

grow your garden with CalFresh

Chamomile

PLANT	Full sun, for example at the end of a vegetable row or bed, in fertile, well drained soil. Grows well in containers.
GROW	Thin seedlings to 2-4 inches apart when they are about one inch tall. Plants do not like to be transplanted once their roots have established; sow the seeds directly in the garden.
EAT	Cut branches when they are holding numerous open flowers, and hang in small bunches to dry. Chamomile tea is made from the blossoms only.



Grow Guide

Start seeds:
Indoors January, directly in garden March-April.

Transplant: *February-March or sow seeds directly March-April.*

Average time to harvest:
60 days.

Germination time:
10-14 days.

Average plant size:
8-24" tall.

Grow with:
Cabbage, Lettuce, Spinach, Calendula, Cilantro, Feverfew and Mint.

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Crab Apple

PLANT	Crabapples are wild apples, and they are adaptable. They prefer deep, well-drained soil and do well in lawns. They can be kept small enough to line driveways or walkways.
GROW	One inch of water per week for the first year. Once the tree is established, it may only need water during extremely dry conditions.
EAT	High in pectin, crab apples can be used to help gel other fruit preserves. Can be made into applesauce, baking crisps, pressing into juice, and apple butter.

Grow Guide

Transplant: Plant bare root in early spring. Container grown tree anytime, spring through fall.

Average time to harvest: Growth rates vary by species.

Average plant size: Keep pruned to 8ft.

Grow with: Perennial bulbs do well under trees.

Nutrition Content: Fiber, vitamin C, potassium, copper.



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Huckleberry

PLANT	Garden Huckleberries like rich soil and partial shade.
GROW	Thin plants to about 2 feet apart when they have several sets of true leaves and are growing strong—usually several weeks after sowing.
EAT	The ripe berries can be collected after they have turned black and begin to soften. Allowing the berries to stay on the plant longer will produce better, richer flavor. Cook ripe berries before eating. Delicious in pies and jams.



Grow Guide

Start seeds:
March-April.
*Start seeds indoors.

Transplant:
Into container when seedlings are 2 inches tall. Into ground in early summer.

Germination time:
2 weeks

Average plant size:
2-3 ft. high shrub

Grow with:
Blueberries, azaleas, rhododendrons, gardenias, hydrangeas, ferns.

Nutrition Content:
Rich in vitamin C.

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Lemon Balm

PLANT	Full sun; it will tolerate shade. Lemon balm will grow in almost any soil, but not very wet soil.
GROW	Regular, even watering. It grows best in slightly moist soil. Once established, it tolerates drought. Control spread of this hardy herb.
EAT	Use freshly chopped leaves sprinkled lightly on cooked vegetables, salad, chicken, lamb, shellfish. Fresh or dry leaves make a refreshing, mildly lemony tea.



Grow Guide

Start seeds: Indoors about 2 months before transplanting.

Transplant: After last spring frost.

Germination time: 14 days.

Average plant size: 12 to 24 inches tall and wide.

Grow with: Broccoli, cauliflower, and other cabbage family plants. The fragrance of lemon balm helps deter insects that attack cabbage family crops and also masks the smell of cabbage.

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Lemon Verbena

PLANT	Cuttings and divisions are best taken when plants are emerging from dormancy in late spring. Plant in rich, moist soil in full sun to partial afternoon shade.
GROW	Keep the surface of the soil moist, but don't oversaturate the plants. Plants do well in dry or humid climates. Control spread of this hardy herb.
EAT	Harvest the leathery leaves anytime. Infuse sauce, oil, or tea with whole leaves. The tiny blossoms can be used in the same way as the leaves.



Grow Guide
Planting: <i>Starts/young plants. March-May.</i>
Equipment needed: <i>Growing in a container is an ideal way to cultivate the plant all year in colder regions, Container-grown also stays a more manageable size than plants grown in the ground.</i>
Average plant size: <i>Grown in containers, rarely exceed 2-3 ft. height, but outdoors in frost-free climates, shrubs can exceed 8 ft.</i>
Grow with: Dill, cilantro, garlic.

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Peppermint

PLANT	Mints are vigorous perennials that thrive in light soil with good drainage. Most will tolerate some shade.
GROW	Minimal care is needed for mint. For outdoor plants, use a light mulch. This will help keep the soil moist and keep the leaves clean. Frequent harvesting is the key to keeping mint plants at their best. Control spread of this herb.
EAT	Chop fresh leaves and sprinkle over peas, zucchini, fresh beans, marinades for summer vegetables, cold soups, fruit salads, and cheese. Brew for tea, dried or fresh.

Grow Guide

Planting:
Starts or cuttings, March-May.

Equipment needed:
In confined areas such as containers; top dress plants with a thin layer of compost or organic fertilizer every few months.

Average plant size:
12-24 inches

Grow with:
Cabbage and tomatoes- in pots, if possible, in order to prevent it from spreading and stealing nutrients.

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Salal

PLANT	Seeds should be sown in the fall, directly in the garden where they are to grow, in partial shade and planted in a rich, well draining, acidic soil.
GROW	Water regularly and thoroughly during the dry months. Prune to remove dead wood or to cut back an overgrown plant in the spring.
EAT	Berries are used in jellies, pies, and cakes. Young offshoots give soup a distinct and desirable flavor.



Grow Guide

Start seeds:
Early Fall. Plant seeds or rhizome cuttings directly in soil.

Average time to harvest: Bell-shaped flowers are produced on reddish, 6 inch stalks in spring, and form dark purple berries that are ready to eat fall/winter.

Average plant size:
Low growing (2-8 ft.) evergreen shrubs

Grow with: Other native plants such as ferns, rhododendrons, and azaleas.

Nutrition Content:
Rich in antioxidants and tannin.

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Salmonberry

PLANT	Take cuttings in fall, as the plant goes dormant, 4 to 8 inches long, containing 4 or more buds per piece. Stick the cuttings into potting soil or moist sand with two buds below the surface of the soil and two buds above.
GROW	Plant in moist places with full to partial shade. Prune severely in the winter to encourage new growth the following spring. One inch water weekly, especially during berry set & ripening.
EAT	Orange-red berries can be eaten raw, mixed with meat or dried salmon, and made into jam. Growing shoots can be eaten raw or steamed.

Grow Guide


Transplant:
Cuttings: fall.

Average time of berry harvest:
May-August.

Average plant size:
6 ft.

Grow with: lettuce, rhubarb, asparagus, chard, cilantro, mint, catnip

Nutrition Content:
Vitamins A, C, and B6.
Good source of fiber.




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Grow your Garden with CalFresh

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Wild Onion

PLANT	If you find this plant in the later summer to fall with the ripe little bulbs on the top of the plant in their papery coating, pick them, take them home and plant about an inch or two under the soil and mulch. Next spring, they should come up as plants.
GROW	Plant in full sun. The soil needs to be loamy and rich in organic matter.
EAT	All parts of this plant are edible. The bulb and whole plant can be chopped up in any kind of cooking you would normally use onion or garlic.

Grow Guide
Transplant: <i>Bulbs can be planted late summer through fall.</i>
Harvest: <i>In summer.</i>
Average plant size: <i>Up to 12 inches tall.</i>
Grow with: <i>Cabbage, chamomile, carrots, leeks, beets, lettuce.</i>
Nutrition Content: <i>Vitamin K, folic acid, niacin, riboflavin, thiamin, carotenes, lutein.</i>



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Vine Tea (Yerba Buena)



PLANT	Transplant young plants in the spring after all danger of frost is past. Full to partial shade. Space the plants 4 to 6 feet apart.
GROW	Water the plant once a week during the summer. Just an inch of water each week is plenty of moisture. Once established, this perennial can survive off natural rainfall except during extremely dry and hot weather.
EAT	The glossy evergreen leaves smell and taste of mint. Steep leaves and stems in boiling hot water for tea. Older leaves seem to make better tea.

Grow Guide
Plant starts: After spring frost.
Average time to harvest: Cut the upper parts of the stems right before the plant blooms if harvesting the leaves for tea. Dry and store the leaves in an airtight container.
Average plant size: 6" tall and less than 6' wide.
Grow with: Avoid planting with creeping ground plants.



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