

grow your garden with CalFresh

# CHERRY TOMATOES

<b>PLANT</b>	Plant seed one-eighth inch deep in pots. Transplant 1 & 1/2 ft. apart when first flowers open. Choose fertile soil & sunny sheltered site. Tomatoes need <i>warmth</i> and <i>sun</i> to ripen on the north coast!
<b>GROW</b>	Keep soil moist. Use tomato (or other organic) fertilizer. Tie main stem to a stake or use a tomato cage. Remove side shoots, yellowing leaves, and those shading fruit-bearing branches. Remove growing tip after four trusses have begun to fruit.
<b>EAT</b>	Pick when fully colored. Eat raw, in salsa, soup or sauce!

## Grow Guide

<b>Start seeds:</b> <i>Indoors April</i> <i>*Cherry tomatoes do well on the coast</i>
<b>Transplant:</b> <i>May-June</i>
<b>Average time to harvest:</b> <i>16-20 weeks</i>
<b>Equipment needed:</b> <i>Stakes, twine, fertilizer</i>
<b>Germination time:</b> <i>8-11 days</i>
<b>Average plant size:</b> <i>2 - 4 ft tall, 1 ft wide</i>
<b>Grow with:</b> <i>Potatoes, and eggplant</i>
<b>Nutrition Content:</b> <i>Vitamin A and C</i> <i>27 calories per cup</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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