

grow your garden with CalFresh

# Crab Apple

<b>PLANT</b>	Crabapples are wild apples, and they are adaptable. They prefer deep, well-drained soil and do well in lawns. They can be kept small enough to line driveways or walkways.
<b>GROW</b>	One inch of water per week for the first year. Once the tree is established, it may only need water during extremely dry conditions.
<b>EAT</b>	High in pectin, crab apples can be used to help gel other fruit preserves. Can be made into applesauce, baking crisps, pressing into juice, and apple butter.

## Grow Guide

**Transplant:** Plant bare root in early spring. Container grown tree anytime, spring through fall.

**Average time to harvest:** Growth rates vary by species.

**Average plant size:** Keep pruned to 8ft.

**Grow with:** Perennial bulbs do well under trees.

**Nutrition Content:** Fiber, vitamin C, potassium, copper.



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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  
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#### **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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