



Mountain Huckleberries

Mountain Huckleberries are a favorite sweet treat of our ancestors. This variety of huckleberry only grows in high elevations and is sweeter than the varieties that grow on the coast and in the valley. Join us and taste the difference!

Mountain Huckleberry Season

Saturdays of September 1st and 22nd

Contact Healthy Traditions at 541-444-9627, 541-272-1705 (cell) or KathyK@ctsi.nsn.us

Sponsored by CTSI Healthy Traditions



Sign up today!

Join us for a day trip at the scenic Cougar Rock huckleberry patch.

We have two meeting locations, one in Siletz, and one in the valley. Contact us for meeting location, times and details.

Winter Vegetable Class

Wed, Sept 12th
1-2pm and 5-6pm

Join us at the Siletz Tribal Community Garden to learn about vegetables that you can grow in the Siletz winter climate.



Rose Hips

Fall is coming, which means we need to be taking extra vitamins to keep ourselves healthy. Fall is also when rose hips ripen and they happen to be a great source of Vitamin C. One rose hip contains more Vitamin C, than 5 oranges! You may mash them through a strainer to make jam, steep them for tea, and many more tasty recipes. Do not eat rose hip seeds or fine hairs. Fruit is best after the first frost, which may happen as early as September.

Keep an eye out for these tasty fruits on a bush near you!



Healthy Traditions 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.

Kathy Kentta, Project Coordinator
Confederated Tribes of Siletz Indians
541-272-1705