

“Seed to Supper” Cooking Classes!

April 22nd at noon with Youth and
4:30-5:30pm
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

Open to Siletz Tribal Members and their families.

Hazel Stick Season!

I will be organizing several trips to gather sticks.

If you want to learn about traditional basketry weaving methods, you need to learn about gathering materials first. Preparing hazel sticks and learning to grade and bundle your materials is important. If you are interested, please give me a call to get more information.

This activity is open to Siletz Tribal Members and their families.

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 Gardening Class Dates:

Wednesday April 13th 5pm – 8pm

Wednesday April 20th 5pm – 8pm

For more information contact:
Kathy 541-444-9627

Open to Siletz Tribal Members and their families.

Seed to Supper will meet from Feb.– May.

Classes cover; starting your seedlings, amending your soil, succession planting, various methods of making a garden bed.

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.

The Siletz Tribal Community Garden Is Open!

If you are interested in having more fresh vegetables and fruits in your diet, join the Community Garden!

The garden is now open, please sign up for your space.

If you would like more information, please contact
Kathy Kentta-Robinson 541-444-8329