

grow your garden with CalFresh

Peppermint

PLANT	Mints are vigorous perennials that thrive in light soil with good drainage. Most will tolerate some shade.
GROW	Minimal care is needed for mint. For outdoor plants, use a light mulch. This will help keep the soil moist and keep the leaves clean. Frequent harvesting is the key to keeping mint plants at their best. Control spread of this herb.
EAT	Chop fresh leaves and sprinkle over peas, zucchini, fresh beans, marinades for summer vegetables, cold soups, fruit salads, and cheese. Brew for tea, dried or fresh.

Grow Guide

Planting:
Starts or cuttings, March-May.

Equipment needed:
In confined areas such as containers; top dress plants with a thin layer of compost or organic fertilizer every few months.

Average plant size:
12-24 inches

Grow with:
Cabbage and tomatoes in pots, if possible, in order to prevent it from spreading and stealing nutrients.



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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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