

grow your garden with CalFresh

# POTATOES

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|--------------|--|
| <b>PLANT</b> | 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.  |
| <b>GROW</b>  | 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.   |
| <b>EAT</b>   | 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. |

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| <b>Grow Guide</b>  |
| <b>Start seeds:</b><br><i>Mid-March—Mid-May</i>                    |
| <b>Average time to harvest:</b><br><i>3-months</i>                 |
| <b>Germination time:</b><br><i>Seed potatoes sprout in 2 weeks</i> |
| <b>Average plant size:</b><br><i>28 inches</i>                     |
| <b>Grow with:</b><br><i>tomatoes, eggplant</i>                     |
| <b>Nutrition Content:</b><br><i>Vitamin C and fiber</i>            |



Adapted from *The Humboldt Kitchen Gardener* by Eddie Tanner

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## Grow your Garden with CalFresh

### **By enrolling in CalFresh (formerly food stamps) 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 stores

### It's Easier Than Ever to Apply for CalFresh

#### **You can apply for CalFresh from home!**

1. You can apply online at [www.c4yourself.com](http://www.c4yourself.com) or request an application in the mail from the Department of Health and Human Services, or apply at Food for People.
2. Finger-imaging is no longer required and 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.

### 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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