

grow your garden with CalFresh

BEETS

PLANT	Plant in early spring, 1/2 inch deep with 1 inch spacing in between seeds. Place in rows 12 to 18 inches apart. For a continuous harvest, plant every 6 weeks until midsummer.
GROW	Keep soil moist to encourage seeds to sprout. Thinning (removing some of the plants) is needed so there is enough space for the rest of the plants to grow. Thin when plants reach 2 inches high by pinching them off, rather than pulling.
EAT	Harvest beets after 50-70 days of growing. Beets are great roasted, steamed, and pickled. You can eat the tops / greens too! Beet greens are tasty and nutritious: steam, sauté or add to salads.



Adapted from www.almanac.com/plants/beets

Grow Guide

Sow seeds:
Spring (early March)

Average time to harvest: 7-10 weeks

Germination time:
8-11 days

Grow with: Garlic, mint

Nutrition Content:
Good source of vitamin C and folate. Only 58 calories per 1 cup

Storage: Cut off greens and store in fridge for 5-7 days. Can also be stored long-term in cellars.

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BROCCOLI & CAULIFLOWER CABBAGE & COLLARDS

PLANT	Buy as plant starts for sturdy growth, or start easily from seeds. Transplant 1 & 1/2 to 2 feet apart. Plant so that the bottom leaves touch the soil.
GROW	Water in dry weather. Great for spring, summer, or winter gardens (for winter garden plant by August/September)
EAT	Broccoli: Harvest head when large, mature size; side shoots will begin to grow. Cabbage, cauliflower, and collards: Harvest when reaches large, mature size.

Grow Guide
Start seeds: March-May
Transplant: April on
Average time to harvest: 12 weeks
Equipment needed: None
Germination time: 7-12 days
Average plant size: 2-3 feet
Grow with: Kale and cabbage. Not tomatoes.
Nutrition Content: Vitamins A and C, fiber, folate



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BROCCOLI

Grow Guide

Start seeds:
April-May

Transplant: June-July

Average time to harvest:
12 weeks

Equipment needed:
Stakes

Germination time:
7-12 days

Average plant size:
2-3 feet

Grow with:
Kale and cabbage. Not tomatoes.

Nutrition Content:
Vitamins A and C, fiber, folate

PLANT

Try buying broccoli starts for sturdy growth. Transplant 1 & 1/2 to 2 feet apart. Plant so that the bottom leaves touch the soil.

GROW

Water in prolonged dry weather. Broccoli is top heavy, so mound soil around stalks as head develops or stake plant upright.

EAT

Cut off heads when they are 4 to 8 inches long. Do this before flowering. Cut regularly and start at the center to encourage branching.

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The Food Bank for Humboldt County

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CANTALOUPE

Grow Guide

Start seeds:
When soil reaches at least 60 degrees

Average time to harvest: 65-85 days

Germination time:
Around 10 days

Grow with: *Cucumber, Zucchini*

Nutrition Content:
Vitamin C, A

PLANT

Improve the soil with aged manure or compost before planting. Sow seeds in full sun, and shape rows into small hills to provide drainage. Plant 1 inch deep, 18 inches apart. Live in a cooler climate? Start seeds indoors and transplant after the last frost. Caution—cantaloupe vines are very fragile.

GROW

Fertilize when vines start growing, and provide 1-2 inches of water per week when blooms appear. Dry weather produces the sweetest melons. Prune end bud off, to get bigger, better quality melons.

EAT

Harvest melons when rinds turn from green to tan or yellow, and look for a crack in the stem that attaches to the fruit—both a sign of ripeness. This should happen 65-85 days after planting. If fruit detaches from the stem itself, this is a sign of over-ripeness. Slice and enjoy this summertime treat!



Adapted from www.almanac.com/plant/cantaloupe



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CANTALOUPE

Grow Guide

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CARROTS

PLANT	Plant seeds 1/4 to 1/2 inch deep (no more than two or three seeds per inch). When they are about 1 inch tall, thin (remove some plants) so there are no more than 1 to 2 seedlings per inch. For a continuous harvest throughout the growing season, plant new seeds about every 6 weeks.
GROW	Keep garden well watered and weeded.
EAT	Carrots can be harvested or "pulled" when the roots are at least 1/2 inch in diameter. Finger carrots are usually ready to harvest within 50 to 60 days. Other varieties should be allowed to grow until they have reached a diameter of at least 3/4 inch (about 60 to 70 days after planting).

Grow Guide
Start seeds: <i>Spring (late March)</i>
Average time to harvest: <i>50-70 days</i>
Germination time: <i>2 weeks</i>
Grow with: <i>radishes</i>
Nutrition Content: <i>Vitamin A</i>
Storage: <i>Store carrots with the green tops trimmed. Although the tops are edible, during storage this greenery robs the carrot of moisture and nutritional value.</i>



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CHERRY TOMATOES

PLANT	Plant seed one-eighth inch deep in pots. Transplant 1 & 1/2 ft. apart when first flowers open. Choose fertile soil & sunny sheltered site. Tomatoes need <i>warmth</i> and <i>sun</i> to ripen on the north coast!
GROW	Keep soil moist. Use tomato (or other organic) fertilizer. Tie main stem to a stake or use a tomato cage. Remove side shoots, yellowing leaves, and those shading fruit-bearing branches. Remove growing tip after four trusses have begun to fruit.
EAT	Pick when fully colored. Eat raw, in salsa, soup or sauce!

Grow Guide

Start seeds: <i>Indoors April</i> <i>*Cherry tomatoes do well on the coast</i>
Transplant: <i>May-June</i>
Average time to harvest: <i>16-20 weeks</i>
Equipment needed: <i>Stakes, twine, fertilizer</i>
Germination time: <i>8-11 days</i>
Average plant size: <i>2 - 4 ft tall, 1 ft wide</i>
Grow with: <i>Potatoes, and eggplant</i>
Nutrition Content: <i>Vitamin A and C</i> <i>27 calories per cup</i>



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SWEET CORN

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!

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



Adapted from www.almanac.com/plant/corn

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CUCUMBERS

PLANT	Plant outside in spring, in full sun, no earlier than 2 weeks after last frost. If planting seeds, plant 1 inch deep and 6-10 inches apart. If transplanting seedlings, plant 12 inches apart. The soil will benefit from mixing in compost.
GROW	Cucumber plants climb like a vine—a trellis is a good idea to protect fruit from rotting when laying on wet soil. Keep soil continuously moist and weed-free. When seedlings are 4 inches tall, thin plants so they are 1 & 1/2 feet apart.
EAT	Harvest regular slicing cucumbers when about 6-8 inches long, green, firm, and crisp. Lemon cucumbers grow more quickly, need less heat, and are ready when round yellow fruit is 3-4 inches.



Adapted from www.almanac.com

Grow Guide

Plant: in full sun, 2 weeks after last frost in spring

Space: Plant seeds 1 inch deep and 6-10 inches apart. If transplanting seedlings, plant 12 inches apart

Grow: A trellis helps the vine climb upward, saving space and keeping fruit off wet soil

Water: Keep moist continuously

Harvest: When ripe, pick regularly, to keep plants productive

Storage: Will keep 7-10 days wrapped in refrigerator.

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GREEN BEANS

PLANT	Sow seeds 1 inch deep next to a trellis or stakes to support growing plant. Space seeds 3 inches apart. It's not recommended to start seeds indoors. Place in full sun.
GROW	Provide water, and good drainage, with regular weeding. Help plants grab onto trellis or stakes if needed. Pole beans varieties can grow up to 8 feet tall!
EAT	Harvest beans 60-90 days after planting. Beans should be picked when the seeds just begin to bulge, while still immature, and seeds are not fully developed. Beans are delicious steamed, sautéed, mixed into salads, or raw!



Grow Guide

Sow seeds: Late April
*Pole or bush varieties

Average time to harvest: 9-12 weeks

Materials needed:
Stakes or trellis to support plants

Germination time:
7-10 days

Grow with:
Sunflowers and Corn

Nutrition Content:
34 calories per 1 cup, great source of vitamin A and C

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KALE & SWISS CHARD

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

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!



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LETTUCE

Grow Guide

Start seeds:
Outdoors; Feb-June

Transplant:
March-July

Time to harvest:
6-8 weeks (leaf),
8-14 (hearting)

Equipment needed:
Slug protection
(i.e. copper or Slug-O)

Germination time:
6-12 days

Average plant size:
8 in tall and wide

Grow with: chicory

Nutrition Content:
Vitamin A, C, and folate;
9 calories per serving

PLANT

Plant seeds 1/4-1/2 inch deep in pots or rows in the garden. Thin (remove some plants so others have room) or transplant to 5-10 inches apart. Lettuces are hardy. Try growing March through Oct.

GROW

Keep seedlings moist, and water in dry weather (stops tough and bitter leaves). Water in the morning to prevent disease. Protect from slugs.

EAT

Pick individual leaves of 'loose-leaf' or baby lettuces as needed. Cut 'hearting' varieties when central leaves are fairly firm. Wash and serve fresh salad.



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Vitamin A, C, and folate;
9 calories per serving

PLANT

Plant seeds 1/4-1/2 inch deep in pots or rows in the garden. Thin (remove some plants so others have room) or transplant to 5-10 inches apart. Lettuces are hardy. Try growing March through Oct.

GROW

Keep seedlings moist, and water in dry weather (stops tough and bitter leaves). Water in the morning to prevent disease. Protect from slugs.

EAT

Pick individual leaves of 'loose-leaf' or baby lettuces as needed. Cut 'hearting' varieties when central leaves are fairly firm. Wash and serve fresh salad.



grow your garden with CalFresh

LETTUCE

Grow Guide

Start seeds:
Outdoors; Feb-June

Transplant:
March-July

Time to harvest:
6-8 weeks (leaf),
8-14 (hearting)

Equipment needed:
Slug protection
(i.e. copper or Slug-O)

Germination time:
6-12 days

Average plant size:
8 in tall and wide

Grow with: chicory

Nutrition Content:
Vitamin A, C, and folate;
9 calories per serving

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ONIONS

PLANT	Plant early spring. Use onion "sets" or starts that can be transplanted into well drained, loose soil in full sun, 4-5 inches apart, in rows 12-18 inches apart. Don't bury more than 1 inch under soil. Add compost and fertilizer to soil before planting.
GROW	Onions need about 1 inch of water per week (including rain). Make sure soil is well drained.
EAT	Harvest when tops become yellow and start to fall over. Bend the tops completely down. Loosen soil to pull bulbs and let dry in the sun on dry ground. When tops and skin are dry, wipe off soil and continue drying/curing indoors 2-3 weeks. Cut tops and enjoy in your cooking!

Grow Guide

Sow seeds: Indoors 8-12 weeks before last frost.

Seeds? Seeds take longest time and should be started indoors.

Or starts? Starts are hardy & give a jump on the growing season.

Weeding: Remove weeds gently, to avoid pulling or damaging the onions' roots.

Spring Onions: Young onions harvested before the bulb swells. Tops and small bulb are all edible.

Storage: cool, dry place, good air flow under to prevent rot.



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PEAS

PLANT	Plant seeds 3/4 inch deep in pots and transplant, or plant seeds in garden 1-2 inches apart, in rows 2 feet apart.
GROW	Protect from birds. Keep young plants moist, increasing watering slightly after flowering starts. Mulch to conserve moisture. Support plants with mesh, netting or trellis they can climb up.
EAT	Pick sugar snap and snow peas when pods are still flat; 'shelling' types when peas are felt through the pod (e.g. round and wrinkled peas). Pick often for more pods. Eat fresh or make a stir fry!

Grow Guide
Start seeds: <i>Outdoors; Feb-June</i>
Transplant: <i>Spring</i>
Average time to harvest: <i>10-14 weeks</i>
Equipment needed: <i>Trellis and mulch</i>
Germination time: <i>7-10 days</i>
Average plant size: <i>3 feet tall, 1 foot wide</i>
Grow with: <i>Radish, Spinach, Lettuce</i>
Nutrition Content: <i>Vitamin C, folate and fiber; 41 calories per cup</i>



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PEPPERS

PLANT	Start seeds indoors, planting 1/4 inch deep. Transplant 18-24 inches apart when 65-70 degrees. Need warm temperatures to grow (do best inland or in a greenhouse on the coast.)
GROW	Stake to support plants from bending. Fertilize after first fruit starts to grow. Keep soil moist and well drained.
EAT	Start picking when fruits are glossy and develop mature color. Leave peppers on plant longer for a sweeter taste. Pick often to encourage more growth.

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

 **CalFresh**
FOOD



Grow Guide

Start seeds:
March-April

Transplant:
June-July

Average time to harvest:
20 weeks

Equipment needed:
Stakes or twine

Germination time:
14-20 days

Average plant size:
1 x 2 feet

Grow with:
tomato

Nutrition Content:
Vitamins A & C

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POTATOES

Grow Guide

Start seeds:
Mid-March—Mid-May

Average time to harvest:
3-months

Germination time:
Seed potatoes sprout in 2 weeks

Average plant size:
28 inches

Grow with:
tomatoes, eggplant

Nutrition Content:
Vitamin C and fiber

PLANT

Buy disease-free seed potatoes. Medium-small “seed” potatoes are ideal, because you don’t need to cut them. Space 10-12 in. apart and cover with no more than 4-inches of soil.

GROW

Once stems have grown 8-inches tall, bury the bottom 4-inches, this is called ‘hilling.’ Repeat until stems begin to flower. This allows the plant to produce more potatoes.

EAT

Potatoes are done growing when the plant flowers. If you dig up then, they will have thin skins (“new potatoes”) good for fresh eating in soups or roasted. To get potatoes that store well, wait until the plants turn brown and die. They will have thicker skins. Try sautéing potatoes with bell pepper and zucchini for a quick & healthy stir-fry.

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RADISHES

PLANT	Plant seeds directly in garden one week before or after the last spring frost. Plant seeds 1/2 inch deep and 1 inch apart. Plant every two weeks to have a continual harvest. Radishes prefer full sun. If they are shaded, they will put all of their energy into producing leaves.
GROW	Radishes require well drained and watered soil. At 1 week old, thin (remove some plants to make room for others to grow) to 1 inch apart.
EAT	Radishes can be harvested or “pulled” when they are ready at around 3 weeks. Don’t let radishes stay in the ground for too long—that’s how they lose their flavor. Add radishes to salads, a stir-fry, or even try pickling them!

Grow Guide
Sow seeds: Spring
Average time to harvest: 20-30 days
Germination time: 3-4 days
Grow with: Beets
Nutrition Content: Vitamin C
Storage: Cut leaves immediately after harvesting. Store in an air-tight container or bag. Put radishes in fridge or cool storage space.



Adapted from www.almanac.com/plant/radishes

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SPINACH

Grow Guide

Sow seeds:
March—September

Average time to harvest: 35-45 days after sowing seeds

Germination time: 12-20 days, takes more time the warmer the soil

Grow with: Broccoli, strawberries, kohlrabi

Nutrition Content: Vitamin A,B,C and iron

Storage: Store in refrigerator for up to a week after harvest, in air-tight container. Wash before eating and enjoy!

PLANT

Spinach is a hearty plant that can withstand cold temperatures on the North Coast. Plant in early spring, as well as fall and winter. Sow seeds directly in garden rows, 1 inch deep, with 12 seeds per foot, in full sun or partial shade. Plant in soil no warmer than 70 degrees for germination.

GROW

When seedlings sprout to 2 inches, thin them (remove plants so others can grow) to be 3-4 inches apart. Fertilize only if needed and provide regular, even watering.

EAT

Harvest when leaves reach desired size. Don't wait too long, or leaves will become bitter. Harvest whole plant or individual leaves. Add to salads, soups, or try sautéing with garlic and olive oil!

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STRAWBERRIES

PLANT Plant in early spring in a sunny spot in the ground or in containers, 8-14 inches apart, with the soil above the roots and below the leaves, preferably adding compost to enrich the soil.

GROW Cut off the runners, and remove the first flowers if the plants are still small, so the plant's energy focuses on root and berry production. Try planting the runners elsewhere to grow new plants. Keep soil moist (not soggy) and weed-free. Mulching reduces water needs and weeds. Plants usually produce fruit for a few years.

EAT Berries are usually ready 4-6 weeks after flowering. Pick ripe red berries regularly. Cut by stem- don't pull the berry.

Grow Guide

Plant: As soon as the ground can be worked in Spring

Space: Dig holes 8-14 inches apart, deep and wide enough for roots: then cover with soil to a little above the roots

Water: Keep moist, but not soggy. Mulch reduces water needs and weeds.

Weeding: Remove weeds regularly

Nutrition Content: Good source of vitamin C

Storage: Store unwashed berries in refrigerator for 3-5 days, or freeze

Food for People
The Food Bank for Humboldt County

CalFresh Adapted from www.mastergardeners.org



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STRAWBERRIES

PLANT Plant in early spring in a sunny spot in the ground or in containers, 8-14 inches apart, with the soil above the roots and below the leaves, preferably adding compost to enrich the soil.

GROW Cut off the runners, and remove the first flowers if the plants are still small, so the plant's energy focuses on root and berry production. Try planting the runners elsewhere to grow new plants. Keep soil moist (not soggy) and weed-free. Mulching reduces water needs and weeds. Plants usually produce fruit for a few years.

EAT Berries are usually ready 4-6 weeks after flowering. Pick ripe red berries regularly. Cut by stem- don't pull the berry.

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TOMATOES

PLANT	Plant seeds 1/8 inch deep in pots. Transplant 1 & 1/2 ft. apart when first flowers open. Choose fertile soil & sunny sheltered site. Tomatoes need <i>warmth</i> and <i>sun</i> to ripen on the north coast!
GROW	Keep soil moist. Use tomato feed or organic fertilizer. Tie main stem to a stake or use a tomato cage. Remove side shoots, and cut off yellowing leaves and those shading fruit-bearing trusses or branches.
EAT	Remove growing tip after four trusses have begun to fruit. Pick when fully colored. Ripen green tomatoes at end of season indoors. Eat raw, in salsa, soup, or sauce!



Grow Guide	
Start seeds:	<i>Indoors April</i>
Transplant:	<i>May-June</i>
Average time to harvest:	<i>16-20 weeks</i>
Equipment needed:	<i>Stakes, twine, fertilizer</i>
Germination time:	<i>8-11 days</i>
Average plant size:	<i>2-4 ft tall, 1 ft wide</i>
Grow with:	<i>Potatoes, and eggplant</i>
Nutrition Content:	<i>Vitamin A and C 27 calories per cup</i>

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WINTER SQUASH

Pumpkin, Acorn, Butternut, Hubbard, Spaghetti

PLANT	Start pumpkin and acorn squash indoors, 2-4 weeks before last spring frost. Transplant when soil is at least 60 degrees, in full sun, 3 feet apart (need room for crawling vines.) Winter squash prefer very rich, well-drained soil that's not too soggy. If you have limited space, you can also grow in 5-10 gallon pots!
GROW	Provide 1 inch of water per week, keeping fruit and leaves dry as you water, to prevent rot. Pumpkins and acorn squash need compost or manure regularly.
EAT	Harvest when squashes sound hollow and rind feels hard. Lasts a long time stored in a cool, dry place. Enjoy in soups, roasted, or baked with cinnamon, butter, and brown sugar for a delicious, sweet treat!



Adapted from www.almanac.com/plant/pumpkins



Grow Guide

Start seeds:
Spring (late April)

Transplant:
When soil reaches at least 60 degrees

Average time to harvest: 75-100 days

Germination time:
7-12 days

Average plant size:
1-2 ft tall, 10-20 ft wide

Grow with: Beans, corn, radishes

Nutrition Content:
Good source of vitamin A, C, and iron



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ZUCCHINI / SUMMER SQUASH

PLANT	Start indoors and transplant after at least 2 true leaves have formed and soil reaches at least 55 degrees. Plant 1 inch deep and 2 to 3 feet apart, in direct sunlight. Zucchini loves warm weather. Careful with roots!
GROW	Mulch to protect shallow roots, discourage weeds and retain moisture. Water and fertilize with compost after first blooms appear.
EAT	Harvest about 60 days after planting, or when small and tender for best flavor. Cut zucchini, rather than pulling, and store in fridge for up to 10 days. Excellent barbequed, sautéed or in just about any dish!

Grow Guide

Start seeds:
Early April

Transplant: When true leaves appear

Average time to harvest: About 60 days

Types: zucchini, patty-pan, yellow squash,

Grow with: Corn, beans, radishes

Nutrition Content:
20 calories per 1 cup, vitamins A, C, B6



Adapted from www.almanac.com/plant/zucchini



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Adapted from www.almanac.com/plant/zucchini



grow your garden with CalFresh

ZUCCHINI / SUMMER SQUASH

PLANT	Start indoors and transplant after at least 2 true leaves have formed and soil reaches at least 55 degrees. Plant 1 inch deep and 2 to 3 feet apart, in direct sunlight. Zucchini loves warm weather. Careful with roots!
GROW	Mulch to protect shallow roots, discourage weeds and retain moisture. Water and fertilize with compost after first blooms appear.
EAT	Harvest about 60 days after planting, or when small and tender for best flavor. Cut zucchini, rather than pulling, and store in fridge for up to 10 days. Excellent barbequed, sautéed or in just about any dish!

Grow Guide

Start seeds:
Early April

Transplant: When true leaves appear

Average time to harvest: About 60 days

Types: zucchini, patty-pan, yellow squash,

Grow with: Corn, beans, radishes

Nutrition Content:
20 calories per 1 cup, vitamins A, C, B6



Adapted from www.almanac.com/plant/zucchini



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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

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1. Apply online in 10 minutes at www.getcalfresh.org. You can also apply at www.BenefitsCal.com, or over the phone with Humboldt County Department of Health & Human Services (DHHS) at 1-877-410-8809.
2. Food for People can help you apply in person or over the phone and provide ongoing support with your CalFresh.
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!

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