Plant in early spring, 1/2 inch deep with 1 inch spacing in between seeds. Place in rows 12 to 18 inches apart. For a continuous harvest, plant every 6 weeks until midsummer.
GROW	Keep soil moist to encourage seeds to sprout. Thinning (removing some of the plants) is needed so there is enough space for the rest of the plants to grow. Thin when plants reach 2 inches high by pinching them off, rather than pulling.
EAT	Harvest beets after 50-70 days of growing. Beets are great roasted, steamed, and pickled. You can eat the tops / greens too! Beet greens are tasty and nutritious: steam, sauté or add to salads.



Adapted from www.almanac.com/plants/beets

Grow Guide

Sow seeds:
Spring (early March)

Average time to harvest: 7-10 weeks

Germination time:
8-11 days

Grow with: Garlic, mint

Nutrition Content:
Good source of vitamin C and folate. Only 58 calories per 1 cup

Storage: Cut off greens and store in fridge for 5-7 days. Can also be stored long-term in cellars.

grow your garden with CalFresh

BEETS

PLANT	Plant in early spring, 1/2 inch deep with 1 inch spacing in between seeds. Place in rows 12 to 18 inches apart. For a continuous harvest, plant every 6 weeks until midsummer.
GROW	Keep soil moist to encourage seeds to sprout. Thinning (removing some of the plants) is needed so there is enough space for the rest of the plants to grow. Thin when plants reach 2 inches high by pinching them off, rather than pulling.
EAT	Harvest beets after 50-70 days of growing. Beets are great roasted, steamed, and pickled. You can eat the tops / greens too! Beet greens are tasty and nutritious: steam, sauté or add to salads.



Adapted from www.almanac.com/plants/beets

Grow Guide

Sow seeds:
Spring (early March)

Average time to harvest: 7-10 weeks

Germination time:
8-11 days

Grow with: Garlic, mint

Nutrition Content:
Good source of vitamin C and folate. Only 58 calories per 1 cup

Storage: Cut off greens and store in fridge for 5-7 days. Can also be stored long-term in cellars.

grow your garden with CalFresh

BEETS

PLANT	Plant in early spring, 1/2 inch deep with 1 inch spacing in between seeds. Place in rows 12 to 18 inches apart. For a continuous harvest, plant every 6 weeks until midsummer.
GROW	Keep soil moist to encourage seeds to sprout. Thinning (removing some of the plants) is needed so there is enough space for the rest of the plants to grow. Thin when plants reach 2 inches high by pinching them off, rather than pulling.
EAT	Harvest beets after 50-70 days of growing. Beets are great roasted, steamed, and pickled. You can eat the tops / greens too! Beet greens are tasty and nutritious: steam, sauté or add to salads.



Adapted from www.almanac.com/plants/beets

Grow Guide

Sow seeds:
Spring (early March)

Average time to harvest: 7-10 weeks

Germination time:
8-11 days

Grow with: Garlic, mint

Nutrition Content:
Good source of vitamin C and folate. Only 58 calories per 1 cup

Storage: Cut off greens and store in fridge for 5-7 days. Can also be stored long-term in cellars.

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

cultiva tu
jardín
con CalFresh

REMOLACHA

PLANTA	Planta a principios de primavera, 1/2 pulgadas de profundidad con 1 pulgada de espacio entre semillas. Colocar en filas de 12 a 18 pulgadas de distancia. Planta cada 6 semanas hasta mediados del verano.
CULTIVA	Mantenga la tierra húmeda para animar a las semillas a brotar. Se necesita eliminar de algunas plantas para tener suficiente espacio para que el resto de las plantas crezcan. Cuando las plantas alcanzan 2 pulgadas elimina algunas pellizcándolas.
COME	Cosecha remolacha después de 50-70 días de cultivo. Cocina remolacha asadas, al vapor y encurtidas. Puedes comer las tapas también!

Guía Para Cultivar

Sembrar semillas:

Primavera (principios de Marzo)

Tiempo de cosecha:

7-10 semanas

Tiempo de germinación:

8-11 días

Cultiva con: Ajo, menta

Contenido

Nutricional: Buena fuente de vitamina C y folato. Sólo 58 calorías por 1 taza

Conservación: Cortar las hojas y guardarlas en el refrigerador por 5-7 días.

 **Food for People**
The Food Bank for Humboldt County



Adaptado de www.almanac.com/plants/beets

 **CalFresh**
FOOD

cultiva tu
jardín
con CalFresh

REMOLACHA

PLANTA	Planta a principios de primavera, 1/2 pulgadas de profundidad con 1 pulgada de espacio entre semillas. Colocar en filas de 12 a 18 pulgadas de distancia. Planta cada 6 semanas hasta mediados del verano.
CULTIVA	Mantenga la tierra húmeda para animar a las semillas a brotar. Se necesita eliminar de algunas plantas para tener suficiente espacio para que el resto de las plantas crezcan. Cuando las plantas alcanzan 2 pulgadas elimina algunas pellizcándolas.
COME	Cosecha remolacha después de 50-70 días de cultivo. Cocina remolacha asadas, al vapor y encurtidas. Puedes comer las tapas también!

Guía Para Cultivar

Sembrar semillas:

Primavera (principios de Marzo)

Tiempo de cosecha:

7-10 semanas

Tiempo de germinación:

8-11 días

Cultiva con: Ajo, menta

Contenido

Nutricional: Buena fuente de vitamina C y folato. Sólo 58 calorías por 1 taza

Conservación: Cortar las hojas y guardarlas en el refrigerador por 5-7 días.

 **Food for People**
The Food Bank for Humboldt County



Adaptado de www.almanac.com/plants/beets

 **CalFresh**
FOOD

cultiva tu
jardín
con CalFresh

REMOLACHA

PLANTA	Planta a principios de primavera, 1/2 pulgadas de profundidad con 1 pulgada de espacio entre semillas. Colocar en filas de 12 a 18 pulgadas de distancia. Planta cada 6 semanas hasta mediados del verano.
CULTIVA	Mantenga la tierra húmeda para animar a las semillas a brotar. Se necesita eliminar de algunas plantas para tener suficiente espacio para que el resto de las plantas crezcan. Cuando las plantas alcanzan 2 pulgadas elimina algunas pellizcándolas.
COME	Cosecha remolacha después de 50-70 días de cultivo. Cocina remolacha asadas, al vapor y encurtidas. Puedes comer las tapas también!

Guía Para Cultivar

Sembrar semillas:

Primavera (principios de Marzo)

Tiempo de cosecha:

7-10 semanas

Tiempo de germinación:

8-11 días

Cultiva con: Ajo, menta

Contenido

Nutricional: Buena fuente de vitamina C y folato. Sólo 58 calorías por 1 taza

Conservación: Cortar las hojas y guardarlas en el refrigerador por 5-7 días.

 **Food for People**
The Food Bank for Humboldt County



Adaptado de www.almanac.com/plants/beets

 **CalFresh**
FOOD

cultiva tu
jardín
con CalFresh

REMOLACHA

PLANTA	Planta a principios de primavera, 1/2 pulgadas de profundidad con 1 pulgada de espacio entre semillas. Colocar en filas de 12 a 18 pulgadas de distancia. Planta cada 6 semanas hasta mediados del verano.
CULTIVA	Mantenga la tierra húmeda para animar a las semillas a brotar. Se necesita eliminar de algunas plantas para tener suficiente espacio para que el resto de las plantas crezcan. Cuando las plantas alcanzan 2 pulgadas elimina algunas pellizcándolas.
COME	Cosecha remolacha después de 50-70 días de cultivo. Cocina remolacha asadas, al vapor y encurtidas. Puedes comer las tapas también!

Guía Para Cultivar

Sembrar semillas:

Primavera (principios de Marzo)

Tiempo de cosecha:

7-10 semanas

Tiempo de germinación:

8-11 días

Cultiva con: Ajo, menta

Contenido

Nutricional: Buena fuente de vitamina C y folato. Sólo 58 calorías por 1 taza

Conservación: Cortar las hojas y guardarlas en el refrigerador por 5-7 días.

 **Food for People**
The Food Bank for Humboldt County



Adaptado de www.almanac.com/plants/beets

 **CalFresh**
FOOD

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

grow your garden with CalFresh

BROCCOLI & CAULIFLOWER CABBAGE & COLLARDS

PLANT	Buy as plant starts for sturdy growth, or start easily from seeds. Transplant 1 & 1/2 to 2 feet apart. Plant so that the bottom leaves touch the soil.
GROW	Water in dry weather. Great for spring, summer, or winter gardens (for winter garden plant by August/September)
EAT	Broccoli: Harvest head when large, mature size; side shoots will begin to grow. Cabbage, cauliflower, and collards: Harvest when reaches large, mature size.



Grow Guide

Start seeds:
March-May

Transplant: April on

Average time to harvest:
12 weeks

Equipment needed:
None

Germination time:
7-12 days

Average plant size:
2-3 feet

Grow with:
Kale and cabbage. Not tomatoes.

Nutrition Content:
Vitamins A and C, fiber, folate

grow your garden with CalFresh

BROCCOLI & CAULIFLOWER CABBAGE & COLLARDS

PLANT	Buy as plant starts for sturdy growth, or start easily from seeds. Transplant 1 & 1/2 to 2 feet apart. Plant so that the bottom leaves touch the soil.
GROW	Water in dry weather. Great for spring, summer, or winter gardens (for winter garden plant by August/September)
EAT	Broccoli: Harvest head when large, mature size; side shoots will begin to grow. Cabbage, cauliflower, and collards: Harvest when reaches large, mature size.



Grow Guide

Start seeds:
March-May

Transplant: April on

Average time to harvest:
12 weeks

Equipment needed:
None

Germination time:
7-12 days

Average plant size:
2-3 feet

Grow with:
Kale and cabbage. Not tomatoes.

Nutrition Content:
Vitamins A and C, fiber, folate

grow your garden with CalFresh

BROCCOLI & CAULIFLOWER CABBAGE & COLLARDS

PLANT	Buy as plant starts for sturdy growth, or start easily from seeds. Transplant 1 & 1/2 to 2 feet apart. Plant so that the bottom leaves touch the soil.
GROW	Water in dry weather. Great for spring, summer, or winter gardens (for winter garden plant by August/September)
EAT	Broccoli: Harvest head when large, mature size; side shoots will begin to grow. Cabbage, cauliflower, and collards: Harvest when reaches large, mature size.



Grow Guide

Start seeds:
March-May

Transplant: April on

Average time to harvest:
12 weeks

Equipment needed:
None

Germination time:
7-12 days

Average plant size:
2-3 feet

Grow with:
Kale and cabbage. Not tomatoes.

Nutrition Content:
Vitamins A and C, fiber, folate

grow your garden with CalFresh

BROCCOLI & CAULIFLOWER CABBAGE & COLLARDS

PLANT	Buy as plant starts for sturdy growth, or start easily from seeds. Transplant 1 & 1/2 to 2 feet apart. Plant so that the bottom leaves touch the soil.
GROW	Water in dry weather. Great for spring, summer, or winter gardens (for winter garden plant by August/September)
EAT	Broccoli: Harvest head when large, mature size; side shoots will begin to grow. Cabbage, cauliflower, and collards: Harvest when reaches large, mature size.



Grow Guide

Start seeds:
March-May

Transplant: April on

Average time to harvest:
12 weeks

Equipment needed:
None

Germination time:
7-12 days

Average plant size:
2-3 feet

Grow with:
Kale and cabbage. Not tomatoes.

Nutrition Content:
Vitamins A and C, fiber, folate

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

cultiva tu
jardín
con CalFresh

BROCOLI Y COLIFLOR COLES Y BERZAS

Guía Para Cultivar

Sembrar semillas:

Marzo-Mayo

Trasplante: Abril

PLANTA	Cómprala como planta de inicio para un crecimiento robusto, o comienza fácilmente a partir de semillas. Trasplante con una separación de 1 1/2 a 2 pies. Plantar de forma que las hojas inferiores toquen la tierra.
CULTIVA	Regar en tiempo seco. Ideal para jardines de primavera, verano o invierno (para jardines de invierno, plantar en agosto/septiembre).
COME	Brócoli: Cosechar la cabeza cuando sea grande, de tamaño maduro; los brotes laterales comenzarán a crecer. Col, coliflor y berza: Cosechar cuando alcancen un tamaño grande y maduro.

Tiempo para cosechar: 12 semanas

Tiempo de germinación:
7-12 días

Tamaño de la planta:
2-3 pies

Cultiva con:
Col rizada y col. **No** tomates.

Contenido Nutricional:
Vitaminas A y C, fibra, folato

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD



cultiva tu
jardín
con CalFresh

BROCOLI Y COLIFLOR COLES Y BERZAS

Guía Para Cultivar

Sembrar semillas:

Marzo-Mayo

Trasplante: Abril

PLANTA	Cómprala como planta de inicio para un crecimiento robusto, o comienza fácilmente a partir de semillas. Trasplante con una separación de 1 1/2 a 2 pies. Plantar de forma que las hojas inferiores toquen la tierra.
CULTIVA	Regar en tiempo seco. Ideal para jardines de primavera, verano o invierno (para jardines de invierno, plantar en agosto/septiembre).
COME	Brócoli: Cosechar la cabeza cuando sea grande, de tamaño maduro; los brotes laterales comenzarán a crecer. Col, coliflor y berza: Cosechar cuando alcancen un tamaño grande y maduro.

Tiempo para cosechar: 12 semanas

Tiempo de germinación:
7-12 días

Tamaño de la planta:
2-3 pies

Cultiva con:
Col rizada y col. **No** tomates.

Contenido Nutricional:
Vitaminas A y C, fibra, folato

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD



cultiva tu
jardín
con CalFresh

BROCOLI Y COLIFLOR COLES Y BERZAS

Guía Para Cultivar

Sembrar semillas:

Marzo-Mayo

Trasplante: Abril

PLANTA	Cómprala como planta de inicio para un crecimiento robusto, o comienza fácilmente a partir de semillas. Trasplante con una separación de 1 1/2 a 2 pies. Plantar de forma que las hojas inferiores toquen la tierra.
CULTIVA	Regar en tiempo seco. Ideal para jardines de primavera, verano o invierno (para jardines de invierno, plantar en agosto/septiembre).
COME	Brócoli: Cosechar la cabeza cuando sea grande, de tamaño maduro; los brotes laterales comenzarán a crecer. Col, coliflor y berza: Cosechar cuando alcancen un tamaño grande y maduro.

Tiempo para cosechar: 12 semanas

Tiempo de germinación:
7-12 días

Tamaño de la planta:
2-3 pies

Cultiva con:
Col rizada y col. **No** tomates.

Contenido Nutricional:
Vitaminas A y C, fibra, folato

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD



cultiva tu
jardín
con CalFresh

BROCOLI Y COLIFLOR COLES Y BERZAS

Guía Para Cultivar

Sembrar semillas:

Marzo-Mayo

Trasplante: Abril

PLANTA	Cómprala como planta de inicio para un crecimiento robusto, o comienza fácilmente a partir de semillas. Trasplante con una separación de 1 1/2 a 2 pies. Plantar de forma que las hojas inferiores toquen la tierra.
CULTIVA	Regar en tiempo seco. Ideal para jardines de primavera, verano o invierno (para jardines de invierno, plantar en agosto/septiembre).
COME	Brócoli: Cosechar la cabeza cuando sea grande, de tamaño maduro; los brotes laterales comenzarán a crecer. Col, coliflor y berza: Cosechar cuando alcancen un tamaño grande y maduro.

Tiempo para cosechar: 12 semanas

Tiempo de germinación:
7-12 días

Tamaño de la planta:
2-3 pies

Cultiva con:
Col rizada y col. **No** tomates.

Contenido Nutricional:
Vitaminas A y C, fibra, folato

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD



Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

Cultiva tu Jardín con CalFresh

Al inscribirse en CalFresh puede:

- ◆ *Comprar frutas y verduras frescas en los mercados locales*
- ◆ *Comprar semillas y plantas para comenzar su jardín*
- ◆ *Apoyar los mercados de agricultores locales y supermercados*

Es más fácil
que nunca
solicitar
CalFresh

¡Puedes aplicar a CalFresh desde tu casa!

1. Aplica en línea en 10 minutos www.getcalfresh.org. También puede aplicar en www.c4yourself.com, o solicitar una solicitud por correo al Departamento de Salud y Servicios Humanos del Condado de Humboldt (DHHS). En persona: Aplicar con Food For People o DHHS.
2. Entrevistas se pueden hacer por teléfono.
3. Usted puede poseer propiedades, vehículos, tener dinero en el banco o cuentas de jubilación y todavía ser elegible para CalFresh.

*Si usted no era elegible en el pasado, usted puede ser ahora!

*A partir de junio de 2019, los hogares SSI son elegibles para CalFresh!

APLICA

Para obtener más información, llame a: Food for People @ (707) 445-3166 ext. 318 o Departamento de Salud Y Servicios Humanos @ 1-877-410-8809

grow your garden with CalFresh

BROCCOLI

PLANT	Try buying broccoli starts for sturdy growth. Transplant 1 & 1/2 to 2 feet apart. Plant so that the bottom leaves touch the soil.
GROW	Water in prolonged dry weather. Broccoli is top heavy, so mound soil around stalks as head develops or stake plant upright.
EAT	Cut off heads when they are 4 to 8 inches long. Do this before flowering. Cut regularly and start at the center to encourage branching.



Grow Guide

Start seeds: <i>April-May</i>
Transplant: <i>June-July</i>
Average time to harvest: <i>12 weeks</i>
Equipment needed: <i>Stakes</i>
Germination time: <i>7-12 days</i>
Average plant size: <i>2-3 feet</i>
Grow with: <i>Kale and cabbage. Not tomatoes.</i>
Nutrition Content: <i>Vitamins A and C, fiber, folate</i>

grow your garden with CalFresh

BROCCOLI

PLANT	Try buying broccoli starts for sturdy growth. Transplant 1 & 1/2 to 2 feet apart. Plant so that the bottom leaves touch the soil.
GROW	Water in prolonged dry weather. Broccoli is top heavy, so mound soil around stalks as head develops or stake plant upright.
EAT	Cut off heads when they are 4 to 8 inches long. Do this before flowering. Cut regularly and start at the center to encourage branching.



Grow Guide

Start seeds: <i>April-May</i>
Transplant: <i>June-July</i>
Average time to harvest: <i>12 weeks</i>
Equipment needed: <i>Stakes</i>
Germination time: <i>7-12 days</i>
Average plant size: <i>2-3 feet</i>
Grow with: <i>Kale and cabbage. Not tomatoes.</i>
Nutrition Content: <i>Vitamins A and C, fiber, folate</i>

grow your garden with CalFresh

BROCCOLI

PLANT	Try buying broccoli starts for sturdy growth. Transplant 1 & 1/2 to 2 feet apart. Plant so that the bottom leaves touch the soil.
GROW	Water in prolonged dry weather. Broccoli is top heavy, so mound soil around stalks as head develops or stake plant upright.
EAT	Cut off heads when they are 4 to 8 inches long. Do this before flowering. Cut regularly and start at the center to encourage branching.



Grow Guide

Start seeds: <i>April-May</i>
Transplant: <i>June-July</i>
Average time to harvest: <i>12 weeks</i>
Equipment needed: <i>Stakes</i>
Germination time: <i>7-12 days</i>
Average plant size: <i>2-3 feet</i>
Grow with: <i>Kale and cabbage. Not tomatoes.</i>
Nutrition Content: <i>Vitamins A and C, fiber, folate</i>

grow your garden with CalFresh

BROCCOLI

PLANT	Try buying broccoli starts for sturdy growth. Transplant 1 & 1/2 to 2 feet apart. Plant so that the bottom leaves touch the soil.
GROW	Water in prolonged dry weather. Broccoli is top heavy, so mound soil around stalks as head develops or stake plant upright.
EAT	Cut off heads when they are 4 to 8 inches long. Do this before flowering. Cut regularly and start at the center to encourage branching.



Grow Guide

Start seeds: <i>April-May</i>
Transplant: <i>June-July</i>
Average time to harvest: <i>12 weeks</i>
Equipment needed: <i>Stakes</i>
Germination time: <i>7-12 days</i>
Average plant size: <i>2-3 feet</i>
Grow with: <i>Kale and cabbage. Not tomatoes.</i>
Nutrition Content: <i>Vitamins A and C, fiber, folate</i>

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809

Grow your Garden with CalFresh

By enrolling in CalFresh you can:

- ◆ Buy fresh fruits and vegetables at local farmers' markets
- ◆ Buy seeds and plants that produce food to start your garden
- ◆ Support local farmers' markets and grocery stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.c4yourself.com, or request an application in the mail from the Humboldt County Department of Health & Human Services (DHHS). In person: Apply at Food for People or DHHS.
2. Eligibility interviews can be done over the phone.
3. You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.

*If you were not eligible in the past, you may be now!

*As of June 2019, SSI households are eligible to apply for CalFresh!

APPLYING

For more information call:

Food for People @ (707) 445-3166 OR
Department of Health & Human Services @ 1-877-410-8809