

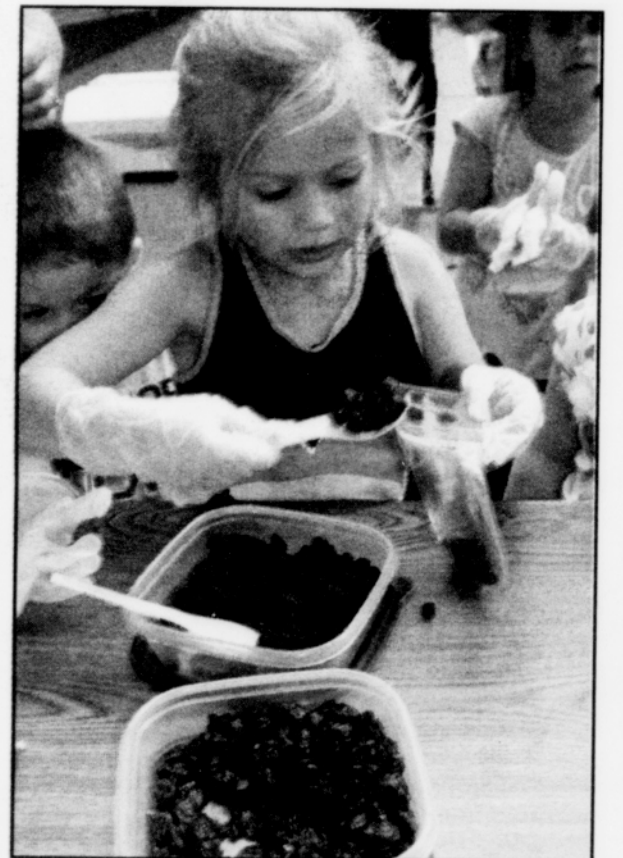
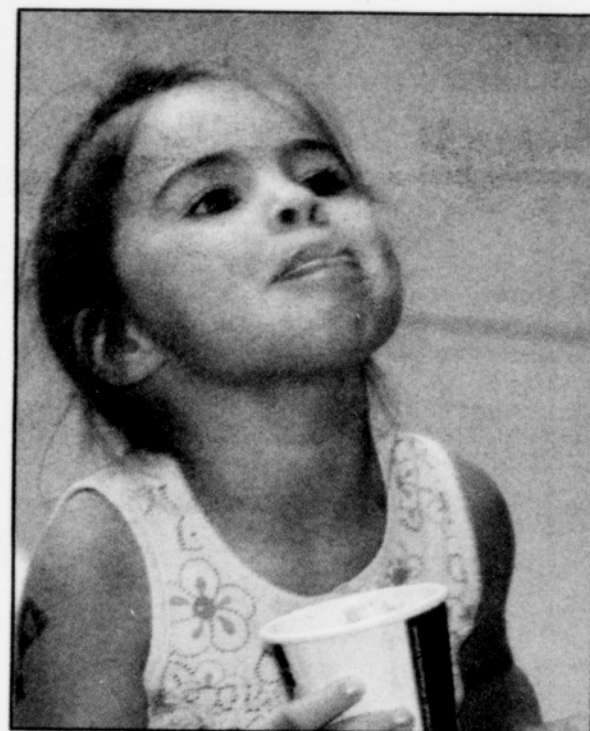


Hands on Food
July and August 2013
Siletz Recreation Center



Photos by Morgan Crawford

Hailey Ivy-Wright (above left) adds ingredients for a smoothie as does Mason Chamberlin (above) with help from Sharla Robinson, Healthy Traditions Project coordinator. Hailey (below center) then enjoys the results of her efforts. Mindy Blomstrom (below right) puts together a bag of trail mix with healthy ingredients.



Photos by Tiffany Stuart

Vendors at the Siletz Valley Farmers Market (below) enjoy Jack Strong's cooking demonstration as he prepares vegetables and lamb (below left) purchased at the market. Strong enjoys a chat (left) with Elouise Case and another visitor to the market.

Cooking Demonstration with
Jack Strong
Aug. 6, 2013
Siletz Valley Farmers Market

