

grow your
garden
with CalFresh

Huckleberry

PLANT	Garden Huckleberries like rich soil and partial shade.
GROW	Thin plants to about 2 feet apart when they have several sets of true leaves and are growing strong—usually several weeks after sowing.
EAT	The ripe berries can be collected after they have turned black and begin to soften. Allowing the berries to stay on the plant longer will produce better, richer flavor. Cook ripe berries before eating. Delicious in pies and jams.



Grow Guide

Start seeds:
March-April.
*Start seeds indoors.

Transplant:
Into container when seedlings are 2 inches tall. Into ground in early summer.

Germination time:
2 weeks

Average plant size:
2-3 ft. high shrub

Grow with:
Blueberries, azaleas, rhododendrons, gardenias, hydrangeas, ferns.

Nutrition Content:
Rich in vitamin C.

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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. 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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