



**gus
camas**

**xwvtlh-chish
nettle**

Community Garden

Registration opens for gardening space April 10th-25th

- Tribal Members and their families sign-up and get your packet
- **April 26th** registration begins for Siletz community members to sign-up

We're planning two local day trips to gather Nettles and Camas

If you are interested in going to gather, please give Healthy Traditions a call

**This event is open to all Siletz Tribal members and their families
541.444.9627

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.
Participants will be given a gardening workbook
Receive a certificate upon the completion of classes
Participants will receive seeds and/or plant starts to take home
Over the course of six weeks participants learn about building healthy soil, planning, planting, caring for their garden, harvesting and using their bounty.

Please call to register!
Kathy Kentta 541-444-9627

Siletz Seed to Supper Sponsors

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.