

SPRING/SUMMER 2026

# HEALTHY LIVING FOR EVERY SEASON



## What's in Season Locally?

- Asparagus
- Artichoke
- Beans
- Blueberries
- Broccoli
- Cauliflower
- Corn
- 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

- 5/25/2026 Memorial Day
- 6/19/2026 Juneteenth
- 7/3/2026 Independence Day
- 9/4/2026 Office closes at noon
- 9/7/2026 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 2026 Farmers' Market Calendar.

[www.northcoastgrowersassociation.org](http://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](http://WWW.CHANGINGTIDESFS.ORG)

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



## Simple Asparagus & Leek Soup

Prep Time: 15 minutes Cook Time: 30 minutes Serves: 4

### Ingredients

- 2 tablespoons unsalted butter, or vegetable oil
- 2 large leeks, finely chopped (white and pale green parts)
- 2 cloves of garlic, minced
- 2 bunches of asparagus, trimmed and cut into 1 inch pieces
- 5 cups vegetable stock
- salt and pepper
- 1/4 cup plain yogurt
- 1 tablespoon fresh lemon juice
- minced parsley for serving (optional)

### Preparation

1. Melt the butter in a heavy pan over medium heat. Add the chopped leeks and cook, stirring occasionally about 5 minutes. Add the garlic and asparagus and cook for 1 minute longer.
2. Add the vegetable stock and a pinch of salt and pepper. Bring to a boil. Reduce heat to medium-low and cook until the asparagus is tender, about 20 minutes. Remove from the heat and transfer the soup to a blender along with the yogurt. Blend until smooth and creamy. Return the soup to the pot, add the lemon juice and keep on low for about 5 minutes.
3. Divide between bowls and top with fresh minced parsley.

From: <https://dishingupthedirt.com>

## From the CTFS CalFresh Demonstration Gardens



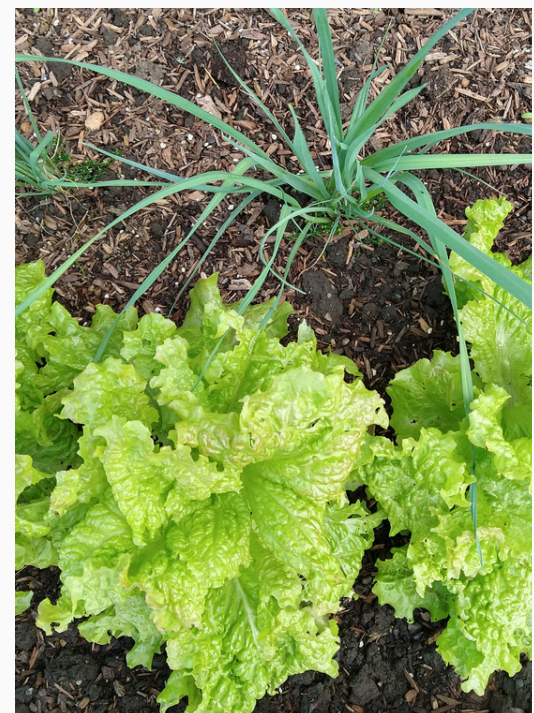
**Celery and Leeks**  
**Leeks and Lettuce**

## 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



**Visit Changing Tides Family Services' Facebook and website pages for more program information.**