

“Seed to Supper” Cooking Class!

Clam Chowder

Monday, May 23
5pm - 6:30pm

We cook a simple meal together, 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.



Camas Season!

Join us for a day trip to gather Camas. If you are interested in going, please give me a call to sign-up.

Tentative date:

Sunday, May 22

For more info,
please call

Kathy
541-444-9627

Grow
Fresh Food!

“Seed to Supper Gardening Class”

Container Gardening Workshop

Wednesday, May 18th at 5pm

Sign-up Today!

- A simple healthy meal is provided
- Children are welcome

To sign-up, please contact Kathy Kentta-Robinson 541-444-8329

Gardening Updates!

The Siletz Tribal Community Garden Is Undergoing A New Design!

If you are interested in learning a variety of methods for gardening, join the Community Garden!

Volunteer for assisting with a Camas meadow restoration project and apple orchard!

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

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

Siletz: Cynthia 541-444-9633

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.