

grow your garden with CalFresh

SWEET CORN

Grow Guide

Sow seeds: Late April to late June (does not do well in coastal climates)

Average time to harvest:
60-100 days depending on temperature

Germination time:
4 - 12 days

Average plant size:
4 - 12 feet tall

Grow with: Squash, cucumbers, melons

Nutrition Content:
62 calories per 1/2 cup, high in vitamin B6, excellent source of dietary fiber

PLANT

Plant seeds 2 weeks after last spring frost. Make sure soil is at least 60 degrees when planting—sweet corn likes hot weather. Plant 1 inch deep, 12 inches apart and provide 3 feet spacing between rows.

GROW

Keep soil well-drained, moist, and do not damage roots when weeding. When the plants are 4-5 inches tall, thin them so plants are 16-23 inches apart. Except in very dry conditions, watering is not necessary until flowering starts.

EAT

Harvest around 60 days, or when tassels turn brown and cob starts to swell. Cook and serve corn as soon as possible after harvesting—sweet flavor tends to be lost if stored for too long. Corn can be added to salads, chilis, or eaten straight off the cob!



Adapted from www.almanac.com/plant/corn

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Grow your Garden with CalFresh

By enrolling in CalFresh (formerly food stamps) 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 stores

It's Easier
Than Ever
to Apply for
CalFresh

You can apply for CalFresh from home!

1. You can apply online at www.c4yourself.com or request an application in the mail from the Department of Health and Human Services, or apply at Food for People.
2. Finger-imaging is no longer required and 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.

**In California, people receiving SSI/SSP are not eligible 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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