

# Healthy Traditions

“Gus” (Siletz Dee-ni name)



# Camas Gathering Trip

Sunday, June 7th

Departing from Siletz Admin at 8am

Camas bulbs are a staple food of our ancestors. Join us to learn to safely identify and harvest this wild food.

Contact Healthy Traditions to sign up:  
541-444-9627 or [kathyk@ctsi.nsn.us](mailto:kathyk@ctsi.nsn.us)

## Canning Your Own



**Salem Area Office**  
Jams and low sugar Syrups Classes

June 16 & 17  
11am-1pm

To sign-up, please call:  
Cecilia Tolentino at  
503-390-9494

## Siletz

Strawberry Freezer Jam Classes

June 29 & 30  
5 - 7pm

To sign-up, please call:  
Kathy Kentta-Robinson at  
541-444-9627



**Portland Area Office**  
Part 2, “My Plate on a Budget”  
Cooking Class

Featuring organic ingredients that will help your body resist cancer by building a strong immune system.

June 23rd  
11am-1pm

To sign-up, please contact  
Verdene McGuire or Sherry Addis  
503-238-1512

## Eugene Area Office

Diabetes Prevention Class  
16 week series!

Thursdays  
11:30-1:00pm

A light meal will be served!

For more information, please contact:  
Adrienne Crookes  
541-484-4234

## Portland Garden Club

Wednesday, June 24th  
5:30-7:30pm

for more information:  
Contact the Portland Area Office  
(503) 238-1512

## Siletz Garden Club

Monday, June 8th  
5pm-6:30pm  
Siletz Tribal Community Garden

Contact Healthy Traditions at  
or [kathyk@ctsi.nsn.us](mailto:kathyk@ctsi.nsn.us)  
541-444-9627

## 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.

