

grow your garden with CalFresh

KALE & SWISS CHARD

PLANT	Start seeds inside in early March, and when at least 2 true leaves form, transplant to garden, spacing 12 inches apart and 1/2 inch deep. Kale and chard do well in cool or warm temperatures, in full sun or some shade.
GROW	When plants are about 5 inches tall, thin (remove some plants) so they are spaced 8-12 inches apart. Mulch plants with compost or grass clippings to discourage weeds and promote growth. Water regularly and evenly.
EAT	Harvest when plants are 8-10 inches tall and leaves are about the size of your hand. When harvesting, avoid picking the terminal bud (located at the top, center of the plant) because this is what keeps the plant growing. Enjoy in salads, soups, wraps and even raw!

Grow Guide
Start seeds: Early March
Average time to harvest: 55-70 days if transplanted
Germination time: 5-12 days
Grow with: Chard and Kale are great grown together
Nutrition Content: High in vitamin A, C and iron



Adapted from www.almanac.com/plant/kale and chard



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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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