

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. Join us and taste the difference!



Weekends of Aug 17-18th & August 31-Sept 2nd
Contact Healthy Traditions at 541-444-9627

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

Sponsored by CTSI Healthy Traditions

Garden BBQ Walk

Wednesday, August 28th, 4:30pm-6:30pm
at the Siletz Tribal Community Garden

Contact Healthy Traditions at 541-444-9627

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Free BBQ
1 lap = 5 raffle tickets
and garden tour!

Join us for youth cooking activities

Hands on Food

Mondays at the CTSI Recreation Center
August 5th & 12th, 11am
Contact Healthy Traditions 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.