

# Healthy Traditions



For more Healthy Traditions information: 541.444.9627 or sharlar@ctsi.nsn.us

## Clamming

Friday, June 8th, departing at 8am  
Contact Healthy Traditions to sign up:  
541-444-9627 or sharlar@ctsi.nsn.us



## Camas

Gathering for Nee-dash  
Sunday, June 10th  
Camas bulbs are a staple  
food of our ancestors.  
Join us to learn to safely  
identify and harvest this  
wild food.

Contact Healthy Traditions  
to sign up : 541-444-9627 or  
sharlar@ctsi.nsn.us

## Gardening

### Portland Garden Club

Wednesday, June 20th 5:30-7:30PM,  
Club BBQ at Sherry Addis' house  
Contact the Portland Area Office  
for more information: (503) 238-1512

### Siletz Garden Club

Wednesday, June 27th, 5pm-6:30pm  
Siletz Tribal Community Garden  
Contact Healthy Traditions at  
541-444-9627 or sharlar@ctsi.nsn.us

### Siletz Community Garden

Located on West Buford Avenue, Siletz, OR  
To sign up for a plot,  
contact Healthy Traditions at  
541-444-9627 or sharlar@ctsi.nsn.us

### Garden Mentors

Get your garden questions answered by a  
garden mentor volunteer. We are available  
to visit your home garden and offer advice  
to improve your gardening experience.

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### Join the Team!

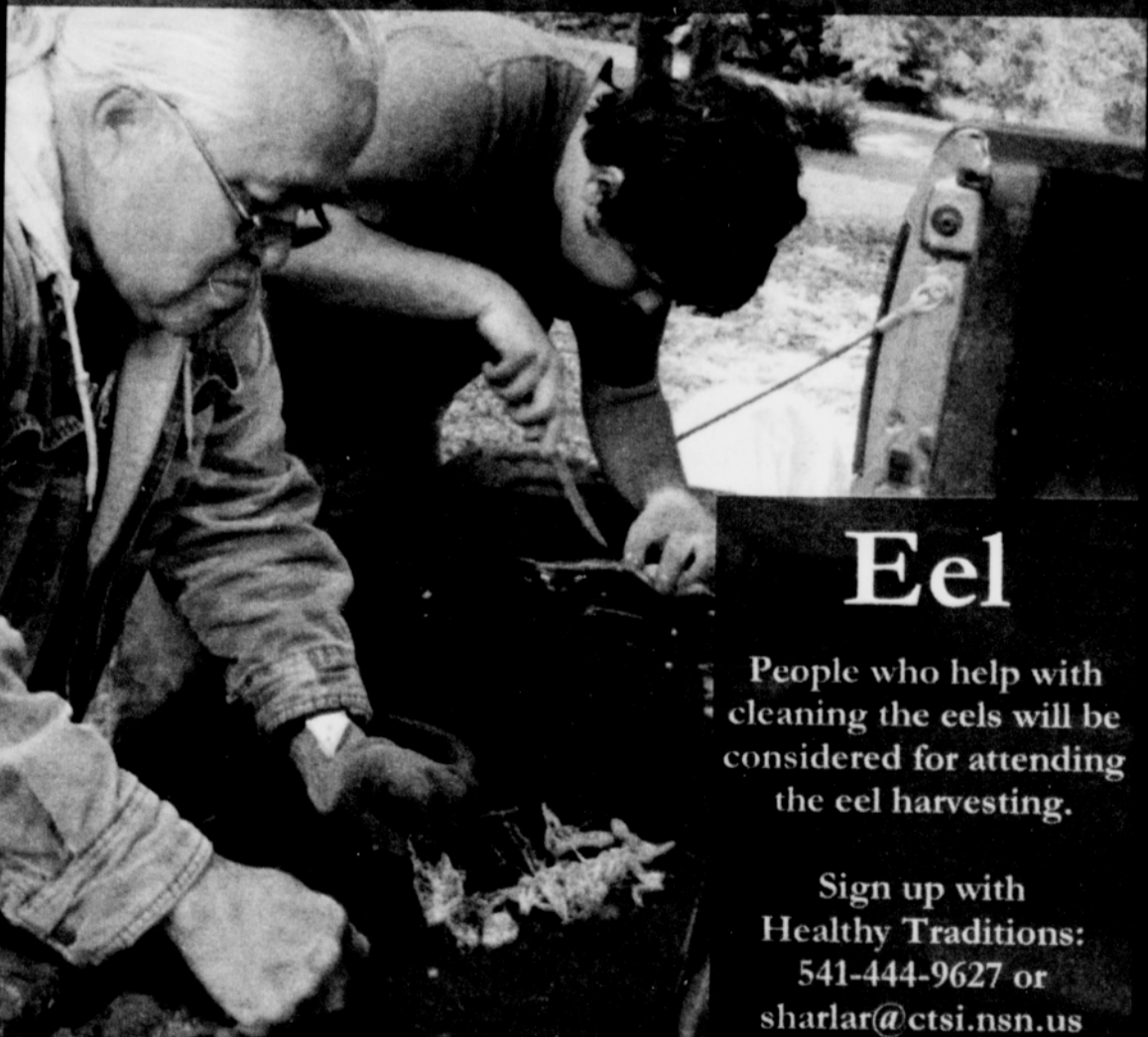
Join us at our fun meetings  
and help plan activities!  
Tuesday, June 5th, 1-2:30pm  
Siletz Health Clinic  
Contact your Area Office  
for carpooling.

### Mission Statement

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.



Willamette Falls is one of the few places with harvestable eel  
populations and where we can gather during the daytime.



## Eel

People who help with  
cleaning the eels will be  
considered for attending  
the eel harvesting.

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