



Huckleberry Season



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Healthy Traditions

Please contact Healthy Traditions to get updates on our annual trip to gather Huckleberries.

Due to the low amount of rainfall this year, we are monitoring the berry patch and will contact those people who have expressed an interest in going up into the mountains with us for a day to pick berries.

To get updates, and to sign-up for the huckleberry trip please contact Healthy Traditions at 541-444-9627 or by email: KathyK@ctsi.nsn.us

Event sponsored by the CTSI Healthy Traditions program.



Join us for a day trip at the scenic Cougar Rock huckleberry patch.



Walking Group!

Join us every
Tuesday & Thursday
Starting July 2nd– 5-5:45 pm
Eugene Area Office

For more information,
please contact

Adrienne Crookes or
Jessica Phillips
541-484-4234



Eugene Area Office Jam Making Class!

Tuesday, July 14, 2015
From 1:00-3:00 pm
Class size is limited to
8 people, so call early to
sign up!

please contact:
Adrienne Crookes
541-484-4234

Nettle Soup

(Use a scissor & tongs with a paper bag to gather and prepare nettles.)

- 1 gallon of Stinging Nettles tops, rinsed
- 1/4 of onion chopped
- 1/2 C cooked bacon or ham
- 6 C Chicken broth

To the this base you can add any of these additional ingredients:

Cooked noodles or rice/ navy or lima beans

Nettle in comparison to spinach, contains large quantities of protein & dietary fiber.

Siletz Garden Club

Monday, July 13th
5pm-6:30pm

If you would like to learn more about gardening, gathering first foods, etc.

Join us!

Contact Healthy Traditions at
or kathyk@ctsi.nsn.us
541-444-9627