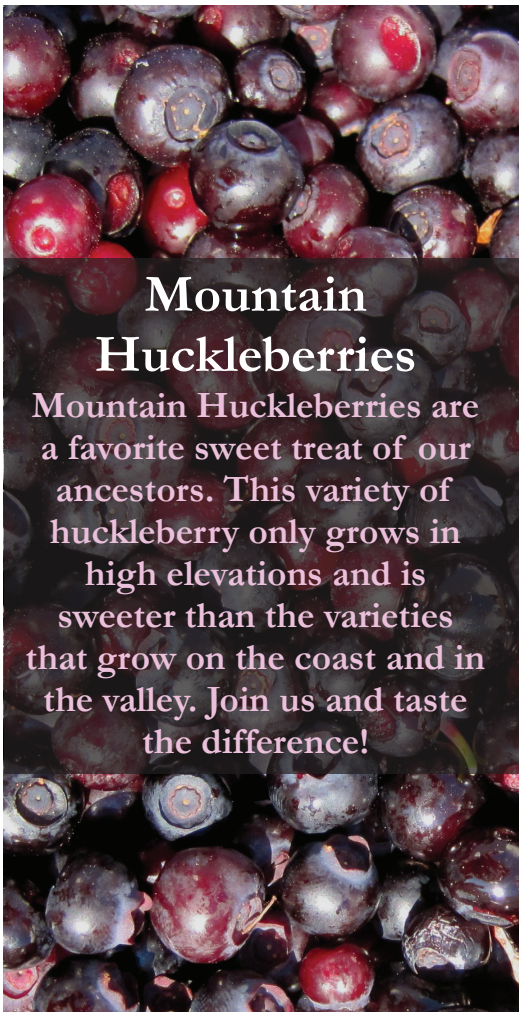




Mountain Huckleberries

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!

Mountain Huckleberry Season

These are potential gathering dates, depending on weather:

Sunday, July 27th Day Trip
Saturday, August 2nd, Day Trip
Weekends, August 16-17 & 23-24
& Labor Day Weekend

Contact Healthy Traditions at 541-444-9627 (office),
 541-270-3255 (cell) or SharlaR@ctsi.nsn.us



Sign up today!

Join us for a day trip or camp out for the weekend at the scenic Cougar Rock huckleberry patch.

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

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.

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

Cooking Class

Eugene Area Office
Tuesdays, July 1, 8,
15 & 22, 11am-12:30pm

We are offering 8 free "how to" classes focused 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.

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



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

Join the Healthy Traditions Team!

Join our fun team and help plan activities! We are always looking for teachers, volunteers and new ideas! For more information, contact Sharla Robinson at 541-444-9627

Our next team meeting is on:
Friday, July 11th, noon-2pm
at the Siletz Community Health Clinic

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.

