

grow your garden with CalFresh

# LETTUCE

## Grow Guide

**Start seeds:**  
Outdoors; Feb-June

**Transplant:**  
March-July

**Time to harvest:**  
6-8 weeks (leaf),  
8-14 (hearting)

**Equipment needed:**  
Slug protection  
(i.e. copper or Slug-O)

**Germination time:**  
6-12 days

**Average plant size:**  
8 in tall and wide

**Grow with:** chicory

**Nutrition Content:**  
Vitamin A, C, and folate;  
9 calories per serving

## PLANT

Plant seeds 1/4-1/2 inch deep in pots or rows in the garden. Thin (remove some plants so others have room) or transplant to 5-10 inches apart. Lettuces are hardy. Try growing March through Oct.

## GROW

Keep seedlings moist, and water in dry weather (stops tough and bitter leaves). Water in the morning to prevent disease. Protect from slugs.

## EAT

Pick individual leaves of 'loose-leaf' or baby lettuces as needed. Cut 'hearting' varieties when central leaves are fairly firm. Wash and serve fresh salad.



grow your garden with CalFresh

# LETTUCE

## Grow Guide

**Start seeds:**  
Outdoors; Feb-June

**Transplant:**  
March-July

**Time to harvest:**  
6-8 weeks (leaf),  
8-14 (hearting)

**Equipment needed:**  
Slug protection  
(i.e. copper or Slug-O)

**Germination time:**  
6-12 days

**Average plant size:**  
8 in tall and wide

**Grow with:** chicory

**Nutrition Content:**  
Vitamin A, C, and folate;  
9 calories per serving

## PLANT

Plant seeds 1/4-1/2 inch deep in pots or rows in the garden. Thin (remove some plants so others have room) or transplant to 5-10 inches apart. Lettuces are hardy. Try growing March through Oct.

## GROW

Keep seedlings moist, and water in dry weather (stops tough and bitter leaves). Water in the morning to prevent disease. Protect from slugs.

## EAT

Pick individual leaves of 'loose-leaf' or baby lettuces as needed. Cut 'hearting' varieties when central leaves are fairly firm. Wash and serve fresh salad.



grow your garden with CalFresh

# LETTUCE

## Grow Guide

**Start seeds:**  
Outdoors; Feb-June

**Transplant:**  
March-July

**Time to harvest:**  
6-8 weeks (leaf),  
8-14 (hearting)

**Equipment needed:**  
Slug protection  
(i.e. copper or Slug-O)

**Germination time:**  
6-12 days

**Average plant size:**  
8 in tall and wide

**Grow with:** chicory

**Nutrition Content:**  
Vitamin A, C, and folate;  
9 calories per serving

## PLANT

Plant seeds 1/4-1/2 inch deep in pots or rows in the garden. Thin (remove some plants so others have room) or transplant to 5-10 inches apart. Lettuces are hardy. Try growing March through Oct.

## GROW

Keep seedlings moist, and water in dry weather (stops tough and bitter leaves). Water in the morning to prevent disease. Protect from slugs.

## EAT

Pick individual leaves of 'loose-leaf' or baby lettuces as needed. Cut 'hearting' varieties when central leaves are fairly firm. Wash and serve fresh salad.



grow your garden with CalFresh

# LETTUCE

## Grow Guide

**Start seeds:**  
Outdoors; Feb-June

**Transplant:**  
March-July

**Time to harvest:**  
6-8 weeks (leaf),  
8-14 (hearting)

**Equipment needed:**  
Slug protection  
(i.e. copper or Slug-O)

**Germination time:**  
6-12 days

**Average plant size:**  
8 in tall and wide

**Grow with:** chicory

**Nutrition Content:**  
Vitamin A, C, and folate;  
9 calories per serving

## PLANT

Plant seeds 1/4-1/2 inch deep in pots or rows in the garden. Thin (remove some plants so others have room) or transplant to 5-10 inches apart. Lettuces are hardy. Try growing March through Oct.

## GROW

Keep seedlings moist, and water in dry weather (stops tough and bitter leaves). Water in the morning to prevent disease. Protect from slugs.

## EAT

Pick individual leaves of 'loose-leaf' or baby lettuces as needed. Cut 'hearting' varieties when central leaves are fairly firm. Wash and serve fresh salad.





## 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](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**

## 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](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**

## 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](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**

## 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](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**