

SUQUAMISH TRIBE
TRADITIONAL
PLANTS PROGRAM

Pathway to Healing Garden





NWIC TRADITIONAL PLANTS CLASSES



SPIRIT OF EAGLES CANCER PREVENTION GRANT

- SUQUAMISH TRADITIONAL PLANTS FOR CANCER PREVENTION



Autumn Class

Herbal Teas and Huckleberries





Winter Class Rosehips and Hazelnuts



Spring Class Seaweed Harvesting





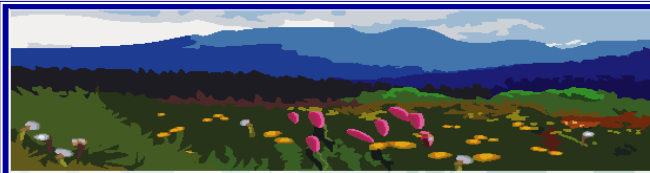
Summer Class Food Preservation





Program Activities

- **Traditional Plant Identification and Harvesting Classes**
- **Traditional Foods and Plants Cooking Classes**
- **Harvesting Trips**
- **Community Outreach and Education**
- **Community Events**
- **Youth Summer Internship Program**
- **Create Herbal Teas, Salves and Honeys for Tribal Elders and community**



Stampede Pass Berry Picking For Tribal Elders

TUESDAY AUGUST 31

MEET AT ELDERS DINING ROOM

LEAVE AT 7:30 A.M.

**BRING LUNCH, SNACKS, GLOVES,
BUCKETS/BASKETS,**





Suquamish Gardens

- *Pathway to Healing* Traditional Plant and Herb Garden
- Elders Kitchen Garden
- Indigenous Foods Garden
- Suquamish Education Department Garden



Suquamish Gardens Summer Youth Internship Program







1st ANNUAL HARVEST FESTIVAL

HOSTED BY THE SUQUAMISH GARDENS SUMMER YOUTH INTERNSHIP PROGRAM
HOUSE OF AWAKENED CULTURE

CHANGE OF DATE ! SUNDAY, SEPTEMBER 25th

11:00 a.m. till 6:30 p.m.

COMMUNITY POTLUCK DINNER AT 5:00 P.M.

- **BEST SMOKED SALMON COMPETITION**
- **BEST BERRY RECIPE COMPETITION**
- **SCARECROW CONTEST**

FOR INFORMATION CONTACT:

Julia Bennett-Gladstone
Suquamish Traditional Plants Program
Coordinator
jgladstone@suquamish.nsn.us
360-394-8564

BRING A SIDE DISH, SALAD
OR DESSERT

SALMON AND BEVERAGES PROVIDED

- **RAFFLES**
- **GAMES**
- **TRADITIONAL SKILLS DEMONSTRATIONS**
- **HANDS ON ACTIVITIES**
- **FOOD DEMONSTRATIONS**
- **GREAT CONTEST PRIZES**





Indian Health Service Indigenous Foods Coalition

SUQUAMISH INDIGENOUS FOODS & FITNESS COALITION (SIFFC)

MEETING ANNOUNCEMENT

DATE: WEDNESDAY, OCT. 12, 2011

TIME: 1:30-3:00 PM



Meeting Agenda:

- Discuss nutrition and physical activity focus group results
- Discussion of upcoming community-wide meeting to prioritize next steps
- SIFFC Logic Model and CDC site visit results
- There will also be time for coalition members to update the group on projects they are involved in related to indigenous foods/fitness.

The SIFFC supports active living and local community food security, with a focus on local sustainable and indigenous foods.

All interested community members are welcome

MORE INFO: CALL BARBARA HOFFMAN (394-8468), JULIA BENNETT-GLADSTONE (394-8564), OR FRAN MILLER (394-8476)

Place: Suquamish Tribal Council Chambers

In the Suquamish Tribe Administration building

Suquamish Inter-departmental Partnerships

- Natural Resources and Fisheries
- Education
- Wellness
- Museum
- Cultural Activities Coordinator
- Department of Community Development

Developing Partnerships

- Private Landowners
- Suquamish Tribal Lands
- Port Madison Enterprises
- Bainbridge Island Parks & Recreation
- Kitsap County
- Washington State Department of Natural Resources

