

grow your garden with CalFresh

SWEET CORN

PLANT	Plant seeds 2 weeks after last spring frost. Make sure soil is at least 60 degrees when planting—sweet corn likes hot weather. Plant 1 inch deep, 12 inches apart and provide 3 feet spacing between rows.
GROW	Keep soil well-drained, moist, and do not damage roots when weeding. When the plants are 4-5 inches tall, thin them so plants are 16-23 inches apart. Except in very dry conditions, watering is not necessary until flowering starts.
EAT	Harvest around 60 days, or when tassels turn brown and cob starts to swell. Cook and serve corn as soon as possible after harvesting—sweet flavor tends to be lost if stored for too long. Corn can be added to salads, chilis, or eaten straight off the cob!

Grow Guide
Sow seeds: <i>Late April to late June (does not do well in coastal climates)</i>
Average time to harvest: <i>60-100 days depending on temperature</i>
Germination time: <i>4 - 12 days</i>
Average plant size: <i>4 - 12 feet tall</i>
Grow with: <i>Squash, cucumbers, melons</i>
Nutrition Content: <i>62 calories per 1/2 cup, high in vitamin B6, excellent source of dietary fiber</i>



Adapted from www.almanac.com/plant/corn

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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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