

grow your garden with CalFresh

# Lemon Balm

<b>PLANT</b>	Full sun; it will tolerate shade. Lemon balm will grow in almost any soil, but not very wet soil.
<b>GROW</b>	Regular, even watering. It grows best in slightly moist soil. Once established, it tolerates drought. Control spread of this hardy herb.
<b>EAT</b>	Use freshly chopped leaves sprinkled lightly on cooked vegetables, salad, chicken, lamb, shellfish. Fresh or dry leaves make a refreshing, mildly lemony tea.

 **Food for People**  
The Food Bank for Humboldt County

 **CalFresh**  
FOOD



## Grow Guide

**Start seeds:** Indoors about 2 months before transplanting.

**Transplant:** After last spring frost.

**Germination time:** 14 days.

**Average plant size:** 12 to 24 inches tall and wide.

**Grow with:** Broccoli, cauliflower, and other cabbage family plants. The fragrance of lemon balm helps deter insects that attack cabbage family crops and also masks the smell of cabbage.

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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  
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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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