

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

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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. 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

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