



Healthy Traditions

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

For more information, please contact
Healthy Traditions at 541-444-9627 or by email:
KathyK@ctsi.nsn.us

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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.

Lasagna Gardening:
How to make an
instant garden with
sheet mulching.

Lasagna Gardening Demo!

Friday, February 24th
3pm-6:00pm

Learn a simple way to make a new gardening area at home.

Join us!

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