

grow your garden with CalFresh

BROCCOLI

PLANT	Try buying broccoli starts for sturdy growth. Transplant 1.5-2 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>



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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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