

grow your garden with CalFresh

# CARROTS

<b>PLANT</b>	Plant seeds 1/4 to 1/2 inch deep (no more than two or three seeds per inch). When they are about 1 inch tall, thin (remove some plants) so there are no more than 1 to 2 seedlings per inch. For a continuous harvest throughout the growing season, plant new seeds about every 6 weeks.
<b>GROW</b>	Keep garden well watered and weeded.
<b>EAT</b>	Carrots can be harvested or "pulled" when the roots are at least 1/2 inch in diameter. Finger carrots are usually ready to harvest within 50 to 60 days. Other varieties should be allowed to grow until they have reached a diameter of at least 3/4 inch (about 60 to 70 days after planting).

<b>Grow Guide</b>
<b>Start seeds:</b> <i>Spring (late March)</i>
<b>Average time to harvest:</b> <i>50-70 days</i>
<b>Germination time:</b> <i>2 weeks</i>
<b>Grow with:</b> <i>radishes</i>
<b>Nutrition Content:</b> <i>Vitamin A</i>
<b>Storage:</b> <i>Store carrots with the green tops trimmed. Although the tops are edible, during storage this greenery robs the carrot of moisture and nutritional value.</i>



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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. Apply online in 10 minutes at [www.getcalfresh.org](http://www.getcalfresh.org). You can also apply at [www.c4yourself.com](http://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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