

grow your garden with CalFresh

Wild Onion

PLANT	If you find this plant in the later summer to fall with the ripe little bulbs on the top of the plant in their papery coating, pick them, take them home and plant about an inch or two under the soil and mulch. Next spring, they should come up as plants.
GROW	Plant in full sun. The soil needs to be loamy and rich in organic matter.
EAT	All parts of this plant are edible. The bulb and whole plant can be chopped up in any kind of cooking you would normally use onion or garlic.

Grow Guide
Transplant: <i>Bulbs can be planted late summer through fall.</i>
Harvest: <i>In summer.</i>
Average plant size: <i>Up to 12 inches tall.</i>
Grow with: <i>Cabbage, chamomile, carrots, leeks, beets, lettuce.</i>
Nutrition Content: <i>Vitamin K, folic acid, niacin, riboflavin, thiamin, carotenes, lutein.</i>



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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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