

grow your garden with CalFresh

TOMATOES

PLANT Plant seeds 1/8 inch deep in pots. Transplant 1 & 1/2 ft. apart when first flowers open. Choose fertile soil & sunny sheltered site. Tomatoes need *warmth* and *sun* to ripen on the north coast!

GROW Keep soil moist. Use tomato feed or organic fertilizer. Tie main stem to a stake or use a tomato cage. Remove side shoots, and cut off yellowing leaves and those shading fruit-bearing trusses or branches.

EAT Remove growing tip after four trusses have begun to fruit. Pick when fully colored. Ripen green tomatoes at end of season indoors. Eat raw, in salsa, soup, or sauce!



Grow Guide

Start seeds:
Indoors April

Transplant: *May-June*

Average time to harvest: *16-20 weeks*

Equipment needed:
Stakes, twine, fertilizer

Germination time:
8-11 days

Average plant size:
2-4 ft tall, 1 ft wide

Grow with: *Potatoes, and eggplant*

Nutrition Content:
*Vitamin A and C
27 calories per cup*

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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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