

grow your garden with CalFresh

KALE & SWISS CHARD

Grow Guide

Start seeds:
Early March

Average time to harvest: *55-70 days if transplanted*

Germination time:
5-12 days

Grow with: *Chard and Kale are great grown together*

Nutrition Content:
High in vitamin A, C and iron

PLANT

Start seeds inside in early March, and when at least 2 true leaves form, transplant to garden, spacing 12 inches apart and 1/2 inch deep. Kale and chard do well in cool or warm temperatures, in full sun or some shade.

GROW

When plants are about 5 inches tall, thin (remove some plants) so they are spaced 8-12 inches apart. Mulch plants with compost or grass clippings to discourage weeds and promote growth. Water regularly and evenly.

EAT

Harvest when plants are 8-10 inches tall and leaves are about the size of your hand. When harvesting, avoid picking the terminal bud (located at the top, center of the plant) because this is what keeps the plant growing. Enjoy in salads, soups, wraps and even raw!



Adapted from www.almanac.com/plant/kale and chard

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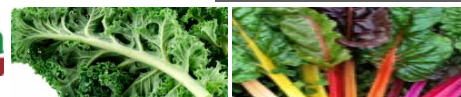
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Grow your Garden with CalFresh

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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