

Become a Master Gardener or Master Food Preserver...



Sponsorship is available to Tribal Members who would like to become a Master Gardener or Master Food Preserver!

Then share your knowledge by volunteering at gardening and cooking classes held at the Area Offices.

Class dates start soon—call us today!

Contact Sharla Robinson at 541-444-9627

Master Gardener and Master Food Preserver training is conducted through the OSU Extension Program. Volunteers are sponsored by the CTSI Healthy Traditions Program.

Pictured: Tribal members, Verdene McGuire (left) and Rachel Summer (right). Verdene completed the Master Food Preserver training and Rachel completed Master Gardener training this past year. They both help the community by teaching classes at the Portland Area Office.

Portland Area Office Garden Club and Community Garden



Pictured: Tribal Members at the Portland Community Garden Plot. Come grow with us!

Join us for gardening advice, garden supplies and food!

**First Garden Club Meeting of the 2013!
Tuesday, January 22nd, 5:30-7:30pm
Portland Area Office Community Room**

Contact: Sherry Addis or Verdene McGuire at 503-238-1512

Positive Indian Parenting Workshop

**Wednesdays 5-8pm
starting January 9th at the
USDA Warehouse Kitchen**

This 8-week workshop will focus on traditional and modern parenting skills and basic cooking. The workshop will include cultural activities, guest speakers, and much more! Childcare will be available, as well as local transportation, dinner and prizes!

Each week, the students learn cooking skills, food safety, new tasty recipes, childhood nutrition, and making your own baby food!

Pre-register by Monday, January 7th
with Megan Hawley at:
541-444-8262, meganh@ctsi.nsn.us
Healthy Family Healthy Child

Sharla Robinson, Healthy Traditions
541-444-9627, sharlar@ctsi.nsn.us

This cooking series is sponsored by
Food Share of Lincoln County, Siletz Community
Food Program, Ten Rivers Food Web,
and the CTSI Healthy Traditions Program.

Pictured: 2012 Cooking Class Graduates,
Samantha Brown and Kyanna Fisher.

