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Arcata Plaza:

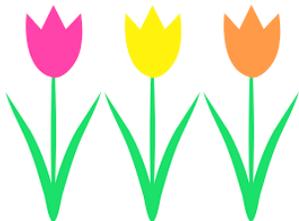
Saturdays, 10:00am-2:00pm
Through March 31

Saturdays, 9:00am-2:00pm
Beginning April 7, 2019

Other markets open the first week in June.

Visit
www.northcoastgrowersassociation.org for full schedule

The Changing Tides Family Services' offices will be closed on **Monday, May 27, 2019** for the Memorial Day holiday. Offices will re-open on Tuesday, May 28, 2019.



Healthy Living for Every Season

Dear Parents and Caregivers,

Spring 2019



In this edition of *Healthy Living for Every Season*, we have a Spring Gardening project, a Get Moving activity, Vegetable and Recipe of the season, and CalFresh guidelines.

For other healthy recipes and meal planning, please visit www.eatfresh.org

Remember to follow our Facebook page to see what's growing in our CalFresh Demonstration Garden and Native Plant Garden!

Wishing you and your family a happy Earth Day and a healthy spring!

Sincerely,
The CalFresh Team at Changing Tides Family Services

Did you know?

CalFresh benefits can be used on the farm to buy fresh produce or for purchasing a CSA share.



Community Supported Agriculture (CSA) is a partnership between a farm and a community of supporters. CSA members commit to a farm for a whole growing season by purchasing a CSA share. The farmer then provides each member with a weekly distribution of fresh, seasonal produce at the peak of ripeness and nutrition. In a typical CSA arrangement, customers pay upfront before receiving food. CalFresh recipients can use their benefits to participate in a CSA, but can only pay for up to two weeks of food in advance.

These four Humboldt County farms accept EBT/CalFresh through their CSA:

- ◆ DeepSeeded Community Farm
- ◆ Organic Matters Ranch
- ◆ Redwood Roots Farm
- ◆ Shakefork Community Farm



Questions? Contact the Community Alliance with Family Farmers for more information at (707) 826-0233.

What's in Season locally this Spring?



- | | |
|------------|----------------|
| Artichokes | Garlic |
| Arugula | Kale |
| Asparagus | Leeks |
| Bok Choy | Lettuce |
| Cabbage | Mustard Greens |
| Carrots | Napa Cabbage |
| Chard | Parsley |
| Cilantro | Radishes |



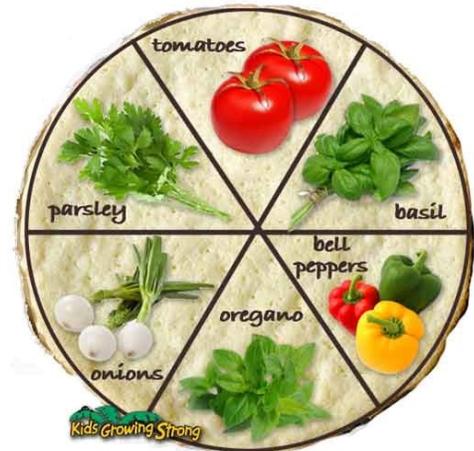
Spring Gardening Project

HOW TO BUILD A PIZZA GARDEN WITH YOUR KIDS

Ages: PreK – 5th grade+

DIRECTIONS

1. Fill a 24" diameter container (with drainage holes at the bottom) to 2" from the top with good quality potting soil.
2. Use pieces of thin wood trim across the top to create 6-8 even sections for each plant—dividing the container into sections like pizza slices.
3. Next, dig holes, giving your plants as much room as possible to grow in the container. Leave extra room (2 sections) if you are growing a tomato plant.
4. Show your child how to remove the herbs and vegetables from their pots. If you find some are root bound, simply pull away the roots at the very bottom gently. Set plants in the holes and cover the base with soil. Add 1 tablespoon plant food around each plant.
5. Water Your Pizza Garden daily.
6. Provide Support for the tomato plants as they grow.

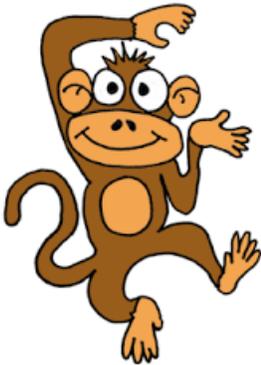


Suggested plants include: tomatoes, bell peppers, parsley, oregano or basil, onions.
For more ideas, visit: www.kidsgrowingstrong.org

Get Moving!

Do The Animal Dance!

Ages: PreK–K, 1–2



Most children love animals! Using their bodies is a fun way for children to learn about animals.

ACTIVITY

Introduce the activity by either reading a book that depicts a variety of animals, or showing children pictures of different types of animals. Can children describe how the different types of animals move?



If the children have pets at home, invite them to demonstrate how their pet moves.

Play some instrumental music and invite children to move like some of the animals depicted in the books or photographs. Hold up pictures and request that they glide like a swan, fly like a butterfly, swim like a dolphin, or walk like an elephant. Have them dance the way they think that animal would dance.

Extend children's creative thinking and movement activities with a game of animal pantomimes. They can act out different animal movements and let their friends try to guess what they are. They can also use animal movements during transition times as they move from one area to the next.

Remember: If a child shows disinterest in participating in the movement activity, offer other choices, such as operating the CD player, playing rhythm instruments to accompany the dancing, or introducing the different dances.

From www.scholastic.com

Vegetable of the Season



RADISHES

The radish is an edible root vegetable of the Brassicaceae family that was domesticated in Europe in pre-Roman times. Radishes are grown and consumed throughout the world, being mostly eaten raw as a crunchy salad vegetable. (Wikipedia)

Radishes are high in ascorbic acid, folic acid, and potassium, as well as vitamin B6, riboflavin, magnesium, copper, and calcium.

Did you know you can use the Greens From the Radishes?

Lightly steam or sauté them and dress them with olive oil and a squeeze of lemon juice. You can also add them to your green smoothie!

Common Radish Types

Below are some of the most common types of radish:

- **Cherry Belle** – This round, red radish is a common variety often found in your local supermarket. It is delicious in salads.
- **Daikon Long White** – Daikon are huge radishes that can reach lengths of 18 inches, measuring 3 inches in diameter.
- **Early Scarlet Gold** – A juicy, crisp-tender heirloom variety with a round shape, red skin, and white flesh.
- **Easter Egg** – This interesting variety can be white, pink, red, or purple. Slice it thin to add flavor, texture, and color to salads.

- **Fire and Ice** – Appropriately named oblong radish with bright red on the top half and pure white on the bottom half; sweet, mild and delicate in flavor and texture.
- **French Breakfast** – This mild, extra-crunchy, slightly pungent radish is good raw or cooked.
- **Sparkler** – A round, bright red radish with a distinctive white tip; all white inside.
- **Watermelon** – An heirloom radish with white skin and intense, reddish-purple flesh. The Watermelon radish, which reaches baseball size, looks much like a miniature watermelon. The flavor is slightly peppery.
- **White Beauty** – A small, round radish with a sweet, juicy flavor; white inside and out.
- **White Icicle** – This pungent, white radish measures 5 to 8 inches in length.

Read more at Gardening Know How: From www.gardeningknowhow.com

Growing Radishes



Radishes are a great vegetable to grow with kids because they grow so quickly and are quite happy to grow between other plants.

They can be grown in the ground or in a container and can be ready to pick in just 4 to 8 weeks.

TIPS:

- Grow radishes in full sun or partial shade.
- When radish seedlings are about two inches tall, thin the plants 1 to 4 inches apart.
- Keep radish planting beds moist but not wet.



Radish & Cucumber Salad

Yield: 4 servings

Time: 10 minutes

Ingredients:

- 1 large cucumber, thinly sliced
- 5-7 radishes, thinly sliced
- 2 tablespoons chopped fresh dill
- 3 tablespoons red wine vinegar
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon sugar
- salt and pepper, to taste

Instructions:

1. Thinly slice cucumbers & radishes.
2. Combine cucumbers, radishes, and dill in a large bowl.
3. Whisk together the vinegar, olive oil, and sugar in a small bowl until sugar is fully dissolved.
4. Pour dressing on top of salad and stir to coat.
5. Season with salt and pepper just before serving.

Tips: Use a mandoline slicer to cut veggies very thin.

Calories: 120
Sugar: 4.4 g
Sodium: 8 mg
Fat: 10.7 g
Saturated Fat: 1.5 g
Carbohydrates: 6.9 g
Fiber: 0.7 g
Protein: 0.9 g
Cholesterol: 0 mg

Recipe from www.bowlofdelicious.com

CHOOSE CalFresh FOR GOOD NUTRITION

CalFresh is a nutrition assistance program that helps low-income individuals and families buy the food they need for good health.

CalFresh dollars help stretch a tight food budget and provide the means to be able to afford healthy foods like fruits and vegetables.

Did you know...

You can own your house, or cars

You can have retirement accounts (IRA, 401K, Pension)

You can have money in the bank

You can be employed or unemployed

.....AND STILL QUALIFY!



You may qualify for CalFresh if you can answer "yes" to all these questions:

1. Are you or at least one of your children a U.S. citizen or legal permanent resident?
2. Is your household's GROSS monthly income **within** the limits in the chart below?

CalFresh Effective October 1, 2018	
Household Size	Monthly Income
1	2,024
2	2,744
3	3,464
4	4,184
5	4,904
6	5,624
7	6,344
8	7,064
Each Additional	+720

Special Rules

- Individuals receiving SSI/SSP are NOT currently eligible for CalFresh in California. This will be changing in summer of 2019. Eligibility begins June 1, 2019.
- If a household member is age 60 or older or permanently disabled, the income limit may be higher.

We can help you apply today!

Call us at (707)444-8293

**or stop by our office at
2379 Myrtle Avenue in
Eureka and ask about
CalFresh!**

You can apply for CalFresh online.
Visit www.c4yourself.com
to apply today!

This newsletter is provided by
Changing Tides Family Services
in partnership with CalFresh.

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family services