

grow your garden with CalFresh

# Salmonberry

## Grow Guide

**Transplant:**  
*Cuttings: fall.*

**Average time of berry harvest:**  
*May-August.*

**Average plant size:**  
*6 ft.*

**Grow with:** *lettuce, rhubarb, asparagus, chard, cilantro, mint, catnip*

**Nutrition Content:**  
*Vitamins A, C, and B6. Good source of fiber.*



<b>PLANT</b>	Take cuttings in fall, as the plant goes dormant, 4 to 8 inches long, containing 4 or more buds per piece. Stick the cuttings into potting soil or moist sand with two buds below the surface of the soil and two buds above.
<b>GROW</b>	Plant in moist places with full to partial shade. Prune severely in the winter to encourage new growth the following spring. One inch water weekly, especially during berry set & ripening.
<b>EAT</b>	Orange-red berries can be eaten raw, mixed with meat or dried salmon, and made into jam. Growing shoots can be eaten raw or steamed.



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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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