

grow your garden with CalFresh

POTATOES

Grow Guide

Start seeds:
Mid-March—Mid-May

Average time to harvest:
3-months

Germination time:
Seed potatoes sprout in 2 weeks

Average plant size:
28 inches

Grow with:
tomatoes, eggplant

Nutrition Content:
Vitamin C and fiber

PLANT

Buy disease-free seed potatoes. Medium-small “seed” potatoes are ideal, because you don’t need to cut them. Space 10-12 in. apart and cover with no more than 4-inches of soil.

GROW

Once stems have grown 8-inches tall, bury the bottom 4-inches, this is called ‘hilling.’ Repeat until stems begin to flower. This allows the plant to produce more potatoes.

EAT

Potatoes are done growing when the plant flowers. If you dig up then, they will have thin skins (“new potatoes”) good for fresh eating in soups or roasted. To get potatoes that store well, wait until the plants turn brown and die. They will have thicker skins. Try sautéing potatoes with bell pepper and zucchini for a quick & healthy stir-fry.

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

 **CalFresh**
FOOD



Adapted from *The Humboldt Kitchen Gardener* by Eddie Tanner



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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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