

Minus Tide Harvesting

Minus tides provide access to delicious indigenous foods like clams, mussels, seaweed, sea rose, urchins, and more.

**Space is limited, sign up today!
Contact Sharla Robinson at 541-444-9627**

**Possible dates: morning of June 10, 11, 12 or 28.
The date will be chosen based on weather and sign ups.**

Sponsored by CTSI Healthy Traditions



Camas

Camas bulbs are a staple food of our ancestors. Join us to learn to harvest this wild food.

**Gathering for Nee-dash
Sunday, June 9th**

Sign up today!
Contact Sharla Robinson
at 541-444-9627

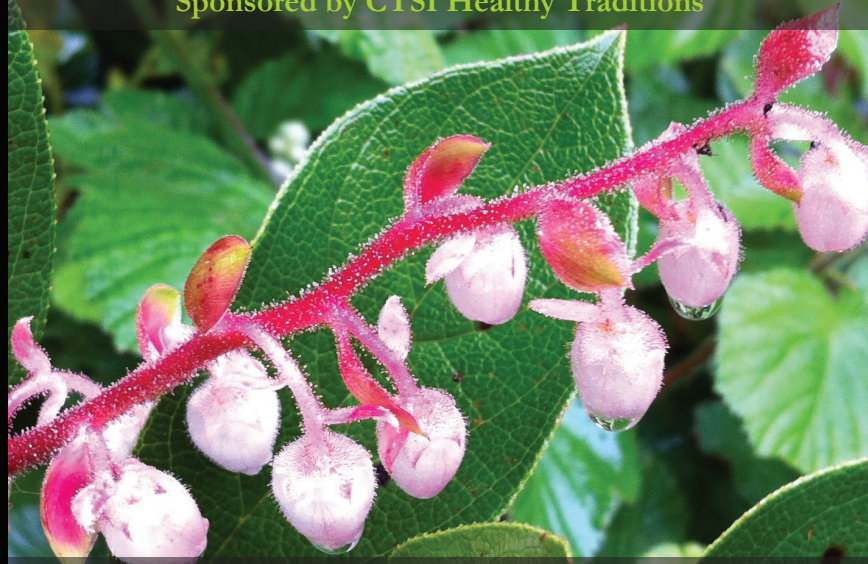
We will be transporting from Siletz and meeting tribal members from the valley in the morning. Contact us for meeting location and time.

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CTSI Healthy Traditions

Siletz Garden Club

**Monday, June 10th, 5pm
at the Siletz Tribal Community Garden**

Contact Sharla Robinson at 541-444-9627
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Portland Garden Club

**Wednesday, June 26th, 6-8pm
at the Portland Area Office**

Contact Verdene McGuire
or Sherry Addis at 503-238-1512
Sponsored by CTSI Healthy Traditions



Learn to cook... **Fish**

**Portland Area Office
Wed, June 19, 11am-1pm**

Sign up today!
Contact Verdene McGuire or
Sherry Addis at 503-238-1512
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Join the Team!

Join us at our fun meetings
and help plan activities!
Tuesday, June 4th, 1pm
Siletz Community Health Clinic
For more information, contact
Sharla Robinson at 541-444-9627

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.