



Healthy Traditions

Please contact Healthy Traditions to get updates
on our annual seasonal
trips to gather traditional foods

Our gathering activities are open to Tribal members
and their families.

To get updates, and to get on our contact list, please
contact
Healthy Traditions at 541-444-9627

Activities Sponsored by:
CTSI Healthy Traditions Program
and



Northwest Portland
Area Indian Health
Board
WEAVE-NW Project



Siletz Gardening Class Introduction to "No Till" Gardening

Tuesday, January 24th
5:00-7pm

Our new garden design is completed. Join us for a free class introducing this method of gardening. Learn how to reduce weeding, watering, and increase your production of organic foods! This event is open to the public and pre-registration is recommended.

for more information:
Contact Kathy at Healthy Traditions
(541) 444-9627

Why No Till?

- It is the solution for depleted soils
- It fosters and maintains beneficial soil organisms
- It builds and retains organic matter
- Suppresses and reduces weeding



Portland - Salem - Eugene - Siletz

Are you interested in becoming a Master Gardener, Master Food Preserver, or joining your local Community Garden?

Thanks to funding through the Northwest Portland Area Indian Health Board/WEAVE grant, we are able to offer limited sponsorships for Tribal members to participate in training opportunities.

For more information and to sign up, please contact:
(Portland) Verdene McGuire, (Salem) Cecilia Tolentino, (Eugene) Adrienne Crookes, (Siletz) Kathy Kentta

503-238-1512

503-390-9494

541-484-4234

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