

grow your garden with CalFresh

Chamomile

PLANT	Full sun, for example at the end of a vegetable row or bed, in fertile, well drained soil. Grows well in containers.
GROW	Thin seedlings to 2-4 inches apart when they are about one inch tall. Plants do not like to be transplanted once their roots have established; sow the seeds directly in the garden.
EAT	Cut branches when they are holding numerous open flowers, and hang in small bunches to dry. Chamomile tea is made from the blossoms only.



Grow Guide

Start seeds:
Indoors January, directly in garden March-April.

Transplant: February-March or sow seeds directly March-April.

Average time to harvest:
60 days.

Germination time:
10-14 days.

Average plant size:
8-24" tall.

Grow with:
Cabbage, Lettuce, Spinach, Calendula, Cilantro, Feverfew and Mint.

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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. 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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