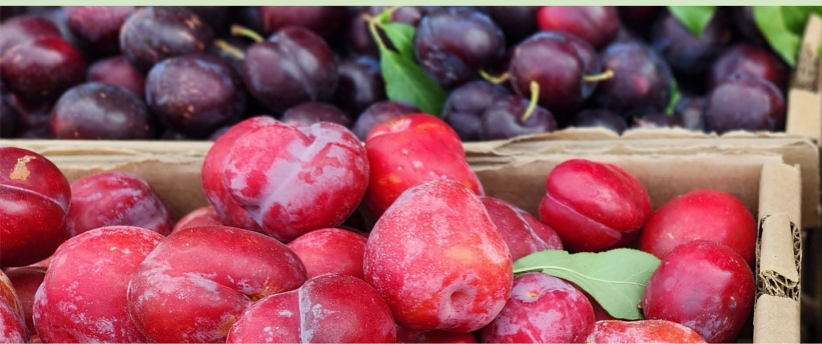


# SEASONAL EATING GUIDE

Enjoy the Bounty of Humboldt County!



## KEEPING FRESH FOOD AFFORDABLE

### GET HELP WITH YOUR GROCERY BILL

CalFresh provides monthly benefits for recipients to purchase groceries at authorized locations. Apply at the farmers' market.

### MAKE THE MOST OF CALFRESH WITH MARKET MATCH

Increase your food budget while using your CalFresh benefits. The Market Match program offers CalFresh customers additional funds to spend on fruits, vegetables, and other eligible items at the **farmers' market** and through the **Harvest Box Program**. Visit a farmers' market info booth for more information.



## REASONS TO EAT LOCAL

### CREATE COMMUNITY

Farmers are your neighbors! Eat with the seasons to keep our farmers' markets thriving, connect with community, and keep our local food culture vibrant and diverse.

### NUTRITION & FLAVOR

Choose freshness! You want your food to do the most for you, so eat with the seasons. Stock up on the most nutritious produce at its peak. Eat well, feel great, and enjoy the highest quality food in Humboldt County.

### SUPPORT YOUR LOCAL ECONOMY

Create an impact with your grocery budget. Choose to spend local to build a more resilient local food system for everyone.

## YOUR DOLLARS MAKE A DIFFERENCE

The farmers of the North Coast Growers' Association invite the community to celebrate the bounty of fresh, locally grown, Humboldt produce. We are proud to bring you sustainable, GMO free food direct from our small farms. We thank the community for supporting the local economy while honoring the health and wellness of our environment. Simply by eating seasonally and buying direct from the source you make a difference. Find us at your local farmers' market to freshen up your week!

### Enjoy farm to door produce through the Harvest Box Program:

[www.northcoastgrowersassociation.org/harvestbox](http://www.northcoastgrowersassociation.org/harvestbox)



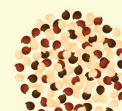
## PANTRY STAPLE ITEMS AVAILABLE YEAR ROUND



FRESH HERBS



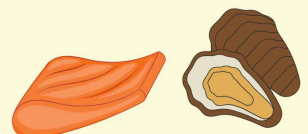
DRY BEANS



QUINOA



MUSHROOMS



SEAFOOD



MEAT



DAIRY



EGGS

Check out seasonal recipes on our website:

[www.northcoastgrowersassociation.org](http://www.northcoastgrowersassociation.org)



