

grow your garden with CalFresh

STRAWBERRIES

PLANT Plant in early spring in a sunny spot in the ground or in containers, 8-14 inches apart, with the soil above the roots and below the leaves, preferably adding compost to enrich the soil.

GROW Cut off the runners, and remove the first flowers if the plants are still small, so the plant's energy focuses on root and berry production. Try planting the runners elsewhere to grow new plants. Keep soil moist (not soggy) and weed-free. Mulching reduces water needs and weeds. Plants usually produce fruit for a few years.

EAT Berries are usually ready 4-6 weeks after flowering. Pick ripe red berries regularly. Cut by stem- don't pull the berry.



Adapted from www.mastergardeners.org

Grow Guide

Plant: As soon as the ground can be worked in Spring

Space: Dig holes 8-14 inches apart, deep and wide enough for roots, and then cover with soil to a little above the roots

Water: Keep moist, but not soggy. Mulch reduces water needs and weeds.

Weeding: Remove weeds regularly

Nutrition Content: Good source of vitamin C

Storage: Store unwashed berries in refrigerator for 3-5 days, or freeze

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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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