

grow your garden with CalFresh

PEAS

PLANT	Plant seeds 3/4 inch deep in pots and transplant, or plant seeds in garden 1-2 inches apart, in rows 2 feet apart.
GROW	Protect from birds. Keep young plants moist, increasing watering slightly after flowering starts. Mulch to conserve moisture. Support plants with mesh, netting or trellis they can climb up.
EAT	Pick sugar snap and snow peas when pods are still flat; 'shelling' types when peas are felt through the pod (e.g. round and wrinkled peas). Pick often for more pods. Eat fresh or make a stir fry!

Grow Guide
Start seeds: <i>Outdoors; Feb-June</i>
Transplant: <i>Spring</i>
Average time to harvest: <i>10-14 weeks</i>
Equipment needed: <i>Trellis and mulch</i>
Germination time: <i>7-10 days</i>
Average plant size: <i>3 feet tall, 1 foot wide</i>
Grow with: <i>Radish, Spinach, Lettuce</i>
Nutrition Content: <i>Vitamin C, folate and fiber; 41 calories per cup</i>



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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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