

Healthy Traditions events in June include shellfish gathering, gardening

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 an interest in aboriginal Siletz foods and 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 June 7, 1-2:30 p.m. at the Siletz Community Health Clinic (second floor conference room).

Upcoming gatherings

- Clamming
- Mussels, sea roses, seaweed
- Camas bulb
- Eels

If you are interested in participating in these gathering trips, contact Sharla Robinson, Healthy Traditions project coordinator, at 541-444-9627 or 800-648-0449, ext. 1627; or sharlar@ctsi.nsn.us.

Smoked salmon canning

June 9-10, 10 a.m. each day
Siletz Tribal Community Center
Sharla Robinson, 541-444-9627
or sharlar@ctsi.nsn.us.

This is a two-day process where participants will learn to smoke salmon on June 9 and then can the smoked salmon on June 10. Space is limited.

Learn to grow your own food!

Siletz gardening

Join the Siletz Tribal Community Garden open during daylight hours
Next to Tenas Illahee Childcare Center on West Buford Road
Sharla Robinson, 541-444-9627
or sharlar@ctsi.nsn.us

Gardening Help Hours

Tuesdays and Thursdays, 4-7 p.m.
Siletz Tribal Community Garden
Get one-on-one garden advice
If you want to start a plot or garden in your yard, we can help you.

Volunteer with local garden projects
Sharla Robinson at 541-444-9627
or sharlar@ctsi.nsn.us

Would you like to help an Elder till his or her garden? Help start the Siletz Valley School Garden? Or help build plots at the Siletz Tribal Community Garden? Are you a veteran gardener? We need you! Got a strong back? We need you!

Salem gardening

Salem Community Garden and Garden Events
Cecilia Tolentino, 503-390-9494

Portland gardening

Tribal Portland Garden Club
Date and time TBA
Portland Area Office
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

Free Compost Workshop
June 24, 10 a.m.-Noon
Grass Roots Garden
1465 Coburg Road, Eugene
(behind St. Thomas Episcopal Church)
Brought to you by the City of Eugene

For beginning to experienced composters, these hands-on workshops will cover the basics of how composting works, which materials to use and the different methods and types of compost bins available.

Extension Service Pruning Class
Sucker Removal and Fruit Thinning
June 23, 1:30-3 p.m.
Willamalane
215 C St., Springfield
Cost is \$5; FMI: 541-736-4444

Classes are presented by master gardeners who are eager to share their knowledge and experience. No need to bring pruning tools.

If you would like more information about these events, contact Adrienne Crookes at 541-484-4234.

Gardening Help

Oregon State University's Extension Service provides an informative website specifically for gardeners in the Willamette Valley.

It's a great place to find basic gardening hints as well as where to sign up for the master gardening class. Included in this website are many in-depth articles, such as one about the importance of compost in the garden. You can find this article and many others at www.extension.oregonstate.edu/gardening.

OSU's Extension Service encourages sustainable gardening practices.

Master Gardener Hotline: 541-344-0265

Low tide reminder

June 1-6, June 13-19

Check 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.

Shellfish gathering in Lincoln County

Siletz Tribal members can gather for free in Lincoln County as long as they carry their Tribal ID card and obey ODFW regulations and limits.

Shellfish gathering in Oregon, outside of Lincoln County

You can purchase an Oregon Department of Fish and Wildlife Shellfish Gathering Permit at a local store. Find store locations at www.dfw.state.or.us/resources/licenses/docs/Active_Agents.pdf.

Nutritional value of mussels

Mussels are a wonderful food with a delicate taste that are high in protein and low in cholesterol and fat.

- A 3-ounce (85g) portion of cooked blue mussels contains 20g of protein and only 147 calories. It is rich in iron, manganese, phosphorous, selenium, zinc and vitamins C and B12.
- Mussels are low in fat, only containing 0.7g of saturated fat in a 3-ounce portion. They are, however, an extremely rich source of omega-3 fatty acids, which are found in oily fish and other foods but are not produced by the body. The consumption of omega-3 fatty acids helps prevent cardiovascular and heart disease and is an important part of a healthy diet, promoting a healthy brain as well as a healthy body. Mussels contain higher levels of omega-3 fatty acids than any other shellfish.

Read more at www.helpwithcooking.com/seafood-shellfish/guide-to-mussels.html.

Five things you should know about health benefits of shellfish

1. Healthy shellfish – Like all types of seafood, shellfish can be a healthy part of a balanced diet. Shellfish are low in fat – lobster and shrimp have less than 1g of fat per serving – and very little of the fat they contain is saturated fat. Most shellfish (except for shrimp) also is very low in cholesterol. By limiting or avoiding unhealthy toppings, like butter or breadcrumbs, and by choosing to steam or broil your shellfish instead of frying it, shellfish can be a low-fat, low-cholesterol, heart-healthy choice. Shellfish also is a good source of protein.
2. Omega-3 fatty acids – While shellfish do not have as high a level of omega-3 fatty acids as fatty fish like salmon, cod and tuna, they do contain some. Omega-3 fatty acids improve your cardiovascular health by lowering your triglyceride levels and preventing dangerous blood clots from forming, thereby reducing your risk of heart attack or stroke. By helping your blood flow more freely, omega-3s also might boost your cognitive health and can be useful in treating or preventing illnesses like depression and Alzheimer's.
3. Vitamins and minerals – Shellfish are full of healthful vitamins and minerals. Oysters are a great source of vitamins A, B1, B2, B3 and D, and also are high in iron, calcium, magnesium and other minerals. Many other shellfish also are excellent sources of iron, including mussels, clams, shrimp, prawn and crab. Shellfish are one of the best dietary sources of zinc, a mineral necessary to keep your

immune system healthy and promote the healing of wounds. The highest levels of zinc can be found in oysters. Other shellfish sources of zinc include mussels, clams, scallops, crab, shrimp and prawn.

4. Shellfish allergies – After nuts and peanuts, shellfish are one of the most common known allergens. Symptoms can include hives or redness and swelling under the skin, swelling of the throat and mouth, and vomiting or diarrhea. These symptoms can become severe or even life-threatening. It is not uncommon for shellfish allergies to develop later in life. If you think you might have a shellfish allergy, see your doctor immediately and she or he will run tests to confirm or deny a shellfish allergy.
5. Safe cooking and handling – The key to the freshest, tastiest, healthiest shellfish is proper storage, handling and cooking practices. Many fresh shellfish are purchased live and are not killed until you cook them – or in the case of oysters, are sometimes eaten raw. Fresh oysters, mussels, lobster, shrimp and crab should be purchased from a trusted, reputable fishmonger and have a fresh, saltwater odor. The shells of bivalves like oysters should be tightly shut or should shut when lightly tapped. Crustaceans like lobsters should be lively; discard any dead or listless individuals. Keep them cool and moist and cook them as soon as possible. Luckily for the squeamish or economically-minded among us, many shellfish also are available canned or frozen.

Read more at www.livestrong.com/article/4703-need-health-benefits-shellfish/#ixzz1LWjYYVlg.

Shellfish harvesting safety

- Q. How can I tell if there's a red tide on the beaches?
- A. Red tide is the colloquial term for a naturally occurring "bloom" of marine algae, some of which are red. Red tides are of concern because they can signal an increase in toxins secreted by the algae. Since clams and other shellfish consume algae, harmful algal blooms can make the shellfish unsafe to eat. The Oregon Department of Fish and Wildlife monitors Oregon's beaches for algal blooms and toxicity levels. When the level is high, the state may close affected beaches to harvesting of clams, mussels and other shellfish. Typically, this occurs during the summer months.

To find whether such a closure is in effect when you visit the Oregon Coast and whether it's safe to harvest and eat shellfish, call the state's Shellfish Safety Hotline at 503-986-4728 or 800-448-2474.

Healthy Traditions event information

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