



Gus



Camassia Quammash

Camas is a nutritious, native, potato-like bulb that provides fiber, calcium, magnesium, phosphorus and potassium, as well as complex carbohydrates, which help to regulate blood sugar levels. Camas is a low-glycemic index food and can be included in a low-glycemic diet.

Our ancestors harvested during the spring or early summer blooms, when the flowers are blue, and slow cooked the bulbs until tender.

Did you know? It takes three to five years for camas bulbs to mature! Our ancestors' responsible stewardship of camas fields included annual controlled burns in order to restore the soil and allow young camas bulbs to thrive.

To learn more about Gus/Camas restoration practices at Tel-tvm', contact:
Forrest Klamath, Food Sovereignty Program Assistant
ForrestK@ctsi.nsn.us



Baking Camas

- Step 1: Preheat oven to 220 degrees
- Step 2: Clean bulbs by removing outer layer and place into a baking pan with enough water to cover the bottom of the pan by 1/4 inch
- Step 3: Bake for 8 to 12 hours until soft and pale
- Step 4: Once softened, they can be mashed, sauteed, or mixed into soups and stews!

Tip! Camas bulbs need to be cooked fully before eating or they will cause gas!



June:
Strawberry Moon

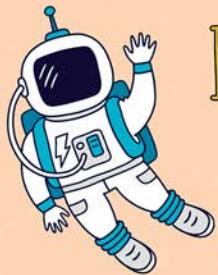


Scan to see the Garden Program webpage!

CTSI VIRTUAL CULTURE NIGHTS

Upcoming Dates:

Wednesday 6/4 at 6 pm: Nee-dash



IN-PERSON LANGUAGE AND CULTURE CLASSES

June: Nee-dash 'vm-nith-ts'it (Learning Feather Dance)

Valley---Monday, June 2 at 6 pm---Salem Area Office
Siletz--Monday, June 9 at 6 pm--Community Center

Summer Gathering Dates

We're hoping to have a few trips out to gather bear grass in July. Exact dates and times will depend on conditions and plant readiness. Contact Nick Viles (contact information below) to sign up for more information

Sponsored by the Education and Culture Departments

Questions? Contact Nick Viles at nickv@ctsi.nsn.us or 541-270-5814

Culture Camp

July

8th, 9th and 10th

Registration forms are available on the CTSI website at www.ctsi.nsn.us/culture-language or at your area office.

If you have any questions, contact AJ Warren at:

541-444-8244 or AJW@ctsi.nsn.us

Applications can be submitted online or mailed to:
PO Box 549, Siletz, OR 97380 or faxed to 541-444-8392

Registration is open to Siletz Tribal members and Siletz Tribal households.

Confederated Tribes of Siletz Indians

All Are Welcome to Attend our

Annual

NESIKA ILLAHEE

All Dancers & Drummers Welcome
Drummers- Please bring your own chairs



Vendor Registration is Required
Application due May 23rd

POW WOW

Pauline Ricks Memorial Pow-Wow Grounds
Government Hill, Siletz OR.
Drug & Alcohol Free Event

2025

AUGUST

8th, 9th, & 10th

Thursday
August 7th

Royalty Pageant
6PM

Friday
August 8th

Memorial/Giveaways
12-5PM

Presentation of Crowns
6PM

Grand Entry
7PM

Saturday
August 9th

Parade
10AM

Grand Entry
1 PM & 7PM

Sunday
August 10th

Grand Entry
12 PM

Salmon Dinner to Follow

Camping Fee \$25, \$5 Fee/per pet (camping area). Camp Grounds Open Thursday at 8 AM

Categories

Golden Age/Adult \$600, \$500, \$400, \$300, \$200	Teen \$300, \$250, \$200, \$150, \$100
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Youth
\$150, \$100, \$75, \$50, \$25
Teen & Youth Preliminaries Occur Friday Night

Specials

Team Dance Women's Basket Cap Special (Open) Round Bustle (Open)

Women's Fancy Dance Special - All Ages
\$1,000, \$500, \$250

Sponsored by: Outgoing Miss Siletz Halli Lane-Skauge

For more information, call the Pow-Wow Info Line at 541-444-8398 or visit www.ctsi.nsn.us/heritage/pow-wow

Sponsored by Chinook Winds Casino Resort & Pepsi Bottling Co.