

grow your garden with CalFresh

GREEN BEANS

PLANT	Sow seeds 1 inch deep next to a trellis or stakes to support growing plant. Space seeds 3 inches apart. It's not recommended to start seeds indoors. Place in full sun.
GROW	Provide water, and good drainage, with regular weeding. Help plants grab onto trellis or stakes if needed. Pole beans varieties can grow up to 8 feet tall!
EAT	Harvest beans 60-90 days after planting. Beans should be picked when the seeds just begin to bulge, while still immature, and seeds are not fully developed. Beans are delicious steamed, sautéed, mixed into salads, or raw!



Grow Guide
Sow seeds: Late April *Pole or bush varieties
Average time to harvest: 9-12 weeks
Materials needed: Stakes or trellis to support plants
Germination time: 7-10 days
Grow with: Sunflowers and Corn
Nutrition Content: 34 calories per 1 cup, great source of vitamin A and C

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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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