

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.

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.



Adapted from www.almanac.com/plants/beets

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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. From home: Apply online 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.

**In California, people receiving SSI/SSP are not eligible for CalFresh, but other members of the household might be eligible.

APPLYING

For more information call:

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

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