

# Healthy Traditions Community Garden

**Become a gardening participant!**

- . Own your own gardening plot
- . Grow fresh vegetables to add to your diet
- . Enjoy the pleasure of growing foods and learning new gardening skills

**Please call to register!**

**541-444-9627**



## Container Gardening Class!

**Thursday, May 25, and Friday 5/26  
4:30-6:30pm**

**Children are welcome!  
Tour of the garden!**

**Please call to pre-register  
Kathy Kentta 541-444-9627**

### 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.

**Northwest Portland Area  
Indian Health Board  
WEAVE-NW Project**

