

# Mountain Huckleberry Season

## Huckleberries

Mountain Huckleberries are a favorite sweet treat of our ancestors. This variety of huckleberry only grows in high elevations and is sweeter than the varieties that grow on the coast and in the valley. Join us and taste the difference!

This is the potential gathering date, depending on weather:

**Weekend of August 26 - 28th**

Contact Healthy Traditions at 541-444-9627  
or [kathyk@ctsi.nsn.us](mailto:kathyk@ctsi.nsn.us)



## Sign up today!

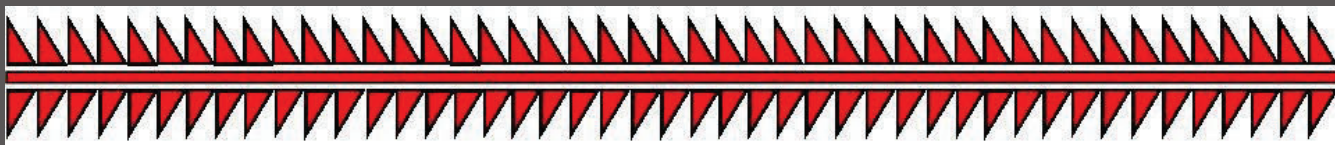
Join us for a day trip or camp out for the weekend at the scenic Cougar Rock huckleberry patch.

We have two meeting locations, one in Siletz, and one in the valley. Contact us for meeting location, times and details.

## Siletz Culture Camp July 12-14

Healthy Traditions & Natural Resources staff will teach how to:

**Clean Eels and cook them, Pit Cook Clams,  
make Clam Chowder,  
and prepare Smoked Beef Jerky**



## Hands on Foods

Youth Activity

July 28 at the Fitness Center

**Fruit and Granola Breakfast Bowls**

*Cooking a hearty whole grain cereal and serving it with fresh fruits!*

Sponsored by:  
CTSI Healthy Traditions Program  
and

Northwest Portland Area Indian Health Board  
WEAVE-NW Project

