

Minus Tide Harvesting

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

Tuesday, July 9th, departing Siletz at 6am
Space is limited. Sign up today!
Contact Sharla Robinson at 541-444-9627
Sponsored by CTSI Healthy Traditions



Friday, July 19th, 10am-1pm
Siletz Tribal Community Center
Contact Sharla Robinson at 541-444-9627

Eel Class



Sponsored by CTSI Healthy Traditions

Mountain Huckleberries

Mountain Huckleberries are a favorite sweet treat of our ancestors. This variety of huckleberry only grows in high elevations and is sweeter than the varieties that grow on the coast and in the valley.

Weekend of Aug 17-18th
& August 31-Sept 2nd
Sign up today!
Contact Sharla Robinson
at 541-444-9627

We have two meeting locations, one in Siletz, and one in the valley. Contact us for meeting location and time.

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CTSI Healthy Traditions



Siletz Garden Club



Sunday, July 14th, 1pm
at the Siletz Tribal Community Garden
Contact Sharla Robinson at 541-444-9627
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Join us
for youth
cooking activities
Hands on Food



Mondays at the CTSI Recreation Center
July 22th & 29th, August 5th & 12th
Contact Sharla Robinson at 541-444-9627
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Join the Team!

Join us at our fun meetings
and help plan activities!
Tuesday, August 13th, 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.