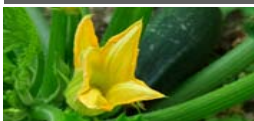


grow your garden with CalFresh

ZUCCHINI

PLANT	Start indoors and transplant after at least 2 true leaves have formed and soil reaches at least 55 degrees. Plant 1 inch deep and 2 to 3 feet apart, in direct sunlight. Zucchini loves warm weather. Careful with roots!
GROW	Mulch to protect shallow roots, discourage weeds and retain moisture. Water and fertilize with compost after first blooms appear.
EAT	Harvest about 60 days after planting, or when small and tender for best flavor. Cut zucchini, rather than pulling, and store in fridge for up to 10 days. Excellent barbequed, sautéed or in just about any dish!

Grow Guide
Start seeds: <i>Early April</i>
Transplant: <i>When true leaves appear</i>
Average time to harvest: <i>About 60 days</i>
Germination time: <i>4-9 days</i>
Grow with: <i>Corn, beans, radishes</i>
Nutrition Content: <i>20 calories per 1 cup, vitamins A, C, B6</i>



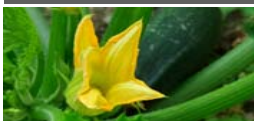
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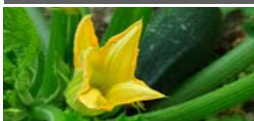
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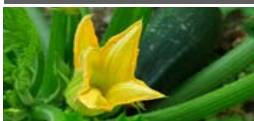
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Grow your Garden with CalFresh

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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