



California Indian Manpower Consortium, Inc.
Community Services Block Grant Program
738 North Market Boulevard
Sacramento, CA 95834

1- (916) 564-4053 (800) 432-2724
Fax – 1-(916) 564-2345
TTY – 1-(800) 748-5259
Email – CSBG@cimcinc.com

CSBG APPLICATION

The CIMC CSBG Program provides assistance and budget management education to eligible low-income Native American families that live off-reservation in select counties in California.

Types of Assistance

Housing Assistance May reapply every 24 months	Utility Assistance May reapply every 12 months	Nutrition Assistance May reapply every 3 months	Supportive Service May reapply every 12 months
Will not be provided if you willfully failed to pay your rent, or if your household income is not sustainable and/or is not enough to pay future month's rent	Will not be provided if you willfully failed to pay your utility bill(s), or if you received assistance from another agency in the last 6 months.	Will not be provided if you did not return your receipts and gift cards from your last food assistance, or purchase non-allowable food items.	Will not be provided for non-core curriculum classes.

- Prevent eviction
- Relocation (This is a once in a lifetime service)
- Prevent disconnection
- Restore service
- Deposit
- Wood, propane, kerosene
- Employment
- Vocational Training
- Education

- ☐ Application and Money Management (mail original Application and Money Management so that original signature is on file)
- ☐ Indian certification
- ☐ Proof of residence/physical address
- ☐ All household income, including Cal-Fresh if applicable, for the past six months
- ☐ Additional Documents (as needed)
 - a. Intent-to-rent form (if applying for relocation assistance)
 - b. Pay-or-quit notice (if applying for eviction prevention assistance)
 - c. Disconnection notice (if applying for utility disconnection prevention assistance)
 - d. 12-month payment history from utility company
 - e. Background information for employment, vocational training, or education

STEP 2: Call 1- 916-564-4053 or 1-800-432-2724 to confirm that we received your application and supporting documents.

STEP 3: Receive eligibility decision. If you are eligible for CSBG services, we will let you know what services will be provided based on justification.

- ✓ Submission of an application does not guarantee that services will be provided.
- ✓ Documents are reviewed to verify information. Receipts may be requested.
- ✓ CSBG services may be denied if information provided is false, misleading, or withheld.

RELEASE OF INFORMATION AUTHORIZATION:

I certify by signing this sheet that I have read and understand the above information and hereby give the CIMC CSBG Program authorization to obtain any and all required information in order to complete my application process for assistance.

Applicant Name: _____ County _____

Applicant Signature: _____ Date _____

First Name Last				<input type="checkbox"/> Male <input type="checkbox"/> Female		Birthdate (month/day/year)		Telephone	
Residence/Street Address Code				City		State		Zip	
						County		Email Address	
Mailing Address/P.O. Box Code				City		State		Zip	
						Reservation Resident? <input type="checkbox"/> yes <input type="checkbox"/> no Reservation:		Native American <input type="checkbox"/> Y <input type="checkbox"/> N Tribe:	
Indian Certification: <input type="checkbox"/> BIA-Roll # _____ <input type="checkbox"/> Tribal - Roll # _____ <input type="checkbox"/> Birth Certificate <input type="checkbox"/> other _____						Check all that apply: <input type="checkbox"/> Single <input type="checkbox"/> Married <input type="checkbox"/> Single Parent <input type="checkbox"/> Two-Parent Household <input type="checkbox"/> Other Family Type			
Highest Grade Completed _____ Do you have a: <input type="checkbox"/> HS Diploma <input type="checkbox"/> GED <input type="checkbox"/> Degree Are you a student now? <input type="checkbox"/> Y <input type="checkbox"/> N									
Enter the total number of people living the household including yourself in the box. Enter the number of people in the household who are:					Enter the total number of people who receive Any income in the box.				
Ages: 0-5				Ages 24-44				Employed?	
								<input type="checkbox"/> Y <input type="checkbox"/> N If no last day worked:	
Ages 6-11				Ages 45-54				Food Stamps/WIC Commodities	
								Date Received:	
Ages 12-17				Ages 55-69				Cash Aid/Tribal TANF	
								Date Received:	
Ages 18-23				Ages 70 and Over				SSA/SSI	
								Date Received:	
Monthly Expenses: (Please complete for the past month's expenses) Rent/ Mortgage: \$ _____ Electricity: \$ _____ Heating/Gas: \$ _____ Groceries:\$ _____ Other: _____								Do you have Medical/Health Insurance? <input type="checkbox"/> Y <input type="checkbox"/> N Disabled <input type="checkbox"/> Y <input type="checkbox"/> N Veteran <input type="checkbox"/> Y <input type="checkbox"/> N	
Household Income: List all family household income.									
<u>Name</u>				<u>Relationship</u>				<u>Source of income</u>	
				<u>Self</u>				<u>Gross Monthly Income</u>	
_____		_____		_____		_____		_____	
_____		_____		_____		_____		_____	
_____		_____		_____		_____		_____	
_____		_____		_____		_____		_____	
_____		_____		_____		_____		_____	
_____		_____		_____		_____		_____	
Are you related to anyone working for CIMC or to any member of CIMC's Board of Directors? <input type="checkbox"/> Y <input type="checkbox"/> N If yes, state name and relationship:									
Have you applied for assistance through the CIMC Community Services Block Grant Program before? <input type="checkbox"/> Y <input type="checkbox"/> N If yes, list county and assistance:									
<u>Type of assistance requested. check all that apply.</u> <input type="checkbox"/> housing <input type="checkbox"/> nutrition/food <input type="checkbox"/> utility <input type="checkbox"/> education <input type="checkbox"/> employment <input type="checkbox"/> other									

Monthly living Expenses		Income level Chart			Income for the past 6 months		Type of approved service/s		
Monthly Expenses	Amount	Check One	Family Size	Gross income for 6 months	Monthly Income per month	Total	Check all that apply	Type of Service	Amount Received
Rent			1	\$6380				Housing	\$
Electricity			2	\$ 8,620				Utility	\$
Heat/Cooling/Gas			3	\$ 10,860	1			Nutrition/ Food	\$
Groceries			4	\$ 13,100	2			Education	\$
Other			5	\$ 15,340	3			Employment	\$
Other			6	\$ 17,580	4			Other	\$
Other			7	\$ 19,820	5		Was a waiver needed <input type="checkbox"/> Y <input type="checkbox"/> N		
Other			8	\$ 22,060	6				
Other			9	\$24,300	Total				
Client needs BME	<input type="checkbox"/> Y <input type="checkbox"/> N		10	\$26,540					
Total			11	\$28,780					
			12 +	Add \$2,240 Per Family Member					

List all Adults in the Home (let staff know if additional space is needed)

Full Name Adults	Relationship	Birthday	Age	Enrolled in College/Vocational School	If yes Grade/Years
				<input type="checkbox"/> Y <input type="checkbox"/> N	
				<input type="checkbox"/> Y <input type="checkbox"/> N	
				<input type="checkbox"/> Y <input type="checkbox"/> N	
				<input type="checkbox"/> Y <input type="checkbox"/> N	
				<input type="checkbox"/> Y <input type="checkbox"/> N	
				<input type="checkbox"/> Y <input type="checkbox"/> N	

List all Children in the Home (let staff know if additional space is needed)

Full Name of Child	Relationship	Birthday	Age	In School	Grade
				<input type="checkbox"/> Y <input type="checkbox"/> N If yes fill in grade	
				<input type="checkbox"/> Y <input type="checkbox"/> N If yes fill in grade	
				<input type="checkbox"/> Y <input type="checkbox"/> N If yes fill in grade	
				<input type="checkbox"/> Y <input type="checkbox"/> N If yes fill in grade	
				<input type="checkbox"/> Y <input type="checkbox"/> N If yes fill in grade	
				<input type="checkbox"/> Y <input type="checkbox"/> N If yes fill in grade	
				<input type="checkbox"/> Y <input type="checkbox"/> N If yes fill in grade	

In the space below, write om detail what happened that caused your current emergency situation

I certify by signing this application that all information given is true and accurate to the best of my knowledge. i am aware that giving false/misleading information is considered perjury and may be subject to prosecution. i understand this application must be accompanied by verification of income, residency, and Indian ancestry. also by signing this application, i hereby give permission to the CIMC CSBG program to verify and obtain any information needed for the processing of this application.

Applicant Signature _____

Date _____

Assisted by Signature _____

Date _____

CSBG Eligibility Specialist _____

Date _____

CSBG Coordinator _____

Date _____

BUDGET MANAGEMENT EDUCATION

Do you often run out of money before the end of the month? Do you know where your money goes and how much goes to what expenses? Budgets are effective tools for managing your money and answering these questions. A simple budget determines how much money you have coming in, and how much money you have going out each month.

Fill out the budget (BME) below:

Monthly Budget

<u>NAME:</u>	<u>DATE:</u>
1. Income	
Take-Home Pay	\$
Other Income	\$
Total Income	\$
2. Your Expenses	
Housing (Rent or Mortgage plus taxes, insurance, etc.)	\$
Car Payment	\$
Gasoline	\$
Auto Insurance	\$
Internet	\$
Cell Phone	\$
Cable TV	\$
Subscriptions (Netflix, Hulu, gym, newspaper, magazine, etc.)	\$
Groceries	\$
Medical & Dental (co-pays, prescriptions, etc.)	\$
Dining Out (restaurants, McDonalds, Dominos, snacks, etc.)	\$
Entertainment (movies, going out, gambling, etc.)	\$
Travel	\$
Utilities (heat, electricity, water, garbage, etc)	\$
Other Spending (hobbies, personal care, tobacco, et.)	\$
Debt Payments (credit cards, student loans, loans, etc.)	\$
Savings	\$
Other	\$
Total Expenses	\$
3. Your Bottom Line	
Income Minus Expenses	\$

Budgets are also an effective way to determine needs vs wants. NEEDS are things that you must have to survive, like food or water, shelter and health resources. Although we want to have certain things like steak or the high end cable package, WANTS are things that you don't need.

Look at your budget is there any money left at the end of each month? Go back through it and put an N by those items that are NEEDS and a W by those that are WANTS.

Your list should look **something like this:**

Name:	Date:
Needs	Wants
Housing	Cell Phone
Car, Insurance, Gas	Cable
Groceries	Subscriptions
Utilities	Dining Out
Medical/Dental	Entertainment
Savings	Travel
	Other Spending

Total up the Needs on your Budget \$ _____

Total up the Wants on your Budget \$ _____

Review Want items and see if perhaps you can make a compromise. Needs cannot be substituted but there are option or choices for wants. Instead of having the full cable package can you save money each month by only having the basic cable package. Can you reduce your grocery bill by buying in bulk or using tap water instead of bottled water? Is there a cell phone plan that will lower your rate? Is it possible to get a roommate and save on your housing costs? How about bartering, do you have a skill or ability that you can trade for someone for services or products they have?

Make a list of items you can lower the costs of to have more money at the end of each month:

Most people usually have more month than money before payday and stretching a dollar is hard to do. There are several ways to address this and the envelope system is an easy method of budgeting that works well for most people.

Take envelopes and label them for each item on your budget, put the cash for that item in the envelope marked for that item, for instance, if your electricity bill is \$50 per month, mark an envelope Electrical Bill and when you get paid, put that amount in the envelope. Label the envelopes that pay for your

NEEDS first and then your WANTS second. For each envelope starting with the NEEDS, place the amount of money needed to pay for that item into the marked envelope. Make sure you put some money into a into a Savings envelope. After your NEEDS are done, label envelopes for your WANTS and fill them with the amount of money needed for that WANT. If you run out of money before filling all of the WANT envelopes, then you cannot afford to purchase that item or do that activity. If there is money left, this is the money that you can spend on anything you want.

If you have an envelope for electricity and have \$50 in it, but your friends want to go out. The entertainment envelope only has \$10, what should you do?

PAYDAY LENDING

By putting money into your savings envelope or bank account and letting it accumulate you save yourself from spending even more money when you have an emergency. Often people don't save and end up in an emergency situation where they take money for needs and spend them on the emergency. When people get into money troubles, they start looking for a quick fix until they get more money. There are lenders who offer quick money for a short term loan at high interest rates. These loans are called predatory loans because they are expecting you to keep borrowing from them. The predatory lenders refinance loans and collect fees without any real financial solution to help you.

Types of loans to avoid (predatory loans)

1. Payday Loan

2. Title Loan

Payday Loans are exactly what the name suggests, loans that last until your next payday. The average loan is \$350 and the term on these loans are typically 14 days, paydays are usually every two weeks. The supposed purpose is quick cash to take care of life's emergency situations. You borrow a few hundred bucks, pay a standard fee, and then repay the loan, right? Let's take a closer look behind the scenes and understand how these loans really work.

Example 1: Your car breaks down and it will cost \$100 to fix, you need your car fixed ASAP because you have to get to work. You have no savings and cannot get a loan from friends or family, and a bank will deny you because of credit history. Predatory Payday loans are across the street and promises a loan without a credit check in less than 30 minutes! The money will be deposited in your account tomorrow, your car will be fixed and everything is great.....right?

Payday loan fees are often expressed in \$100s, let's use \$10 for every \$100 borrowed. A two week payday loan for \$100 cost you \$10 in fees. This means that you owe them \$110 at the end of the loan (payday).

$$\$10/14 \text{ days} = \$0.71 \text{ per day}$$

$$\$0.71 \text{ per day for 365 days} = \$261$$

This equates to a 261% Annual Percentage Rate (APR)

What happens if you cannot pay the loan off at the end of the two weeks? The borrower will refinance the loan by paying the fee again extending the loan to another payday. Now you owe Predatory Payday Loans \$120 on the next payday. There are limits to how many times that you can rollover the loan. Once this limit is reached, then your account will go to collections. Once in collections, you may wind up having your wages garnished.

A payday loan report found that:

- 14% of borrowers can't afford to repay the loan.
- 76% of payday loans are renewals
- Average borrower is debt for 5 months
- 41% of borrowers need a cash infusion to pay off a payday loan

That brings us to Car Title Loans. These loans are usually for a longer period of time and for larger amounts. The average loan is \$950 and for a term of 30 days. These loans are backed by the value of the car that the borrower owns. Some car title lenders do not require a credit check or proof of employment. Just like payday loans, these loans include fees and are usually renewed several times.

Let's take a look at an example using a 25% interest rate.

Loan – \$950

$$\text{Interest} - \$950 \times 25\% = \$238$$

$$\text{Renewed 8 times} = \$238 \times 8 = \$1904$$

$$\text{Total interest on loan} = \$238 + \$1904 = \$2142$$

$$\text{Total paid back} = \$950 + \$2142 = \$3092$$

What happens if you cannot keep up with the payments? If you cannot pay the loan back the lender has the title to your car. They will repossess the car and sell it to settle your debt.

Although it is hard to make ends meet when you are in a low income bracket, paying close attention to your finances and saving money no matter how difficult it is will help you from paying even more money in the long term by not using quick cash alternatives.

For Housing

Have your potential landlord complete the following forms and return them to the CSBG Department

W9

Intent to Rent (for relocation only)

**If You Are Applying For Relocation Assistance,
Then Fill Out This Form.**



**California Indian Manpower Consortium, Inc.
Community Services Block Grant Program**

738 North Market Boulevard
Sacramento, CA 95834

916-564-4053 800-432-2724
TTY 800-748-5259 Fax 916-564-2345

INTENT-TO-RENT FORM

THIS FORM IS NOT A GUARANTEE OF EMERGENCY HOUSING ASSISTANCE. This form must be filled out by the Property Management Representative (PMR) or Landlord/Owner of rental property. If the PMR fills out this form, then a copy of authority to act on behalf of Landlord/Owner will be required. The information provided will be used to evaluate a client's request for emergency housing assistance.

LANDLORD INFORMATION

Name of Landlord: _____

Address of Landlord: _____

City, State, Zip Code: _____

Telephone Number: _____ Fax Number: _____

E-mail: _____

Payment will be made payable to: _____

RENTAL INFORMATION

Monthly Rent: \$ _____ Move-In Date: _____

Security Deposit: \$ _____ Total move-in costs: \$ _____

Name of renter(s): _____

Renter's new address: _____

City, State, Zip Code: _____

I certify that the information provided is correct and that this form serves as information of rental property that is potentially available for the above-named individual.

Signature of PMR or Landlord/Owner

Date

Request for Taxpayer Identification Number and Certification

Give Form to the
requester. Do not
send to the IRS.

► Go to www.irs.gov/FormW9 for instructions and the latest information.

Print or type. See Specific Instructions on page 3.	1 Name (as shown on your income tax return). Name is required on this line; do not leave this line blank.	
	2 Business name/disregarded entity name, if different from above	
	3 Check appropriate box for federal tax classification of the person whose name is entered on line 1. Check only one of the following seven boxes. <input type="checkbox"/> Individual/sole proprietor or single-member LLC <input type="checkbox"/> Limited liability company. Enter the tax classification (C=C corporation, S=S corporation, P=Partnership) ► _____ Note: Check the appropriate box in the line above for the tax classification of the single-member owner. Do not check LLC if the LLC is classified as a single-member LLC that is disregarded from the owner unless the owner of the LLC is another LLC that is not disregarded from the owner for U.S. federal tax purposes. Otherwise, a single-member LLC that is disregarded from the owner should check the appropriate box for the tax classification of its owner. <input type="checkbox"/> Other (see instructions) ► _____	4 Exemptions (codes apply only to certain entities, not individuals; see instructions on page 3): Exempt payee code (if any) _____ Exemption from FATCA reporting code (if any) _____ <i>(Applies to accounts maintained outside the U.S.)</i>
	5 Address (number, street, and apt. or suite no.) See instructions.	Requester's name and address (optional)
	6 City, state, and ZIP code	
	7 List account number(s) here (optional)	

Part I Taxpayer Identification Number (TIN)

Enter your TIN in the appropriate box. The TIN provided must match the name given on line 1 to avoid backup withholding. For individuals, this is generally your social security number (SSN). However, for a resident alien, sole proprietor, or disregarded entity, see the instructions for Part I, later. For other entities, it is your employer identification number (EIN). If you do not have a number, see *How to get a TIN*, later.

Note: If the account is in more than one name, see the instructions for line 1. Also see *What Name and Number To Give the Requester* for guidelines on whose number to enter.

Social security number									
				-				-	
or									
Employer identification number									
				-					

Part II Certification

Under penalties of perjury, I certify that:

1. The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me); and
2. I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or (c) the IRS has notified me that I am no longer subject to backup withholding; and
3. I am a U.S. citizen or other U.S. person (defined below); and
4. The FATCA code(s) entered on this form (if any) indicating that I am exempt from FATCA reporting is correct.

Certification instructions. You must cross out item 2 above if you have been notified by the IRS that you are currently subject to backup withholding because you have failed to report all interest and dividends on your tax return. For real estate transactions, item 2 does not apply. For mortgage interest paid, acquisition or abandonment of secured property, cancellation of debt, contributions to an individual retirement arrangement (IRA), and generally, payments other than interest and dividends, you are not required to sign the certification, but you must provide your correct TIN. See the instructions for Part II, later.

Sign Here	Signature of U.S. person ►	Date ►
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General Instructions

Section references are to the Internal Revenue Code unless otherwise noted.

Future developments. For the latest information about developments related to Form W-9 and its instructions, such as legislation enacted after they were published, go to www.irs.gov/FormW9.

Purpose of Form

An individual or entity (Form W-9 requester) who is required to file an information return with the IRS must obtain your correct taxpayer identification number (TIN) which may be your social security number (SSN), individual taxpayer identification number (ITIN), adoption taxpayer identification number (ATIN), or employer identification number (EIN), to report on an information return the amount paid to you, or other amount reportable on an information return. Examples of information returns include, but are not limited to, the following.

- Form 1099-INT (interest earned or paid)

- Form 1099-DIV (dividends, including those from stocks or mutual funds)
- Form 1099-MISC (various types of income, prizes, awards, or gross proceeds)
- Form 1099-B (stock or mutual fund sales and certain other transactions by brokers)
- Form 1099-S (proceeds from real estate transactions)
- Form 1099-K (merchant card and third party network transactions)
- Form 1098 (home mortgage interest), 1098-E (student loan interest), 1098-T (tuition)
- Form 1099-C (canceled debt)
- Form 1099-A (acquisition or abandonment of secured property)

Use Form W-9 only if you are a U.S. person (including a resident alien), to provide your correct TIN.

If you do not return Form W-9 to the requester with a TIN, you might be subject to backup withholding. See What is backup withholding, later.

For Nutrition

Complete the following form and return to the CSBG Department

Gift Card Agreement



California Indian Manpower Consortium, Inc.
Community Services Block Grant Program
 738 North Market Boulevard
 Sacramento, California 95834
 916-564-4053 800-432-2724
 TTY 800-748-5259 Fax 916-564-2345

LIMITED-PURCHASE SAFEWAY GIFT CARD AGREEMENT

Instructions for use of Limited-Purchase Gift Card(s):

- DAY 1: Issue date of limited-purchase gift card(s).
 DAY 1-14: Conduct grocery trip at any Safeway store. Use the FULL amount of the gift card(s) and buy ONLY allowable food items listed below.
 DAY 1-21: Use pre-stamped envelope to mail store receipt(s) with your name printed on the receipt(s) and gift card(s) to CSBG.
 Postmark must be within this 21-day timeline.

Allowable Food Items ONLY:

- | | |
|--|--|
| <ul style="list-style-type: none"> • Vegetables, Fruits (fresh, frozen, canned) • Beans, Lentils, Pinto, (canned, dry, etc.) • Eggs or Egg Substitute • Soups (canned, dry) • Canned Tomatoes (sauce, paste) • Baby Food, Baby Formula • Dry cereal/un-sugared • Pancake Mix, Syrup • Cheese • Mayonnaise, Mustard, Ketchup • Salad Dressing • Beef, Pork, Chicken, Turkey (fresh, frozen, ground, bacon, sausage/hotdogs, luncheon meats) | <ul style="list-style-type: none"> • Potatoes, Rice, Pasta, Breads • Milk (fresh, non-dairy, powdered, canned) • Flour, Yeast, Cornmeal, Sugar • Fish (fresh, frozen) • Macaroni & Cheese • Oatmeal • Yogurt • Crackers (graham or saltine only) • Peanut Butter, Jelly/Jam, Marmalade • Butter, Margarine • Cooking Oil • Canned Meats (Corned Beef, Chicken, Spam, Tuna) |
|--|--|

I agree to follow the above instructions for use of the limited-purchase gift card(s).

Please Print your Name on the Receipt.

I understand that if I purchased Unallowable Food items, I will not receive Nutrition Assistance in the future.

 Client Signature

 Date

 Print Name

 Last 5 Digits of the Gift Card

Provide the Yellow copy to the Client

02/16

California Specialty Crops

Fruits and Tree Nuts			
Almond	Cherry	Guava	Persimmon
Apple	Chestnut (for nuts)	Kiwifruit	Pineapple
Apricot	Coconut	Litchi	Pistachio
Avocado	Coffee	Macadamia	Plum (including prune)
Banana	Cranberry	Mango	Pomegranate
Blackberry	Currant	Nectarine	Quince
Blueberry	Date	Olive	Raspberry
Breadfruit	Feijou	Papaya	Strawberry
Cacao	Fig	Passion fruit	Suriname cherry
Cashew	Filbert (hazelnut)	Peach	Walnut
Citrus	Gooseberry	Pear	
Cherimoya	Grape (including raisin)	Pecan	

Vegetables			
Artichoke	Collards (including kale)	Mustard and other greens	Rutabaga
Asparagus	Cucumber	Okra	Salsify
Bean, Snap or Green, Lima, Dry, edible	Edamame	Pea	Spinach
Beet, table	Eggplant	Garden, English or edible pod	Squash (summer and winter)
Broccoli (including broccoli raab)	Endive	Onion	Sweet corn
Brussels sprouts	Garlic	Opuntia	Sweet potato
Cabbage (including Chinese)	Horseradish	Parsley	Swiss chard
Carrot	Kohlrabi	Parsnip	Taro
Cauliflower	Leek	Pepper	Tomato (including tomatillo)
Celeriac	Lettuce	Potato	Turnip
Celery	Melon (all types)	Pumpkin	Watermelon
Chive	Mushroom (cultivated)	Radish (all types)	
		Rhubarb	

Culinary Herbs and Spices			
Ajwain	Cassia	Filé (gumbo, cultivated)	Oregano
Allspice	Catnip	Fingerroot	Orris root
Angelica	Chervil	French sorrel	Paprika
Anise	Chicory	Galangal	Parsley
Anatto	Cicely	Ginger	Pepper
Artemisia (all types)	Cilantro	Hops	Rocket (arugula)
Asafetida	Cinnamon	Horehound	Rosemary
Basil (all types)	Clary	Hyssop	Rue
Bay (cultivated)	Cloves	Lavender	Saffron
Bladder wrack	Comfrey	Lemon balm	Sage (all types)
Bolivian coriander	Common rue	Lemon thyme	Savory (all types)
Borage	Coriander	Lovage	Tarragon
Calendula	Cress	Mace	Thyme
Chamomile	Cumin	Mahlab	Turmeric
Candle nut	Curry	Malabathrum	Vanilla
Caper	Dill	Marjoram	Wasabi
Caraway	Fennel	Mint (all types)	Water cress
Cardamom	Fenugreek	Nutmeg	

Medicinal Herbs			
Artemisia	Ginkgo biloba	Mullein	Stevia
Arum	Ginseng	Passion flower	Tansy
Astragalus	Goat's rue	Patchouli	Urtica
Boldo	Goldenseal	Pennyroyal	Witch hazel
Cananga	Gypsywort	Pokeweed	Wood betony
Comfrey	Horehound	St. John's wort	Wormwood
Coneflower	Horsetail	Senna	Yarrow
Fenugreek	Lavender	Skullcap	Yerba buena
Feverfew	Liquorice	Sonchus	
Foxglove	Marshmallow	Sorrel	

California Specialty Crops

Horticulture			
Honey Hops	Maple Syrup	Tea Leaves	Turfgrass
Annual Bedding Plants			
Begonia	Geranium	Pansy	Vegetable Transplants
Coleus	Impatiens	Petunia	
Dahlia	Marigold	Snapdragon	
Potted Flowering Plants			
African Violet	Azalea	Flowering Bulbs	Poinsettia
Potted Herbaceous Perennials			
Astilbe	Dianthus	Peony	Vinca
Columbine	Heuchera	Phlox	
Coreopsis	Hosta	Rudbeckia	
Daylily	Ornamental Grasses	Salvia	
Cut Flowers			
Carnation	Gladiolus	Lily	Rose
Chrysanthemum	Iris	Orchid	Tulip
Delphinium			
Cut Cultivated Greens			
Asparagus Fern	Eucalyptus	Leatherleaf Fern	Pittosporum
Coniferous Evergreens			
Foliage Plants			
Anthurium	Dieffenbachia	Ficus	Philodendron
Bromeliad	Dracaena	Ivy	Spathiphyllum
Cacti	Fern	Palm	
Christmas Trees			
Balsam Fir	Douglas Fir	Noble Fir	White Pine
Blue Spruce	Fraser Fir	Scots Pine	
Deciduous Flowering Trees			
Crabapple	Flowering Cherry	Hawthorn	Service Berry
Crepe Myrtle	Flowering Pear	Magnolia	
Dogwood	Flowering Plum	Redbud	
Broadleaf Evergreens			
Azalea	Cotoneaster	Holly	Rhododendron
Boxwood	Euonymus	Pieris	Viburnum
Deciduous Shade Trees			
Ash	Linden	Oak	Sweetgum
Elm	Maple	Poplar	Sycamore
Honey Locust			
Landscape Conifers			
Aborvitae	Hemlock	Pine	Yew
Chamaecyparis	Juniper	Spruce	
Deciduous Shrubs			
Barberry	Hibiscus	Rose	Viburnum
Bubbleia	Hydrangea	Spirea	Weigela

Source: www.ams.usda.gov/AMSv1.0/scbgpdefinitions



Blue Corn Muffins

INGREDIENTS

- 1 1/2 cups blue cornmeal
- 1 cup yellow cornmeal
- 1/2 cup evaporated palm sugar
- 1 teaspoon sea salt
- 2 tablespoons baking powder
- 3/4 cup flax milk
- 2 large eggs
- 1 large egg yolk
- 1/3 cup sunflower oil

DIRECTIONS

1. Preheat oven to 350 degrees and place muffin liners in a 12 muffin pan
2. In a large bowl, combine the blue and yellow cornmeal, evaporated palm sugar, salt, and baking powder. Blend with a whisk.
3. In another bowl, combine the milk, eggs, egg yolk, and oil. Blend with a whisk.
4. Pour the wet ingredients into the dry ingredients and stir until combined without over-mixing.
5. Pour into prepared muffin pan and bake about 20 minutes.

Makes 12 muffins.



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Smoked Turkey Wings & Beans

INGREDIENTS

- 1 package or 1-1.5 lbs smoked turkey wings
- 16 ounces dried tepary beans
- 1 onion, diced
- 4 cloves garlic, diced
- Shredded carrots (optional)
- Pepper to taste

DIRECTIONS

1. Put all ingredients in crock pot, cover with water and cook on high for 2 hours. Then set low and cook all day on low until beans are soft.

Serves 4

Recipe Adapted From: Intertribal Friendship House's Traditional Foods Cookbook



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Healing Ways

Nutrition Facts

DRIED TEPARY BEANS
Serving Size 1/2 cup dried

Amount Per Serving

Calories 400 Calories from Fat 10

% Daily Value*

Total Fat 1.5g 2%

Potassium 1710mg 49%

Sodium 0mg 0%

Total Carb 72g 24%

Dietary Fiber 34g 136%

Sugars 8g

Protein 26g

Calcium 25% Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet.

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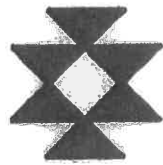
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SNAHC

Sacramento Native American Health Center

#URBANHERBALISM:8.2019

Southwest Walk toward State Capital

Hackberry (*Celtis sinensis*) Leaves and bark are used in Korean medicine to treat menstruation and lung abscess.

Crepe Myrtle (*Lagerstroemia*) The stem bark is febrifuge, stimulant and styptic

Callery Pear (*Pyrus calleria*) The wood of this species is hard and close-grained, and is sometimes used for making furniture and stools.

Jasmine (*Jasminum* spp) Jasmine has been used for liver disease (hepatitis), liver pain due to cirrhosis, and abdominal pain due to severe diarrhea (dysentery). It is also used to cause relaxation (as a sedative), to heighten sexual desire (as an aphrodisiac), and in cancer treatment

Sycamore *Platanus racemosa*) Tea from inner bark used to treat dysentery, colds, lung ailments, measles, and cough. Bark has emetic (makes one vomit) and laxative effects.

Heather (*Calluna vulgaris*) The flower, leaf, and plant top are used to make medicine. People take heather as a tea for kidney and lower urinary tract conditions, prostate enlargement, fluid retention, gout, arthritis, sleep disorders, breathing problems, cough, and colds. ... Some people add heather to bathwater for treating wounds.

Date Palm (*K/tracks*) (*Phoenix dactylifera*) fronds used for weaving, fruit edible, sugar, kernel used for oil

Ivy (*Hedera helix*) Traditional herbalists have used ivy for a wide number of complaints, including asthma, bronchitis, whooping cough, arthritis, rheumatism, and dysentery. Decoctions of the herb were applied externally against lice, scabies, and sunburn.

Carob Tree (*Ceratonia siliqua*) Medicinally, carob is used for digestion problems including diarrhea, heartburn, and the intestine's inability to properly absorb certain nutrients from food. ... In foods and beverages, carob is used as a flavoring agent and as a chocolate substitute

(California) Pepper Tree (*Schinus molle*) Throughout South and Central America, Brazilian peppertree is reported to be an astringent, antibacterial, diuretic, digestive stimulant, tonic, antiviral and wound healer. In Peru, the sap is used as a mild laxative and a diuretic and the entire plant is used externally for fractures and as a topical antiseptic.

Magnolia (*Magnolia grandiflora*) Can be used for stress and anxiety. Slows nervous system. Do not use in pregnancy. Can cause contractions

Tulip Tree (*Liriodendron tulipifera*) The intensely acrid bitter inner bark, especially of the roots, is used as a diuretic, tonic and stimulant... The bark contains "tulipiferine", which has effects on the heart and nervous system. leaves, stems, flowers, and buds, and some inner bark if I harvest a branch; it is considered a tonic for people who are overcoming illness or are lethargic and have no energy

Redwood (*Sequoia sempervirens*) Used for immunity, lungs and skin. A poultice of the heated leaves has been used in the treatment of earaches. The gummy sap has been used as a stimulant and tonic in the treatment of rundown conditions. Stimulant, Tonic, Antibiotic, Disinfectant, Anti-inflammatory.



#URBANHERBALISM.8.2019

New Zealand Flax (*Phormium tenax*) harakeke in Maori. Māori have used nectar from the flowers for medicinal purposes and as a general sweetener. Boiled and crushed harakeke roots were applied externally as a poultice for boils, tumors and abscesses, as well as to varicose ulcers. Juice from pounded roots was used as a disinfectant, and taken internally to relieve constipation or expel worms

Heavenly bamboo (*Nandina domestica*) The roots and stems are antitussive, astringent, febrifuge, stomachic and tonic. A decoction is used in the treatment of fever in influenza, acute bronchitis, whooping cough, indigestion, acute gastro-enteritis, tooth abscess, pain in the bones and muscles and traumatic injuries

Lily of the Nile (*Agapanthus praecox*) The Zulu use agapanthus to treat heart disease, paralysis, coughs, colds, chest pains and tightness. It is also used with other plants in various medicines taken during pregnancy to ensure healthy children, or to augment or induce labor. Leaves are oxytocic and can cause abortion. Antifungal. Cardiac tonic

Hosta (*Hosta plantaginea*) Native to Japan, Korea, China. Hostas have minor medicinal or culinary uses, but its young leaves and leaf stems are sometimes cooked and eaten (by boiling for about 20 seconds until leaves are bright green). Since the leaves are edible, they are sometimes included in salads although they add more texture than flavor (4). The flowers are said to have anticancer activity, and are edible with a "peppery" flavor. It cooks similar to zucchini and can be used as a substitute. The essential oil is obtained from the leaves and used in perfumes (heritagegarden.uic.edu)

Gardenia (*Gardenia jasminoides*) It is used as an antioxidant, to reduce swelling, and to improve the immune system. Gardenia is applied to the skin for bleeding, wound healing, sprains, and muscle soreness

Maple, Unknown (*Acer* sp)

Ginkgo (*Ginkgo biloba*) Antioxidant/ Circulation to brain/Alzheimer. Used for 1000's of years for longevity. Ginkgo is famous for helping with conditions that result in poor memory or conditions of dementia due to poor blood circulation.

Coffee Berry (*Rhamnus californica*) Inner bark is laxative. The leaves were decocted to treat poison oak dermatitis (Bocek 1982) or would be directly rubbed on skin as a remedy for rheumatism (Timbrook 2007). They were also used to heal infected sores and wounds. Carranza et al. (2015) demonstrated the antimicrobial properties of *R. californica* extracts, providing scientific support for this indigenous medicinal use. Other medicinal applications include using the bark to treat influenza and as a kidney remedy (Chestnut 1902), and placing a heated root in the mouth for toothaches

Sedge (*Carex* sp) Species unknown. Some sedge are used in perfume. Native California Sedge also known as white root are used in weaving

Firethorn (*Pyracantha coccinea*) Fruit is cooked and made into jellies, marmalade and sauce. Seed and leaf contain hydrogen cyanide

Azaela (*Azalea mollis*) The flowers are analgesic, anesthetic and sedative. They are applied externally in the treatment of arthritis, caries, itch, and traumatic injuries. The root is used in the treatment of arthritis, rheumatism and traumatic injuries



#URBANHERBALISM.8.2019

Lantana (Lantana sp) Studies conducted in India have found that Lantana leaves can display antimicrobial, fungicidal and insecticidal properties. L. camara has also been used in traditional herbal medicines for treating a variety of ailments, including cancer, skin itches, leprosy, rabies, chicken pox, measles, asthma and ulcers (Wikipedia)

Boxwood (Buxus sempervirens) The leaves and the bark are alterative, anti-rheumatic, cathartic, cholagogue, diaphoretic, febrifuge, oxytotic and vermifuge. Leaves have been used as a quinine substitute in the treatment of malaria. Tincture of the wood has been used as a bitter tonic and antiperiodic, it has also had a reputation for curing leprosy. An essential oil obtained from the plant is used in dentistry. It is extensively used in the treatment of rheumatism. Boxwood was previously used to treat persistent and recurring fever (malaria), gout, rheumatism, urinary tract infections, intestinal worms, chronic skin problems, syphilis and hemorrhoids.

Rose (Rosa sp) Rosehips, which come along after the bloom has faded, are a wonderful source of vitamins C, B2 and E. The petals and fruit (rosehips) of the rose. Rose petals are mildly sedative, antiseptic, anti-inflammatory, and anti-parasitic. They're also mild laxatives, a good supportive tonic for the heart, and great for lowering cholesterol

Canna (Canna Indica) The plant is used in the treatment of women's complaints. A decoction of the root with fermented rice is used in the treatment of gonorrhea and amenorrhea. The plant is also considered to be demulcent, diaphoretic and diuretic.

Wisteria (Wisteria sinensis/ japonica) As a member of the pea family, wisteria are nitrogen fixers. Also as a pea, like many, the seeds are poisonous. The fragrant flowers, however, are edible both raw and cooked. Wisteria has a long history in US. *W. frutescens* is the native variety, but most do not grow as the blooms are smaller. Wisteria is known to stay alive over 100 years and some consider it invasive

Camellia (Camellia japonica) Camellia is the city's flower. This year was the 95th annual camellia show in Sacramento! The flowers are astringent, antihaemorrhagic, hemostatic, salve and tonic. When mixed with sesame oil they are used in the treatment of burns and scalds. The plant has shown anticancer activity. In Japan, the camellia flower is called "Tsubaki" and symbolizes the divine. It is often used in religious and sacred ceremonies. It also represents the coming of spring. Korea – In Korea the camellias flowers is a symbol of faithfulness and longevity Green Tea is Camellia sinensis

Mock Orange (Pittosporum tobira) Generally considered poisonous due to high saponins content.

AS ALWAYS, INFORMATION ABOVE IS NOT TO BE USED TO DIAGNOSE OR TREAT ANY AILMENT. CONSULT AN HERBALIST BEFORE TRYING ANY OF THE ABOVE USES. HERBS AND SYNTHETIC MEDICATION CAN HAVE INTERACTIONS WHICH CAN SOMETIMES BE DETRIMENTAL TO ONES HEALTH.

THANK YOU

Top 11 benefits of Tepary beans

When compared to the commonly consumed plant foods all over the world, beans seem to have a more health benefiting nutrient profile. They have high antioxidant properties and almost equal amounts of protein and fiber. This amazing combination of protein, fiber and antioxidants have been found to be very beneficial in keeping most of today's common diseases at bay. One such bean, the tepary bean however, tops the list of beans in nutritional value as well as disease fighting capabilities. A native food of Central and Southwest America, Tepary bean is a nutritious legume popular for its ability to withstand diseases and extreme climatic conditions such as drought and high heat. It requires only a small quantity of water and can survive even in areas where there is lack of rain. Tepary bean has a distinct taste and texture, not found in many of the other types of beans. It has a creamier consistency and a wonderful sweet and nutty flavor that can please the palate of anyone who eats it.

Some other names of Tepary beans are Pawi, Pavi, Tepari, Escomite, Yori mui, Yorimuni and Yori muni.

Health benefits of Tepary beans

Tepary bean has high fiber content, which is of excellent benefit to people with diabetes, because it causes a slower release of its sugars. It is also rich in protein and a wide range of minerals like calcium, magnesium, potassium, phosphorus, iron and zinc. The main health benefits of this legume can be attributed to its high fiber content and the presence of amylase, a type of starch that is digested very slowly. Given below are some of the benefits provided by tepary beans:

1. Tepary beans can help manage diabetes

The tepary bean can be called a super food for people suffering from diabetes. Not only does it provide sustained energy and prevent hunger pangs, the high fiber content in this legume causes it to be digested slowly. This, in turn, helps with the slow release of sugars, thus preventing unnecessary spikes in blood glucose levels. Eating foods, that cause slow release of sugars, helps people control their metabolism, thus reducing the risk of developing diabetes. These foods also prolong the feeling of fullness and prevent overeating. Many people suffering from type II diabetes have reported that the consumption of tepary beans has led to more effective regulation of their blood sugar levels. In fact, some people who follow a high fiber diet that includes these beans have even been able to stop their doses of supplementary insulin.

2. Tepary beans are good for your heart

High levels of LDL cholesterol or bad cholesterol in the blood is one of the leading causes of heart diseases. LDL can stick to the walls of your blood vessels and cause inflammation as well as the build-up of plaque. The high amount of fiber in tepary beans play an important role in lowering the bad cholesterol levels in the blood. The fiber binds with cholesterol and prevents its absorption in the gut. Tepary beans also contain good amounts of phytosterols and saponins that are helpful in lowering cholesterol. In addition to dietary fiber, these beans are also rich in various minerals that help lower the

risks of heart attacks and stroke. They are good sources of potassium and magnesium, two minerals essential for your heart. Potassium helps remove excess water and sodium from your body, which helps in reducing blood pressure. Magnesium also helps in lowering blood pressure along with improving the functioning of nerves.

3. Eating tepary beans helps you lose weight

Tepary beans can be a wonderful addition to a healthy weight loss diet because they are densely packed with important nutrients and gives you the feeling of fullness for long periods of time. They are high in fiber and protein content, both of which are essential nutrients when you are trying to lose weight. While proteins help improve your satiety and burning of calories, fiber keeps you feeling fuller for longer hours. When you eat foods that are high in glycemic index, it causes a rapid spike in blood sugar levels that in turn triggers the fast release of insulin that lowers your blood sugar again. This rapid change in blood sugar levels leaves you feeling hungry. Tepary beans, on the other hand, have a low glycemic index, which is another plus point when you are on a weight loss diet. Foods with low glycemic index help in avoiding drastic changes in the blood glucose levels.

4. Tepary beans can fight cancer

Research has proven that the consumption of beans and other legumes not only provide a wide range of health benefits but also work in many ways to prevent cancer. Tepary beans are high in many plant chemicals like isoflavones and phytosterols that can fight cancer. These chemicals have powerful antioxidant properties that helps in neutralizing the damaging effects of the free radicals. Frequent eating of beans has been found to play a major role in lowering the risk of different types of cancers like breast, prostate, gastric, colon and renal cancers.

5. Tepary beans are good for digestion

The high amount of both soluble and insoluble fibers in tepary beans helps to keep your digestive system functioning smoothly. While soluble fiber slows down the process of digestion and gives you the feeling of fullness, insoluble fiber adds bulk to the stool, thus aiding in its smooth and easy removal from the intestine. This helps in preventing constipation and other digestive disorders like irritable bowel syndrome. Although some beans have the bad reputation of causing gas and bloating, tepary beans is an exception.

6. Tepary beans can boost your iron intake

Not getting enough iron in your body can lead to iron deficiency anemia, a condition where your body does not have the normal count of red blood cells. This can lead to weakness, fatigue, nausea, shortness of breath and many other problems. Eating beans like tepary beans on a regular basis is a great way to increase your iron intake. However, since beans fall under the category of plant food, they contain non-heme iron, which is not readily absorbed by your body. So in order to ensure better absorption, it is recommended that you eat tepary beans with foods high in vitamin C content such as citrus fruits, broccoli, bell peppers and tomatoes because vitamin increases the absorption of non-heme iron by about six times.

7. Tepary beans are rich in folate

Herbal Actions:

Blood thinners are anticoagulant herbs that prevent blood clotting. They contain substances that contain coumarin, salicylate, or antiplatelet properties. There have been no documented case reports of herbal interactions with the medication warfarin, never the less, it is important to be careful.

- **Herbs:** garlic, ginkgo, ginger, feverfew
- **Herbs with coumarin or coumarin derivatives:** angelica root, arnica flower, anise, asafoetida, celery, chamomile, fenugreek, horse chestnut, licorice root, lovage root, parsley, passionflower herb, quassia, red clover, and rue, sweet clover
- **Herbs with salicylates:** meadowsweet, poplar, willow bark
- **Herbs that have antiplatelet activity:** bromelain, clove, onion, and turmeric

Cardiac Nervines: have a calming effect on the heart and cardiovascular system

- **Herbs:** Passionflower, motherwort, linden, hawthorn

Cardiac Tonics support normal cardiac function. They can work on the cardiovascular system, or several other organs in the body that deal with fluid transport.

- **Cardiovascular:** hawthorn, garlic, motherwort, yarrow, rosemary
- **Lungs:** garlic, angelica, horseradish
- **Digestive:** yarrow, angelica, motherwort, rosemary, garlic
- **Nervous system:** motherwort, linden, passionflower
- **Reproductive:** angelica, motherwort, dong quai, yarrow
- **Musculoskeletal:** cayenne, prickly ash, mustard

Circulatory Stimulants cause vasodilatation. They can aid in bringing herbs and blood to certain areas of the body.

- **Herbs:** cinnamon, garlic, linden
- **Herbs for surface circulation:** Cayenne, Yarrow, Figwort
- **Herbs for core circulation:** Ginger
- **Herbs for the extremities:** Prickly Ash, Rosemary, Ginkgo

Diaphoretics promote sweating. They can be helpful for a fever, or for people that under-use their skin as an eliminatory organ (i.e. don't sweat enough).

- **Herbs:** yarrow, boneset, cayenne, elder flower, ginger, garlic, peppermint, thyme

Diuretics increase the flow of urine – they make you pee.

- **Herbs:** burdock, cleavers, corn silk, couch grass, dandelion leaf, gravel root, juniper, nettles, parsley, goldenrod, stone root

Hemostats reduce or stop bleeding or hemorrhage.

- **Herbs:** bayberry, cinnamon, cayenne, geranium, oak, shepherd's purse, witch hazel, yarrow, bugle weed, goldenseal

Hypotensives help to lower blood pressure.

- **Herbs:** cayenne, garlic (fresh), ginger, hawthorn, linden, motherwort

Rubefacients encourage circulation externally through vasodilatation. They can draw congestion from other areas of the body.¹

- **Herbs:** Cayenne, ginger, garlic, cloves, nettles, horseradish, poplar, mustard, onion
- **Essential oils:** ginger, clove, rosemary, peppermint

Vasodilators help to widen blood vessels. They often act by relaxing smooth muscle cells within the vessel walls, in particular in the large veins, large arteries, and smaller arterioles.

- **Herbs:** thyme, linden, horsetail, bayberry, mugwort, butterbur, prickly ash, cayenne, ginger, vinca, garlic, hawthorn, Asclepias tuberosa, passion flower
- **Other ways to increase circulation** to certain parts of the body include massage, castor oil packs, exercise, sitz baths, hot and cold packs, steaming, moxibustion, and cupping.

Vasoconstrictors help to constrict blood vessels, which can increase blood pressure. Although we rarely think on these terms, low blood pressure is also a problem as it can cause transport problems to the cells and fainting and dizziness.

- **Herbs:** goldenseal, barberry, ma huang, prickly poppy, yarrow, licorice

California Specialty Crops

1. What is your first & last name?

2. Based on the provided CA Specialty Crops package, did you gain more knowledge about the benefits of eating California Specialty Crops?

☐ Yes

☐ No

3. Based on the the provided health benefits, do you plan to eat more California Specialty crops?

☐ Yes

☐ No

4. Did the recipes provided in the packet help you gain knowledge on how to access/produce/prepare/preserve specialty crops?

☐ Yes

☐ No

5. Do you plan to access/produce/prepare/preserve specialty crops using the recipes provided?

☐ Yes

☐ No

6. Would you like to be put on the email list to learn more information about the Traditional Ways Healing Program offered by Sacramento Native American Health Center?

☐ Yes

☐ No

7. If so, at what email address would you like to be contacted?