

“Seed to Supper” Cooking Classes!

1st Monday of each month 4:30-5:30pm
Starting March 7th
Siletz Tribal Center Kitchen

We cook a simple meal together in each class. Each month, the students learn basic cooking skills, food safety, thrifty food shopping, and new tasty recipes. Youth are encouraged to participate

Sign up today!

Kathy Kentta-Robinson 541-444-9627
Siletz Healthy Traditions

Please sign-up: March 7th
 April 4th
 May 2nd
 October 3rd
 November 7th

Strawberry Freezer Jam Classes

Monday 14th
5-8pm

Tuesday 15th
1-4pm

Sign up today!
Kathy 541-444-9627

Willow Stick Season!

March is the start of the season to be checking for Willow sticks. I will be organizing a one day trip to gather sticks. If you are interested, please give me a call to get on the list.

Kathy 541-444-9627

Grow
Fresh Food!
Garden Classes!

Healthy Traditions is offering a series of free garden instruction classes:

“Seed to Supper Gardening”

- **Seed to Supper** Classes are 5 sessions designed for beginner gardening instruction.
- Classes are designed to give gardeners the tools and confidence they need to successfully grow a portion of their own food on a limited budget.
- A simple meal is provided.

Sign-up Today!

Seed to Supper will meet for 3 hours from Feb.-May. At the first class we will start seedlings that you may take home. The second week’s class, participants will be given a gardening booklet that is theirs to keep.

At the completion or during classes, participants may also be given seeds and/or plant starts to take home. *(If you become a member of the Community Garden, you can direct sow seeds or keep your plant starts in the greenhouse until all danger of frost is gone.)*

Over the course of 14 hours of instruction, all participants will learn about building healthy soil; planning, planting, and caring for their garden; and harvesting and using their bounty.

Open to all tribal members and their families!

Seed to Supper Class Dates:

February 26 th	5-7pm	location: Fitness Center
March 25 th	5pm – 8pm	TBA
April 15 th	5pm – 8pm	TBA
April 22 nd	5pm – 8pm	TBA
May 27 th	5pm – 8pm	TBA

To sign-up contact: Kathy 541-444-9627

Join classes sponsored in each area office through the Healthy Traditions Team!

Your local Community Health Advocate (CHA) is planning activities in your area. To see what classes are offered, see your local area office newsletter!

For more information, contact :
Portland: Verdene 503-238-1512
Salem: Cecilia 503-390-9494
Eugene: Adrienne 541-484-4234

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.