



## 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, Weekend of August 16-17  
& Labor Day Weekend**

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

Sponsored by CTSI Healthy Traditions



## 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.

## Pickling and Dilly Beans

Tuesday, August 19th, 10:30am-3:30pm  
Portland Area Office

Contact Sherry Addis or Verdene McGuire at 503-238-1512.  
Sponsored by CTSI Healthy Traditions

## Cooking Class For Youth (ages 12-17)

Eugene Area Office  
August 25th through 30th  
11am - 12:30pm each day

This one-week series of nutrition classes will teach youth how to make nutritious, easy, healthy meals for breakfast, lunch, and snacks.

To sign up or for more information, contact Adrienne Crookes or Nick Sixkiller at 541-484-4234.

Sponsored by the USDA Nutrition Education Program, CTSI Community Health Department and Healthy Traditions.

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

## Garden BBQ Walk

Wednesday, August 27th, 4:30pm-6:30pm  
at the Siletz Tribal Community Garden

For more information, call 541-444-9627.  
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## 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:  
**Tuesday, September 16th, 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.