

Register Today!



# free gardening course

## Seed to Supper

**Wednesdays**

**4/19, 4/26, 5/10, 5/17, 5/24, 5/31**

**4:30-6:30pm**

Classes meet for 2 hours once a week for six weeks. At the first week's class, participants will be given a gardening booklet that is theirs to keep. At the completion of classes, participants may also be given seeds and/or plant starts to take home. Over the course of six weeks participants learn about building healthy soil; planning, planting, and caring for their garden; and harvesting and using their bounty.

Please call to register!

Kathy Kentta 541-444-8329

Siletz **Seed to Supper** classes are provided through these fine sponsors



Northwest Portland Area Indian Health Board  
WEAVE-NW Project



Join gardening activities in your area 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

### 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.