

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](http://www.almanac.com/plants/beets)

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### **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](http://www.getcalfresh.org). You can also apply at [www.c4yourself.com](http://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**

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