



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 8th**

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.

Sponsored by the Northwest Portland Area Indian Health Board and Healthy Traditions.

Strawberry U-pick Class

U-Pick Strawberries, and learn to: make Sugar-Free Strawberry Jam, Strawberry Smoothie, and freeze them for later use.

Portland Area Office

Wednesday, June 18th, 8:30AM-3PM

To sign up, call Sherry Addis or Verdene McGuire at 503-238-1512.

Strawberry Jam Class

Come join the fun and learn how to make healthy (low-sugar or no sugar) Strawberry Jam. Strawberries and all supplies will be provided for this class, but we ask you to bring a potato masher to crush your own strawberries.

Eugene Area Office

Thursday, June 26th, 1-3pm

For more information and/or to RSVP, please contact Adrienne Crookes or Nora Williams at 541-484-4234.

Strawberry Jam Class

Join us and learn the water bath canning method of preserving Strawberry Jam with a low or no sugar recipe.

Salem Area Office

The class will be scheduled between **June 23 - 27th** with am and pm classes based on the needs of the participants.

Call the Salem Area Office at (503) 390-9494 to sign up or send an email to ceciliat@ctsi.nsn.us

A great learning experience for the entire family.

Strawberry Jam Class

Come join the fun and learn how to make healthy (low-sugar or no sugar) Strawberry Jam.

Siletz Tribal Community Center

Thursday, July 10th, 1-3pm

To sign up, contact Sharla Robinson at 541-444-9627.

@Tebasile

Sponsored by the Northwest Portland Area Indian Health Board, CTSI Community Health Department and Healthy Traditions.

Cooking Class

**Tuesdays, June 3rd, 10th, 17th and 24th
11am-12:30pm, Eugene Area Office**

We are offering 8 free "how to" classes focusing on learning to thrive with healthy food on a lean budget. During these classes you will learn how to plan and prepare quick, inexpensive and healthy family meals.



For more information and/or to RSVP, please contact Adrienne Crookes or Nora Williams at 541-484-4234.

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Grow
Fresh Food!
Garden Clubs

Siletz Garden Club

The Garden Club meets regularly at the Siletz Tribal Community Garden, located next to the Tenas Illahee Childcare Center on West Buford Road.

To join or get more information, contact Liz John at 541-444-2419 or Sharla Robinson at 541-444-9627.

Sponsored by CTSI Healthy Traditions

Portland Garden Club

**Tuesday, June 24th, 5:30-7pm
at the Portland Area Office**

For more information, contact Verdene McGuire or Sherry Addis at 503-238-1512

Sponsored by CTSI Healthy Traditions

Salmon Canning Class

Thurs, June 12th, 1-4:30pm

Eugene Area Office

To sign up, contact Adrienne Crookes or Nora Williams at 541-484-4234.

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