

Gardening, clamming and trees see Healthy Traditions into spring in April

The Tribal Healthy Traditions project seeks to improve the health of Siletz Tribal members through educational activities that promote the use of traditional foods through hunting, gathering, gardening, cooking, food preservation and protecting our natural resources.

Invitation to join grant committee

The Healthy Traditions Steering Committee is seeking Tribal members who have interest in aboriginal Siletz foods and have ideas on how to improve the health of our Tribal membership.

The Steering Committee meets monthly to plan events such as gathering, cooking, canning, smoking, gardening, fishing, hunting and more.

If you live outside of Siletz, contact your area office about carpooling to the meeting with staff. Our next meeting is April 7, 1-2:30 p.m. at the Siletz Community Health Clinic (second floor conference room).

Fruit tree class sign-up

Since the fruit tree class in February in Siletz, we have heard from Tribal members in the other areas who are interested in having more classes. If there is enough interest at each area office, we will schedule the class for a date in April or May.

Participants will learn how to:

- Select a location for a fruit tree
- Choose varieties
- Planting preparation
- Pruning and care

Invite your friends and family to attend with you! Sign up with your area office:

Siletz – Sharla Robinson, 541-444-9627

Eugene – Adrienne Crookes, 541-484-4234

Salem – Bev Owen or Cecilia Tolentino, 503-390-9494

Portland – Sherry Addis or Verdene McGuire, 503-238-1512

Siletz gardening

Siletz Seed Planting Day
April 8, 11 a.m.-1 p.m. and 4-6 p.m.
Siletz Tribal Community Center

- Seeds and soil provided; limited containers, bring your recycled food containers to plant in.
- Learn to start from seed and design your garden for spring.
- Bring a sample of dirt from your garden and learn to test your soil.
- Plant seeds every two weeks and you will have fresh veggies longer into the season.

Coming soon!

Siletz Community Garden opening

If you are interested in volunteering or starting a plot at the garden, contact Sharla Robinson at 541-444-9627 or sharlar@ctsi.nsn.us.

Salem gardening

Salem Seed Planting Day
April 6, 5:30-7 p.m.
Salem Area Office
Cecilia Tolentino, 503-390-9494



Courtesy photos by Sharla Robinson

Tribal Elder Dennis Lane and Cecilia Tolentino, community health advocate in Salem, water the plants at the Salem Community Garden in 2010. Tribal members interested in joining the community garden should contact Cecilia at 503-390-9494.

- Seeds and soil provided; limited containers, bring your recycled food containers to plant in.
- Learn to start from seed and design your garden for spring.
- Bring a sample of dirt from your garden and learn to test your soil.
- Plant seeds every two weeks and you will have fresh veggies longer into the season.

Coming soon! Salem Community Garden plots available

Sign up for a free plot at the community garden located near the Salem Area Office. Contact Cecilia Tolentino, 503-390-9494.

Portland gardening

Tribal Portland Garden Club
April 27, 5:30-7 p.m.
Portland Area Office
Topic: Fruit Tree Care
Sherry Addis, 503-238-1512

The Portland Area Office has started a garden club for Tribal members to learn about different garden topics from seed starting to harvesting.

Eugene gardening

Eugene OSU Master Gardener
Spring Garden Fair & Plant Sale
April 23, 9 a.m.-2 p.m.
At the EWEB building
500 E Fourth Ave., Eugene
In cooperation with OSU Extension
Service Ag/Hort Program
"We Grow Gardeners"
Adrienne Crookes, 541-484-4234

Free compost workshops

(Brought to you by the City of Eugene)
April 16, 10 a.m.-Noon
River House Compost Education Site
301 N. Adams St., Eugene
(behind the River House)
April 30, 10 a.m.-Noon
Grass Roots Garden
1465 Coburg Road, Eugene
(behind St. Thomas Episcopal Church)
Adrienne Crookes, 541-484-4234

Eugene Community Gardens Program

Adrienne Crookes, 541-484-4234

Don't have the space for your own garden? Six community gardens throughout Eugene have more than 300 plots. A small fee covers plot rental, which includes access to tools and water.

By giving participants the opportunity to cultivate their own gardens, the Community Gardens Program helps people experience a special connection to the earth and their community. These gardeners can provide food for family and friends, enjoy the beauty of a garden in bloom, learn about gardening and share information with other gardeners.

For more information, contact City of Eugene Parks and Open Space at 541-682-4800 or visit www.eugene-or.gov/communitygardens.

Salmon canning class

April 29, 10 a.m.-3 p.m.
Eugene Area Office
Adrienne Crookes, 541-484-4234

While we are waiting for the canners to finish, we will do a small cooking lesson using traditional foods. Join us for the class and yummy lunch! Invite your friends and family to attend with you.

Low tide reminder

Our first -2 tide in months!
April 17-22

Check a tide table for times in your area (there is a two hour difference between Brookings and Seaside). You can get tide tables at fishing supply stores and online.

Before you gather, remember to call the 24-hour **shellfish safety information hotline at 800-448-2474**. This recorded message is updated when there is any change in the status of a harvest area. Laboratory results for "red tide" or shellfish toxins can change the status of a harvest area at any time.

Clam gathering in Seaside

April 20, 9 a.m.

Eligibility: Each Tribal member digger (age 14 and older) must carry a Siletz cultural shellfish gathering permit and their Tribal ID. Non-Tribal members must have an ODFW-issued license.

Digging tools will be provided. Participants must have their own container and dig their own clams according to ODFW regulations.

Bring a bucket, boots/outdoor shoes, extra clothes (muddy), snacks, water, and **permit/license**.

Siletz cultural shellfish gathering permits are available to Siletz Tribal members by stopping by the Tribal Natural Resources Department or contacting Kelley Ellis at 541-444-8227 or 800-922-1399, ext. 1227, before April 12 to allow time for the permit to be mailed to you.

Participants are responsible for obtaining their own shellfish license or cultural shellfish gathering permit. To join us, sign up with your area office.

Find Healthy Traditions events information

- Facebook
- www.ctsi.nsn.us
- Siletz News
- Call 541-444-9627 to listen to our upcoming events recording

For more information, contact Sharla Robinson at Healthy Traditions project at 541-444-9627 or sharlar@ctsi.nsn.us.



Tribal Elders Shirley Walker and Geneva Johnson join others for lunch during the salmon canning class at the Portland Area Office in March.