

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!

Potential gathering dates, depending on weather:

Saturday, August 6

Sunday, August 14

Camping Weekend:

August 26 - 28th

Contact Healthy Traditions at 541-444-9627

or kathyk@ctsi.nsn.us

Activities Sponsored by:
CTSI Healthy Traditions Program
and



Northwest Portland
Area Indian Health
Board
WEAVE-NW Project

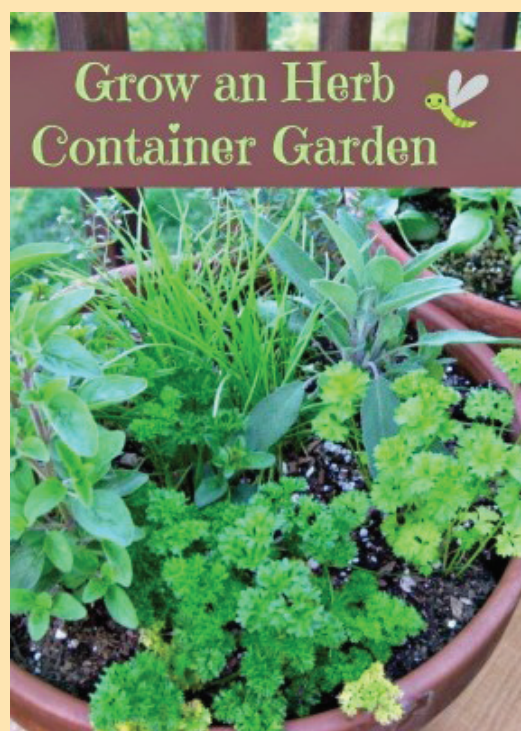
Container Gardening Class

Tuesday, Aug 23

**Featuring Guest Speaker: Registered Dietician
Emily Tomayko**

The benefits of growing your own salad greens and other fruits and vegetables is very satisfying and saves money at the grocery store. You may not know it, but growing your own fresh fruits and veggies taste so much better!

All activities are open to Siletz Tribal Members and their families.



Grow an Herb
Container Garden

CTSI Natural Resources has brought the Northwest Youth Corps program to Siletz. Tribal staff met up with a remarkable group of eleven youth working together with intent and purpose. These youth, ages 16-19, joined Northwest Youth Corps' five-week work experience program for an opportunity to be outside, learn new skills and make a contribution.

They have completed over 4000'ft of hiking trail and cleared brush from huckleberry patches on tribal property.

NWYC provides opportunities for youth and young adults to learn, grow, and experience success.



Northwest Youth Corps meeting Natural Resources, Healthy Traditions, and Behavioral Health staff members on the trail.

To find out more about this program, please visit:

<http://www.nwyouthcorps.org/m/>