

# Healthy Traditions keeps the focus on gardening and gathering in July

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 of how to improve the health of our Tribal membership. The 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 July 26 from 10 a.m.-2 p.m. at the Siletz Community Health Clinic (second floor conference room).

## Upcoming activities

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

Activities are planned based on weather/seasons. To sign up for them, contact Sharla Robinson, Healthy Traditions project coordinator, at 541-444-9627 or 800-648-0449, ext. 1627; or sharlar@ctsi.nsn.us.

## Traditional foods at Culture Camp

Activity sign-ups will be available at the registration desk at the Tribal Community Center.

- July 12 – Fishing
- July 13 – Cooking Oysters
- July 14 – Cooking Clams

## Strawberry jam class

July 21, 10 a.m.-2 p.m.  
Eugene Area Office  
Supplies provided.  
Adrienne Crookes, 541-484-4234



Frank Aspria, Shee-Ne Depoe-Aspria and Hunter Noble gather mussels for the Memorial Day dinner.

## Learn to grow your own food!

### Siletz gardening

Join the Siletz Tribal Community Garden  
Next to the Tenas Illahee Childcare Center on West Buford Road  
Free garden supplies and one-on-one garden advice available to Tribal households

Gardening Help Hours:  
Tuesdays and Thursdays, 4-7 p.m.  
Sharla Robinson, 541-444-9627 or sharlar@ctsi.nsn.us

If you want to start a plot or garden in your yard – we can help.

### Salem gardening

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

### Portland gardening

Tribal Portland Garden Club  
Date: 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

Adrienne Crookes, 541-484-4234.

### Gardening help

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

This is a great website for finding 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 and many other articles at [extension.oregonstate.edu/gardening](http://extension.oregonstate.edu/gardening).



Cova St. Onge shares information about mussels with students at Siletz Valley School.

Oregon State University Extension Service encourages sustainable gardening practices.  
Master Gardener Hotline: 541-344-0265

## Low tide reminder

July 1-5, July 12-17, July 29-Aug. 2

Check your 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 [dfw.state.or.us/resources/licenses/docs/Active\\_Agents.pdf](http://dfw.state.or.us/resources/licenses/docs/Active_Agents.pdf).

## 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 out 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 (toll-free) 800-448-2474.

Courtesy photos from  
Sharla Robinson

Josie Napoleon and Heather Cole get muddy while digging for clams to make clam chowder.



## Healthy Traditions event information

Facebook

[ctsi.nsn.us](http://ctsi.nsn.us)

Siletz News

Call 541-444-9627 to listen to our upcoming events recording