

SPRING/SUMMER 2025

HEALTHY LIVING FOR EVERY SEASON



What's in Season Locally?

- Artichoke
- Beans
- Blueberries
- Broccoli
- Cauliflower
- Corn
- Cucumber
- Figs
- Garlic
- Kohlrabi
- Peaches
- Plums
- Snap Peas
- Tomatillos
- Tomatoes
- Zucchini

And much, much more!

Find out more about seasonal foods at your local farmers' market.

Office Closures

- 6/19/2025 Juneteenth
- 7/4/2025 Independence Day
- 9/1/2025 Labor Day



Farmers' Markets

Shoppers who receive CalFresh benefits can swipe their EBT cards for the amount they choose at the Farmers' Market Manager's information booth and receive up to \$15 in Market Match tokens, for fresh fruits and vegetables, once per market.

Contact the Northcoast Growers Association for the 2025 Farmers' Market Calendar.

www.northcoastgrowersassociation.org

Food Bank

For help with food, please contact the local food bank, Food for People:
<https://www.foodforpeople.org>
707-445-3166

707-444-8293 OR 800-795-3554

WWW.CHANGINGTIDESFS.ORG

[HTTPS://WWW.FACEBOOK.COM/CHANGINGTIDESFAMILYSERVICES/](https://WWW.FACEBOOK.COM/CHANGINGTIDESFAMILYSERVICES/)



Tasty Plum Salsa

Total Time: 10 minutes + 2 hours

Serving Size: 1/2 cup

Servings: 8

Ingredients

- 2 cups tomatoes, diced
- ½ onion, finely diced
- 2 cups plums, pitted and diced
- 1 tsp lime juice
- 8 sprigs cilantro (optional)
- Salt and pepper to taste

Directions

1. Mix all ingredients together in a bowl. Cover and refrigerate at least two hours.
2. Serve ½ cup for lunch or supper. This salsa pairs nicely with grilled or baked chicken or fish.

This recipe created in partnership with
Sesame Street in Communities. (<http://ssic.org>)

Apply for CalFresh

Need help buying fresh fruits and veggies
for your family?

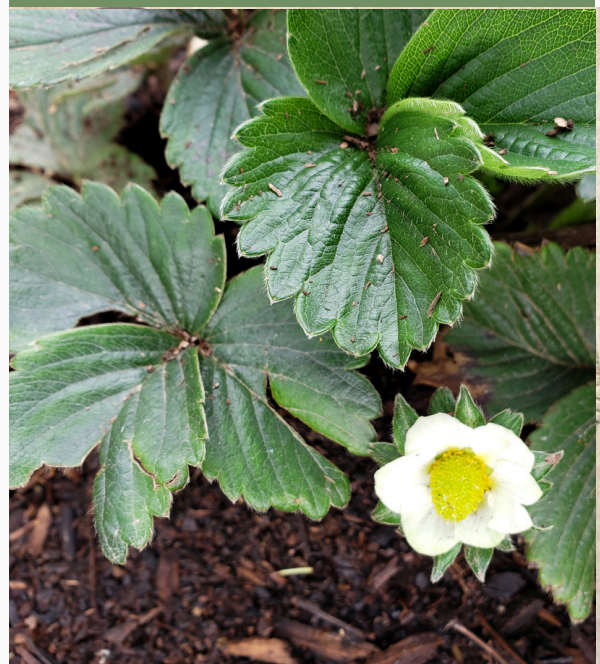
Scan the QR code below with your phone to access current
income and eligibility information and to start your application.

BenefitsCal.com



You can also call Changing Tides Family Services CalFresh staff
to get help with applying, as well as support with the process of
maintaining or recertifying your CalFresh benefits.

From the CTFS Demonstration Gardens



Strawberry Blossom
and
Checkerbloom



Visit Changing Tides Family Services' Facebook and website pages
to stay up-to-date with what's happening with CalFresh.