

## Using CalFresh at Farmers' Market

CalFresh benefits are automatically added to an EBT (Electronic Benefit Transfer) debit card, which can be used at local farmers' markets and grocery stores. Using the EBT card at farmers' markets is easy. Just bring the EBT card to the market manager's info booth, and swipe it in exchange for \$1 wooden tokens to use around the market to purchase fresh fruits and vegetables, seeds/plants that produce food, and other local foods like meat, eggs, cheese, and bread. Ask about how you can double your CalFresh dollars with Market Match.



To apply for CalFresh, visit or contact one of the following locations:

### Food for People

307 W. 14th Street  
Eureka, CA 95501  
(707) 445-3166 x 308 or x 318  
Email: [CalFresh@foodforpeople.org](mailto:CalFresh@foodforpeople.org)  
[www.foodforpeople.org](http://www.foodforpeople.org)

### Apply online at:

[www.getcalfresh.org](http://www.getcalfresh.org) or [www.c4yourself.com](http://www.c4yourself.com)

### Humboldt County Department of Health and Human Services:

#### **Eureka**

929 Koster St.  
1-877-410-8809

#### **Garberville**

727 Cedar St.  
(707) 923-2759

#### **Hoopa**

535 Airport Rd.  
(530) 625-4251

## Apply For CalFresh Today!

CalFresh is a nutrition assistance program that helps eligible households purchase the foods they need for good health, including plants and seeds that produce food in a garden!



## Humboldt County Farmers' Markets that accept CalFresh

### TUESDAYS

**Eureka**, 10:00 AM—1:00 PM, June-October  
Old Town, 2nd & F Streets

**Fortuna**, 3:00 PM—6:00 PM, May-October  
10th & Main Streets

**Miranda**, 2:00 PM—6:00 PM, May-October  
Miranda Market, Avenue of the Giants

**Shelter Cove**, 11:00 AM—3:00 PM, May-October  
Mario's Motel and Marina

### THURSDAYS

**Eureka**, 10:00 AM—1:00 PM, June-October  
Henderson Center, Henderson & F Streets

**McKinleyville**, 3:30 PM—6:30 PM, June-October  
Eureka Natural Foods, Central Avenue & Pickett Road

**Willow Creek**, 4:30 PM—7:30 PM, June-August  
Veterans Park, Kimtu Road & Country Club Drive

### FRIDAYS

**Garberville**, 11:00 AM—3:00 PM, May-Mid November  
Church Street/Town Square

**Eureka**, 5:00 PM—8:00 PM, June-September  
Clarke Plaza, E Street at Opera Alley

### SATURDAYS on the Arcata Plaza

**Arcata Plaza**, 9:00 AM—2:00 PM, April-November

**Winter Market**, 10:00 AM—2:00 PM, December-March

# Grow Your Garden with CalFresh

For a stronger, healthier Humboldt County



**Food for People**  
The Food Bank for Humboldt County



Humboldt County  
Department of  
**Health & Human  
Services**  
People helping people  
live better lives

# CalFresh for a Healthy Humboldt County

## By Enrolling in CalFresh You Can:

- Buy fresh fruits & vegetables at local farmers' markets, plus other local foods like meat, eggs, cheese, and bread
- Buy seeds & plants, at farmers' market or a grocery store, that produce food in your garden
- Purchase a CSA share from a participating local farm
- Support local farms and stores

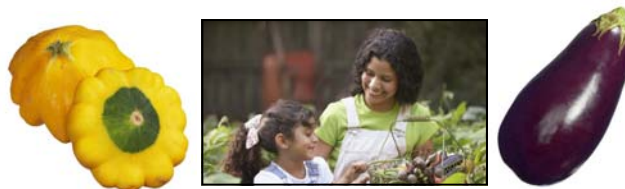


Using CalFresh to start a garden is an economical way to get your hands on the health benefits of fresh, local produce throughout the season.

## Benefits of Growing Your Own Food




- Fruits and vegetables picked locally hold far more nutrients and flavor than those that have traveled hundreds of miles to the grocery store.
- Enjoy the feeling of success that comes from turning the seeds you plant into food you can eat!
- Increase your physical activity. Weeding, raking and digging burn calories and are great outdoor family activities in the garden.
- Both children and adults are more likely to try new foods, and to eat more fruits and vegetables each day, when they have taken part in growing them.
- Save money! Growing your own fruits and vegetables saves you money each month on your grocery bill.



## CalFresh Can Help You Start Your Own Garden

You can use your EBT card to buy seeds and plant starts that produce food. Growing your own garden is a low-cost way to get the nutritious fruits and vegetables your family needs to stay healthy.

## Gardening Basics

- Choose a sunny site. Vegetable plants need at least six hours of sun per day. Without enough sunlight, the plants will grow spindly and won't produce well. 
- If planting from seed, follow the directions on the back of the packet for optimum planting times and spacing requirements.
- Dig the soil 6 to 8 inches deep, loosening and turning it over, and remove any rocks or debris that may be in the way. Then spread a 2 to 4 inch layer of compost over the bed and work it into the soil.
- Fertilize the garden with natural fertilizer, paying special attention to the proper proportions indicated on the package.
- For pest problems, apply an organic pest control spray directly to the leaves.
- When watering, remember that too much or too little can kill a plant.
- Don't wait until the soil is completely dry before watering.
- Pull weeds weekly to prevent them from becoming a major problem.
- Harvest vegetables when they are ripe. They should pull off the vine easily.