

grow your garden with CalFresh

ONIONS

PLANT	Plant early spring. Use onion "sets" or starts that can be transplanted into well drained, loose soil in full sun, 4-5 inches apart, in rows 12-18 inches apart. Don't bury more than 1 inch under soil. Add compost and fertilizer to soil before planting.
GROW	Onions need about 1 inch of water per week (including rain). Make sure soil is well drained.
EAT	Harvest when tops become yellow and start to fall over. Bend the tops completely down. Loosen soil to pull bulbs and let dry in the sun on dry ground. When tops and skin are dry, wipe off soil and continue drying/curing indoors 2-3 weeks. Cut tops and enjoy in your cooking!

Grow Guide
Sow seeds: Indoors 8-12 weeks before last frost.
Seeds? Seeds take longest time and should be started indoors.
Or starts? Starts are hardy & give a jump on the growing season.
Weeding: Remove weeds gently, to avoid pulling or damaging the onions' roots.
Spring Onions: Young onions harvested before the bulb swells. Tops and small bulb are all edible.
Storage: cool, dry place, good air flow under to prevent rot.



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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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