

Join a Garden Club in Portland or Siletz

Want to grow your own fresh food?

Portland Garden Club:

- We host monthly potluck Garden Club meetings **January** thru **June**.
- Provide seasonal garden information and lead a hands on garden activity.
- Support three community gardens in the Portland area and schedule regular garden work days.
- PAO's Heirloom Seed Saver Exchange, tribal members can donate and obtain free seeds for their gardens.
- Host cooking classes
- During the growing season, provide free fruits and vegetables on "Garden Fridays".
- The last Garden Club meeting of the year (June) is a potluck barbeque for families who have participated. We hope you will be there with us!

For more information or to be added to our e-mail reminder distribution list, please call Sherry or Verdene at the Portland Area Office.

Siletz Garden Club:

- We host monthly potluck Garden Club meetings **February** thru **July**.
- Provide seasonal garden information and lead a hands on garden activity.
- Support the Community Garden participants with some assistance, instruction and supplies.
- Support Siletz Valley School gardening, instruct students, hands on garden activities, traditional foods demos.
- Host cooking / canning classes.
- Host gathering and preparing traditional foods events.
- The last Garden Club meeting of the year (August) is a garden BBQ, and garden tour by the families who have participated. We welcome the community. We hope you will join us!

For more information or to be added to our e-mail reminder distribution list, please call the Healthy Traditions Office. 541.444.9627

- Ever thought about growing your own veggies?
- Open to all Tribal members and their families.
- (Siletz) Youth plots (12 yrs. up) available.
- Our garden club meetings are an opportunity to learn and share!
- Join us if you want to learn more about gardening and how to add more traditional foods into your diet.

Siletz Garden Club

Friday, February 26th, 5-7pm

at the Fitness Center

For more information, please contact
Kathy at 541.444.9627
Sponsored by CTSI Healthy Traditions

Family Cooking Classes

Learn Basic Cooking Skills

March 7th
April 4th
May 2nd

Call to Sign up, and for more information
please contact

Kathy at 541.444.9627

Sponsored by CTSI Healthy Traditions



Healthy Traditions provided Hands on Foods activities.

Non Dairy Smoothies & Trail Mix!



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 Kathy Kentta-Robinson at 541-444-9627

Our first Garden Club meeting is on:
Friday, February 26th, 5-7pm
at the Siletz Fitness Center

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.