

## Healthy Traditions Community Garden

Become a gardening participant!

- Own your own gardening plot
- Grow fresh vegetables to add to your diet
- Children 12 yrs are eligible to register
- Enjoy the pleasure of growing foods and learning new gardening skills

**Registration is open!**

Please call or email:

Kathy 541.444.9627 / [kathyk@ctsi.nsn.us](mailto:kathyk@ctsi.nsn.us)

## Healthy Traditions wants to Thank the CTSI USDA FOOD DISTRIBUTION CENTER

For providing food supplies for our  
completed

## Cooking Matters

classes with the  
Self Sufficiency Program



## Let's Pull Together!

May 18

10 - 2:00 pm

Youth Council meeting to  
follow and a light lunch will  
be served!

For more information:

Call Kathy Kentta

541.444.9627 or

Email [kathyk@ctsi.nsn.us](mailto:kathyk@ctsi.nsn.us)



Please join the Institute for Applied Ecology, Alliance for Recreation and Natural Areas, Confederated Tribes of Siletz Indians and the U.S. Forest Service

May 18<sup>th</sup> at the Marys Peak summit

Our annual conifer sapling pull. This is a great opportunity to see one of Oregon's most spectacular sites, meet new friends and help preserve a truly unique ecosystem. Mid-elevation prairies are continually threatened by conifer encroachment and invasive non-native species. Removing these species is critical for the preservation and maintenance of this special place.

*This is a rain or shine event, so dress accordingly.*

- When: May 18th from 10:00am - 2:00pm
- Where: Marys Peak summit parking lot

**Work to be completed:** We will be removing conifer saplings and weeds from the Marys Peak summit prairie and surrounding meadows

Please remember to wear appropriate clothes (multiple layers, rain gear, etc.) and shoes (boots, rain boots, etc.). Marys Peak weather conditions may be considerably different than Corvallis weather conditions, so plan accordingly. **Bring plenty of water and snacks.**

No special skills are required for this work. Event hosts will help identify plants that are going to be removed. Hand tools and gloves will be provided (but you may want to bring your own gloves to ensure you have some that fit). We will be walking to the summit and through the meadows, so there will be some incline and potentially rough terrain.

## 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

