

grow your garden with CalFresh

SPINACH

Grow Guide

Sow seeds:
March—September

Average time to harvest: 35-45 days after sowing seeds

Germination time: 12-20 days, takes more time the warmer the soil

Grow with: Broccoli, strawberries, kohlrabi

Nutrition Content: Vitamin A,B,C and iron

Storage: Store in refrigerator for up to a week after harvest, in air-tight container. Wash before eating and enjoy!

PLANT

Spinach is a hearty plant that can withstand cold temperatures on the North Coast. Plant in early spring, as well as fall and winter. Sow seeds directly in garden rows, 1 inch deep, with 12 seeds per foot, in full sun or partial shade. Plant in soil no warmer than 70 degrees for germination.

GROW

When seedlings sprout to 2 inches, thin them (remove plants so others can grow) to be 3-4 inches apart. Fertilize only if needed and provide regular, even watering.

EAT

Harvest when leaves reach desired size. Don't wait too long, or leaves will become bitter. Harvest whole plant or individual leaves. Add to salads, soups, or try sautéing with garlic and olive oil!

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



Adapted from www.almanac.com/plant/spinach

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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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