

grow your garden with CalFresh

# CUCUMBERS

**PLANT** Plant outside in spring, in full sun, no earlier than 2 weeks after last frost. If planting seeds, plant 1 inch deep and 6-10 inches apart. If transplanting seedlings, plant 12 inches apart. The soil will benefit from mixing in compost.

**GROW** Cucumber plants climb like a vine—a trellis is a good idea to protect fruit from rotting when laying on wet soil. Keep soil continuously moist and weed-free. When seedlings are 4 inches tall, thin plants so they are 1 & 1/2 feet apart.

**EAT** Harvest regular slicing cucumbers when about 6-8 inches long, green, firm, and crisp. Lemon cucumbers grow more quickly, need less heat, and are ready when round yellow fruit is 3-4 inches.



Adapted from www.almanac.com

## Grow Guide

**Plant:** in full sun, 2 weeks after last frost in spring

**Space:** Plant seeds 1 inch deep and 6-10 inches apart. If transplanting seedlings, plant 12 inches apart

**Grow:** A trellis helps the vine climb upward, saving space and keeping fruit off wet soil

**Water:** Keep moist continuously

**Harvest:** When ripe, pick regularly, to keep plants productive

**Storage:** Will keep 7-10 days wrapped in refrigerator.

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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  
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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