

grow your garden with CalFresh

PEPPERS

PLANT	Start seeds indoors, planting 1/4 inch deep. Transplant 18-24 inches apart when 65-70 degrees. Need warm temperatures to grow (do best inland or in a greenhouse on the coast.)
GROW	Stake to support plants from bending. Fertilize after first fruit starts to grow. Keep soil moist and well drained.
EAT	Start picking when fruits are glossy and develop mature color. Leave peppers on plant longer for a sweeter taste. Pick often to encourage more growth.

 **Food for People**
The Food Bank for Humboldt County

 **CalFresh**
FOOD



Grow Guide

Start seeds:
March-April

Transplant:
June-July

Average time to harvest:
20 weeks

Equipment needed:
Stakes or twine

Germination time:
14-20 days

Average plant size:
1 x 2 feet

Grow with:
tomato

Nutrition Content:
Vitamins A & C

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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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