

grow your garden with CalFresh

# RADISHES

<b>PLANT</b>	Plant seeds directly in garden one week before or after the last spring frost. Plant seeds 1/2 inch deep and 1 inch apart. Plant every two weeks to have a continual harvest. Radishes prefer full sun. If they are shaded, they will put all of their energy into producing leaves.
<b>GROW</b>	Radishes require well drained and watered soil. At 1 week old, thin (remove some plants to make room for others to grow) to 1 inch apart.
<b>EAT</b>	Radishes can be harvested or “pulled” when they are ready at around 3 weeks. Don’t let radishes stay in the ground for too long—that’s how they lose their flavor. Add radishes to salads, a stir-fry, or even try pickling them!

<b>Grow Guide</b>
<b>Sow seeds:</b> Spring
<b>Average time to harvest:</b> 20-30 days
<b>Germination time:</b> 3-4 days
<b>Grow with:</b> Beets
<b>Nutrition Content:</b> Vitamin C
<b>Storage:</b> Cut leaves immediately after harvesting. Store in an air-tight container or bag. Put radishes in fridge or cool storage space.



Adapted from [www.almanac.com/plant/radishes](http://www.almanac.com/plant/radishes)

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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](http://www.getcalfresh.org). You can also apply at [www.c4yourself.com](http://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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