

grow your garden with CalFresh

Salal

PLANT	Seeds should be sown in the fall, directly in the garden where they are to grow, in partial shade and planted in a rich, well draining, acidic soil.
GROW	Water regularly and thoroughly during the dry months. Prune to remove dead wood or to cut back an overgrown plant in the spring.
EAT	Berries are used in jellies, pies, and cakes. Young offshoots give soup a distinct and desirable flavor.

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



Grow Guide

Start seeds:
Early Fall. Plant seeds or rhizome cuttings directly in soil.

Average time to harvest: Bell-shaped flowers are produced on reddish, 6 inch stalks in spring, and form dark purple berries that are ready to eat fall/winter.

Average plant size:
Low growing (2-8 ft.) evergreen shrubs

Grow with: Other native plants such as ferns, rhododendrons, and azaleas.

Nutrition Content:
Rich in antioxidants and tannin.

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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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