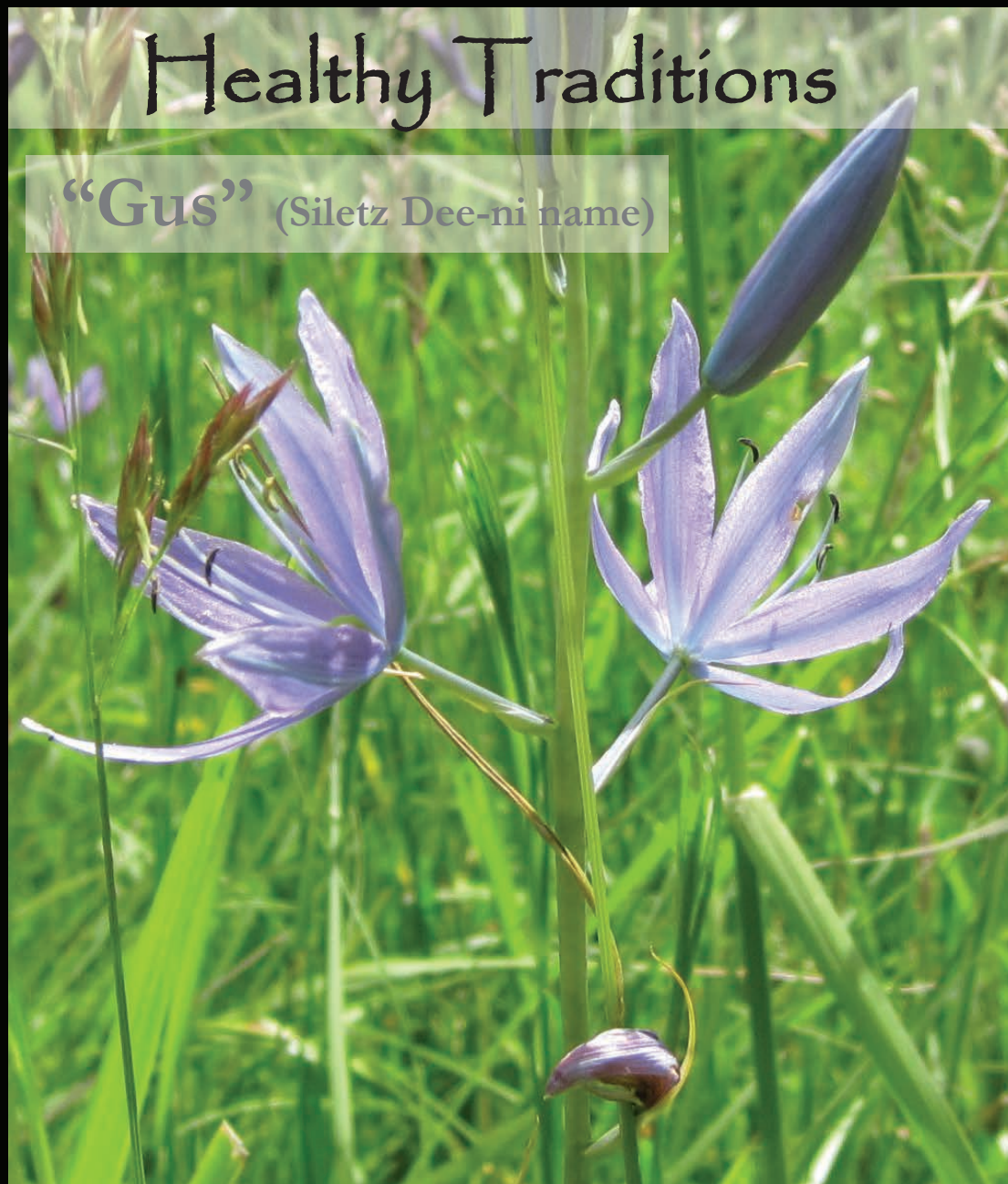


Healthy Traditions

“Gus” (Siletz Dee-ni name)

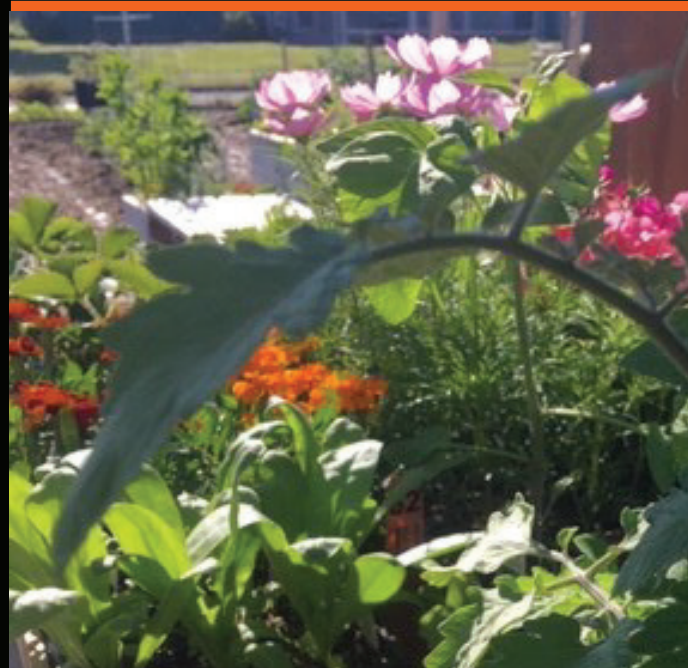


Camas Harvesting

Those of you who have traveled to the Willamette National Forest meadow to harvest camas are welcomed to take your families out this season. Please harvest responsibly and respectfully.

We have a great 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, identifying who you are, type of vehicle and that you are harvesting camas for your family.

1.541.367.5168



Container Gardening Class

Siletz Tribal Community Garden

Friday, June 25, 2021

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

For questions, please contact Healthy Traditions at
kathyk@ctsi.nsn.us or
541-444-9627

Nettle Soup

(Use scissors & 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.

