

grow your garden with CalFresh

ZUCCHINI / SUMMER SQUASH

PLANT	Start indoors and transplant after at least 2 true leaves have formed and soil reaches at least 55 degrees. Plant 1 inch deep and 2 to 3 feet apart, in direct sunlight. Zucchini loves warm weather. Careful with roots!
GROW	Mulch to protect shallow roots, discourage weeds and retain moisture. Water and fertilize with compost after first blooms appear.
EAT	Harvest about 60 days after planting, or when small and tender for best flavor. Cut zucchini, rather than pulling, and store in fridge for up to 10 days. Excellent barbequed, sautéed or in just about any dish!

Grow Guide
Start seeds: Early April
Transplant: When true leaves appear
Average time to harvest: About 60 days
Types: zucchini, patty-pan, yellow squash,
Grow with: Corn, beans, radishes
Nutrition Content: 20 calories per 1 cup, vitamins A, C, B6



Adapted from www.almanac.com/plant/zucchini



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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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