

grow your garden with CalFresh

Lemon Verbena

PLANT	Cuttings and divisions are best taken when plants are emerging from dormancy in late spring. Plant in rich, moist soil in full sun to partial afternoon shade.
GROW	Keep the surface of the soil moist, but don't oversaturate the plants. Plants do well in dry or humid climates. Control spread of this hardy herb.
EAT	Harvest the leathery leaves anytime. Infuse sauce, oil, or tea with whole leaves. The tiny blossoms can be used in the same way as the leaves.



Grow Guide
Planting: <i>Starts/young plants. March-May.</i>
Equipment needed: <i>Growing in a container is an ideal way to cultivate the plant all year in colder regions, Container-grown also stays a more manageable size than plants grown in the ground.</i>
Average plant size: <i>Grown in containers, rarely exceed 2-3 ft height, but outdoors in frost-free climates, shrubs can exceed 8 ft.</i>
Grow with: Dill, cilantro, garlic.

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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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