

grow your garden with CalFresh

# Vine Tea (Yerba Buena)



<b>PLANT</b>	Transplant young plants in the spring after all danger of frost is past. Full to partial shade. Space the plants 4 to 6 feet apart.
<b>GROW</b>	Water the plant once a week during the summer. Just an inch of water each week is plenty of moisture. Once established, this perennial can survive off natural rainfall except during extremely dry and hot weather.
<b>EAT</b>	The glossy evergreen leaves smell and taste of mint. Steep leaves and stems in boiling hot water for tea. Older leaves seem to make better tea.

<b>Grow Guide</b>
<b>Plant starts:</b> After spring frost.
<b>Average time to harvest:</b> Cut the upper parts of the stems right before the plant blooms if harvesting the leaves for tea. Dry and store the leaves in an airtight container.
<b>Average plant size:</b> 6" tall and less than 6' wide.
<b>Grow with:</b> Avoid planting with creeping ground plants.



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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](http://www.getcalfresh.org). You can also apply at [www.c4yourself.com](http://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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