

grow your garden with CalFresh

BROCCOLI

Grow Guide

Start seeds:
April-May

Transplant: June-July

Average time to harvest:
12 weeks

Equipment needed:
Stakes

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

PLANT

Try buying broccoli starts for sturdy growth. Transplant 1 & 1/2 to 2 feet apart. Plant so that the bottom leaves touch the soil.

GROW

Water in prolonged dry weather. Broccoli is top heavy, so mound soil around stalks as head develops or stake plant upright.

EAT

Cut off heads when they are 4 to 8 inches long. Do this before flowering. Cut regularly and start at the center to encourage branching.

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The Food Bank for Humboldt County

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FOOD



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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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