

grow your garden with CalFresh

WINTER SQUASH

Pumpkin, Acorn, Butternut, Hubbard, Spaghetti

PLANT	Start pumpkin and acorn squash indoors, 2-4 weeks before last spring frost. Transplant when soil is at least 60 degrees, in full sun, 3 feet apart (need room for crawling vines.) Winter squash prefer very rich, well-drained soil that's not too soggy. If you have limited space, you can also grow in 5-10 gallon pots!
GROW	Provide 1 inch of water per week, keeping fruit and leaves dry as you water, to prevent rot. Pumpkins and acorn squash need compost or manure regularly.
EAT	Harvest when squashes sound hollow and rind feels hard. Lasts a long time stored in a cool, dry place. Enjoy in soups, roasted, or baked with cinnamon, butter, and brown sugar for a delicious, sweet treat!



Adapted from www.almanac.com/plant/pumpkins



Grow Guide

Start seeds:
Spring (late April)

Transplant:
When soil reaches at least 60 degrees

Average time to harvest: 75-100 days

Germination time:
7-12 days

Average plant size:
1-2 ft tall, 10-20 ft wide

Grow with: Beans, corn, radishes

Nutrition Content:
Good source of vitamin A, C, and iron



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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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