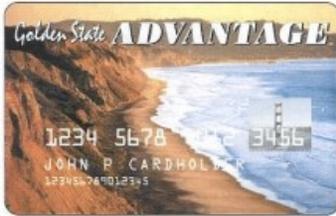


Using CalFresh at Farmers' Market

To spend CalFresh benefits at farmers' market, visit the Market Info booth. Staff will swipe your card and exchange your chosen amount of benefits for tokens. You will automatically receive Market Match, which doubles up to the first \$10 in spending at each market you attend. Market Match can be used to buy fruits, vegetables, and edible plant starts for a garden, and regular CalFresh benefits can be spent on that plus cheese, meat, and several other foods. CalFresh can also be used to purchase a Harvest Box (multi-farm CSA produce box), and you will receive Market Match, which means these \$20 mixed produce boxes will only cost \$10!



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

Food for People CalFresh Outreach

Text or call (707) 499-6477

Call (707) 445-3166 x318

Email: CalFresh@foodforpeople.org

www.foodforpeople.org

Apply online at:

www.getcalfresh.org or www.BenefitsCal.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

MONDAYS

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

TUESDAYS

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

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

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, 3:00 PM—6:00 PM, July-October
Eureka Natural Foods, Central Avenue & Pickett Road

Willow Creek, 4:00 PM—7:00 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, 5:30 PM—8:30 PM, July-Sept
Old Town, 2nd & E Streets

SATURDAYS on the Arcata Plaza

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

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

Contact NCGA for schedule questions: (707) 441-9999

www.northcoastgrowersassociation.org

Grow Your Garden with CalFresh

For a stronger, healthier Humboldt County



Food for People

The Food Bank for Humboldt County



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.