

# Foods of Our Ancestors

## Siletz Healthy Traditions

To Siletz Tribal Members,

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

We are very excited to distribute the harvesting calendar inserted in this issue of Siletz News. This poster is designed to educate tribal members on fundamental traditional foods and materials, as well as the times of year these resources are available. Our hope is that you will enjoy reading this poster and perhaps hang it in your home.

Our events are posted monthly in Siletz News and on Facebook.

We hope to see you out at our activities soon!  
Healthy Traditions Team

This calendar was produced by our Culture Department, Natural Resources Department and Healthy Traditions.



### Call to Volunteers!

Volunteer with Healthy Traditions and become a Master Gardener or Master Food Preserver. Healthy Traditions is looking to sponsor tribal members for the 2012 OSU Extension Programs.

Contact your Area Office for details and registration:

- Siletz: Sharla Robinson
- Eugene: Adrienne Crooks or Nora Williams
- Salem: Bev Owen or Cecilia Tolentino
- Portland: Sherry Addis or Verdene McGuire

Pictured Left: Tribal member, Adrienne Crooks displays a salmon fillet during a salmon canning class in the Portland Area Office. Adrienne Crooks works for CTSI as a Community Health Advocate in Eugene. She has been using her Master Food Preserver training to help teach other tribal members.



## Youth Hunting Mentors.



Interested in learning to hunt?  
Learn from an experienced tribal member hunter during the 2011-2012 Elk Season. Visit the Natural Resources website or contact Healthy Traditions 541-444-9627.