

grow your garden with CalFresh

BROCCOLI & CAULIFLOWER CABBAGE & COLLARDS

PLANT	Buy as plant starts for sturdy growth, or start easily from seeds. Transplant 1 & 1/2 to 2 feet apart. Plant so that the bottom leaves touch the soil.
GROW	Water in dry weather. Great for spring, summer, or winter gardens (for winter garden plant by August/September)
EAT	Broccoli: Harvest head when large, mature size; side shoots will begin to grow. Cabbage, cauliflower, and collards: Harvest when reaches large, mature size.



Grow Guide
Start seeds: March-May
Transplant: April on
Average time to harvest: 12 weeks
Equipment needed: None
Germination time: 7-12 days
Average plant size: 2-3 feet
Grow with: Kale and cabbage. Not tomatoes.
Nutrition Content: Vitamins A and C, fiber, folate

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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. 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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