

# Healthy Traditions

“Gus” (Siletz Dee-ni name)



# Camas Harvesting

Those of you that have traveled to the Willamette National Forest meadow to harvest Camas are welcomed to take their families out this season. Please harvest responsibly and respectfully. If you have been and want to teach another tribal family our way, it is encouraged.

We have a great ongoing relationship with the staff at the Sweet Home Ranger Station and as a courtesy, please call a day prior to the Sweet Home Ranger District office.

Leave a message for:  
Tony Farque at 1.541.367-5168



## Container Gardening Class

Siletz Tribal Community Garden

Wednesday, June 24th

1pm-3pm (Facebook Live) stop by to pick-up  
your supplies!

For Questions Please Contact: Healthy Traditions at  
or [kathyk@ctsi.nsn.us](mailto:kathyk@ctsi.nsn.us)  
541-444-9627

### Nettle Soup

(Use a scissor & tongs with a paper bag to gather and prepare nettles.)

1 gallon of Stinging Nettles tops, rinsed

1/4 of onion chopped

1/2 C cooked bacon or ham

6 C Chicken broth

*To the this base you can add any of these  
additional ingredients:*

Cooked noodles or rice/ navy or lima beans

Nettle in comparison to spinach, contains large quantities of protein & dietary fiber.

### 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.

