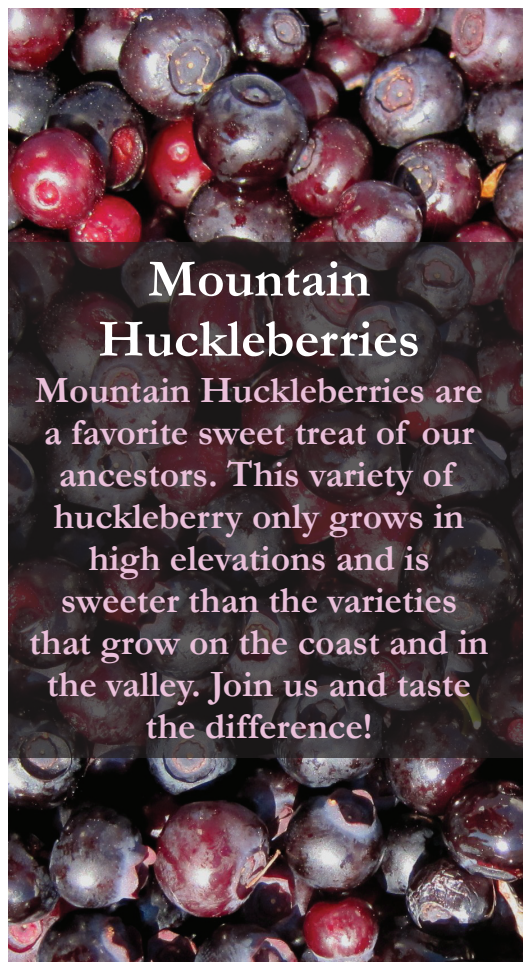




Mountain Huckleberries

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

Weekend of September 20-21st

Contact Healthy Traditions at 541-444-9627,
541-270-3255 (cell) or 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.



Nuts and Seeds Class

They are good for you!
Wednesday, September 24th
10am-3pm

Portland Area Office

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



OUR FOOD IS OUR MEDICINE

3RD ANNUAL GATHERING

Northwest Indian College
Institute of Indigenous
Foods & Traditions

SEPTEMBER

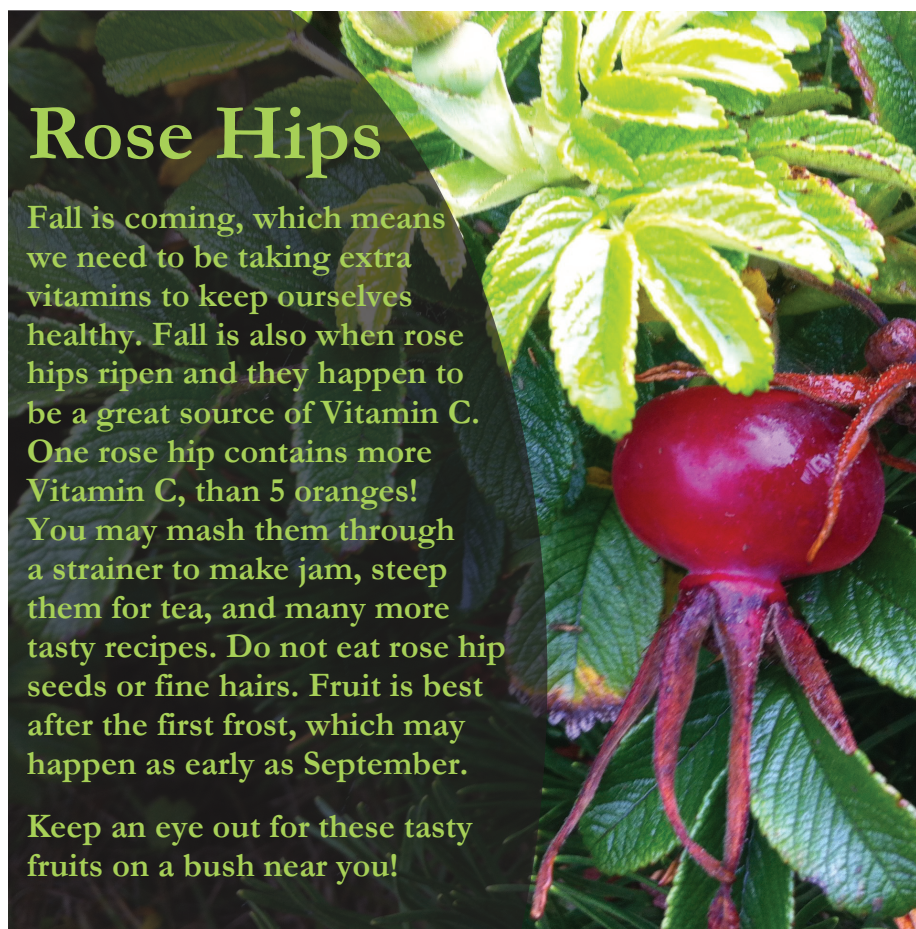
24-26

2014

at Kiana Lodge
Suquamish, WA

SAVE
THE
DATE

FOR MORE INFORMATION
CALL (360) 255-4413
EMAIL JURBANEC@NWIC.EDU



Rose Hips

Fall is coming, which means we need to be taking extra vitamins to keep ourselves healthy. Fall is also when rose hips ripen and they happen to be a great source of Vitamin C. One rose hip contains more Vitamin C, than 5 oranges! You may mash them through a strainer to make jam, steep them for tea, and many more tasty recipes. Do not eat rose hip seeds or fine hairs. Fruit is best after the first frost, which may happen as early as September.

Keep an eye out for these tasty fruits on a bush near you!

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.