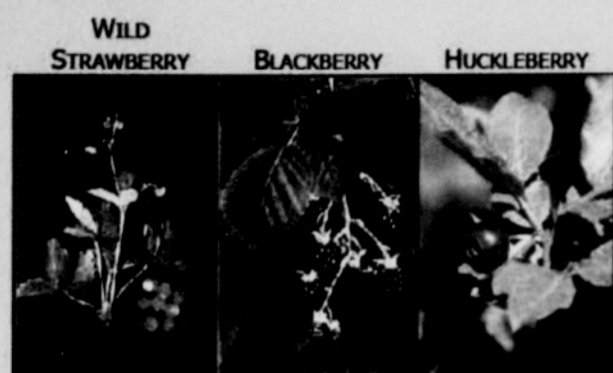




Siletz Healthy Traditions



OUR ANCESTORS, WHO LIVED IN OUR TRADITIONAL WAYS, HAD GREAT HEALTH, NUTRITION AND PHYSICAL ABILITIES. OUR PEOPLE HAD A DIVERSE AND NUTRIENT-RICH DIET THAT KEPT OUR PEOPLE STRONG AND HEALTHY. OUR PEOPLE COULD WALK FROM THE OCEAN TO THE CASCADE MOUNTAINS. OUR HUNTERS COULD CHASE LARGE GAME FOR MILES. OUR FAMILIES CELEBRATED THE BOUNTIFUL EARTH PROVIDING MATERIALS FOR HOMES, CLOTHING, AND TOOLS. OUR GOAL IS TO REVITALIZE THE USE OF TRADITIONAL MATERIALS AND FOODS TO IMPROVE THE HEALTH OF OUR PEOPLE.



WILD STRAWBERRY BLACKBERRY HUCKLEBERRY

BERRIES

- HUCKLEBERRIES (MOUNTAIN VARIETIES)
- HUCKLEBERRIES (LOW-ELEVATION VARIETIES)
- STRAWBERRIES
- BLACKBERRIES
- THIMBLEBERRIES
- SALMONBERRIES
- GOOSEBERRIES
- MANZANITA BERRIES



WILLOW



December—March
Late (Antlerless) Elk Hunts *



November—December
Cultural Salmon
Harvesting *



Late November
Elk Bull Season *

October—November
General Deer Season *



Crawdads
Nuts
Dogbane
Woodwardia



Crawdads
Nuts ~ Smelt
Huckleberries &
Other Berries
Maidenhair Fern
Woodwardia ~ Dogbane
Tule ~ Cattails
Beargrass

All Year
Sea Mammals
Shellfish
Spruce Root

Bird Eggs
Greens
Eels

Late April
Willow
Hazel

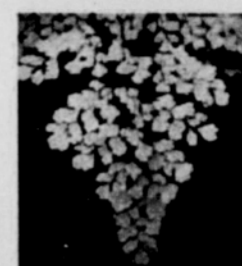
Bird Eggs
Greens
Seaweed ~ Eels
Camas
& Other Roots
Willow ~ Hazel
Late May
Crawdads

Crawdads
Smelt ~ Berries
Eels ~ Greens
Camas & other roots
Maple Bark ~ Cedar Bark
Cedar Root

Crawdads
Huckleberries
Smelt ~ Berries
Maidenhair Fern ~ Beargrass
Maple Bark ~ Cedar Bark

Crawdads ~ Smelt ~ Berries
Huckleberries
Tule ~ Cattails ~ Beargrass
Maidenhair Fern
Late August—September
Archery Deer
& Elk Season *

WOODWARDIA FERN



MAIDENHAIR FERN



SHELLFISH (HARDSHELL)

ANNUALLY
ALWAYS CHECK FOR RED
TIDE BEFORE HARVESTING.
SHELLFISH SAFETY HOTLINE
800-448-2474 OR
503-986-4728
SILETZ TRIBAL ENROLLMENT ID
SERVES AS A VALID SHELLFISH LICENSE
FOR GATHERING IN LINCOLN COUNTY
ONLY, BUT DOES NOT INCLUDE CRAB

SUGAR PINE NUT



HAZELNUT

ACORN

NUTS
ACORN - TAN OAK, BLACK
OAK, WHITE OAK
HAZELNUT
SUGARPINE
DIGGER PINE

OREGON GRAPE



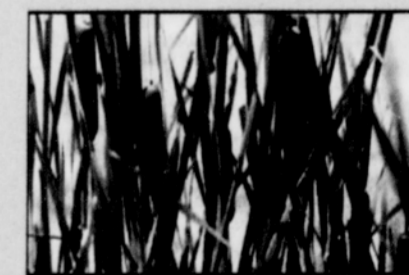
TULE



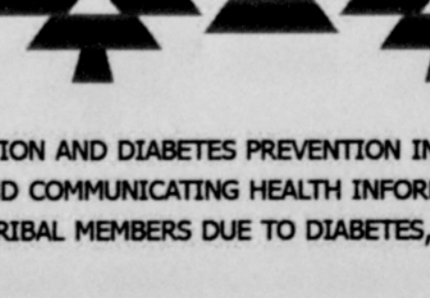
SWEETS
SUGAR PINE PITCH



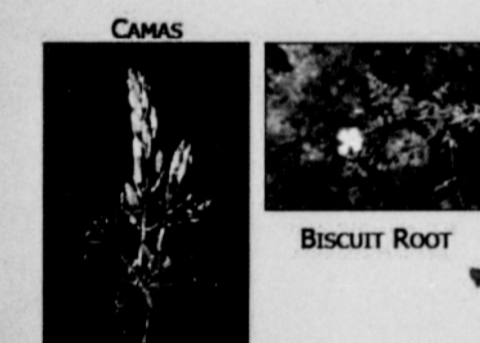
EEL



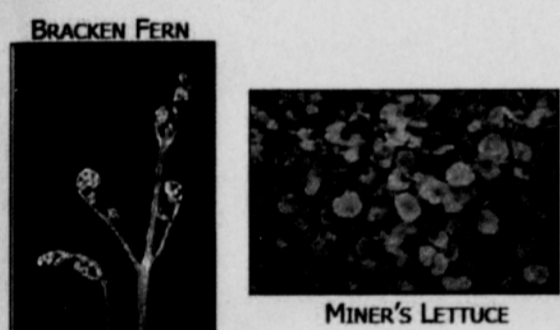
CATTAILS



SMELT



CAMAS AND OTHER ROOT BULBS
IPOES
CATS EARS OR MARIPOSA LILY
TIGERLILY BULBS
SOAPROOT
BISCUIT ROOT



GREENS
MINER'S LETTUCE
SALMONBERRY SHOOTS
FIDDLEHEAD FERN
OR BRACKENFERN (CURLY)
SOUR CLOVER AND OTHER
CLOVERS
~ DON'T EAT IN ABUNDANCE ~
SOAKING IN SALT WATER MAY HELP
WITH GAS OR FLAVOR



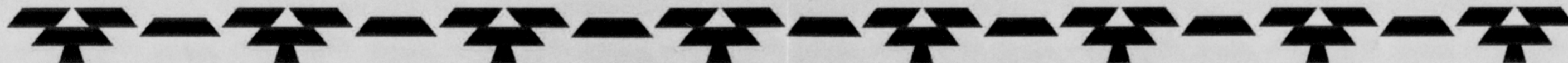
SOUR CLOVER



CRAWDAD

* TRIBAL HUNTING & FISHING
ALL TRIBAL HUNTING AND FISHING
SEASONS REQUIRE AN ANNUAL ISSUED
TRIBAL LICENSE AND TRIBAL TAG. ALL
RIFLE ELK TAGS ARE DISTRIBUTED BY LOTTERY
DRAW IN OCTOBER. ARCHERY TAGS ARE
DISTRIBUTED FIRST COME.
SILETZ NATURAL RESOURCES DEPARTMENT
541-444-8232

IMPORTANT: SOME TRADITIONAL FOODS NEED PROPER PROCESSING BEFORE CONSUMING. PLEASE REFER TO THE SILETZ HEALTHY TRADITIONS WEBSITE FOR MORE INFORMATION.



SILETZ HEALTHY TRADITIONS IS FUNDED BY A GRANT FROM THE CENTER FOR DISEASE CONTROL (CDC)

THE PURPOSE OF THE SILETZ HEALTHY TRADITIONS PROJECT IS TO DEMONSTRATE USING TRADITIONAL FOODS AND SUSTAINABLE ECOLOGICAL APPROACHES FOR HEALTH PROMOTION AND DIABETES PREVENTION IN THE SILETZ INDIAN COMMUNITY AND TO ENGAGE THE SILETZ COMMUNITY IN IDENTIFYING AND SHARING THE STORIES OF HEALTHY TRADITIONAL WAYS OF EATING, BEING ACTIVE, AND COMMUNICATING HEALTH INFORMATION AND SUPPORT FOR DIABETES PREVENTION AND WELLNESS. THE TRIBE'S MISSION IN THE DEVELOPMENT OF THIS PROJECT IS TO DECREASE THE MORBIDITY AND MORTALITY OF TRIBAL MEMBERS DUE TO DIABETES, AND TO IMPROVE THE HEALTH AND WELL BEING OF THE SILETZ TRIBAL MEMBERSHIP.

CONTACT INFO: SHARLA ROBINSON, HEALTHY TRADITIONS PROJECT COORDINATOR ~ 541-444-9627 ~ sharlar@ctsi.nsn.us ~ TILlicum FITNESS CENTER ~ 1016 West Buford Avenue ~ P.O. BOX 320, SILETZ, OREGON 97380

