





**Nisqually Chief Leschi (1808-1858), watercolor created 1894**  
*Portrait by Raphael Coombs, Courtesy Washington State Historical Society (Image No. 200)*



**"Treaty trees," site of 1854 Medicine Creek Treaty, McAllister Creek, Thurston County, June 24, 1914**

*Photo by Asahel Curtis and Walter Miller, Courtesy Washington State Historical Society (Image No. 1943.42.30562)*





Port Gamble S'Klallam Tribe Archives

Members of the Port Gamble S'Klallam Tribe and friends harvest shellfish near Point Julia in Port Gamble Bay in the 1940s.

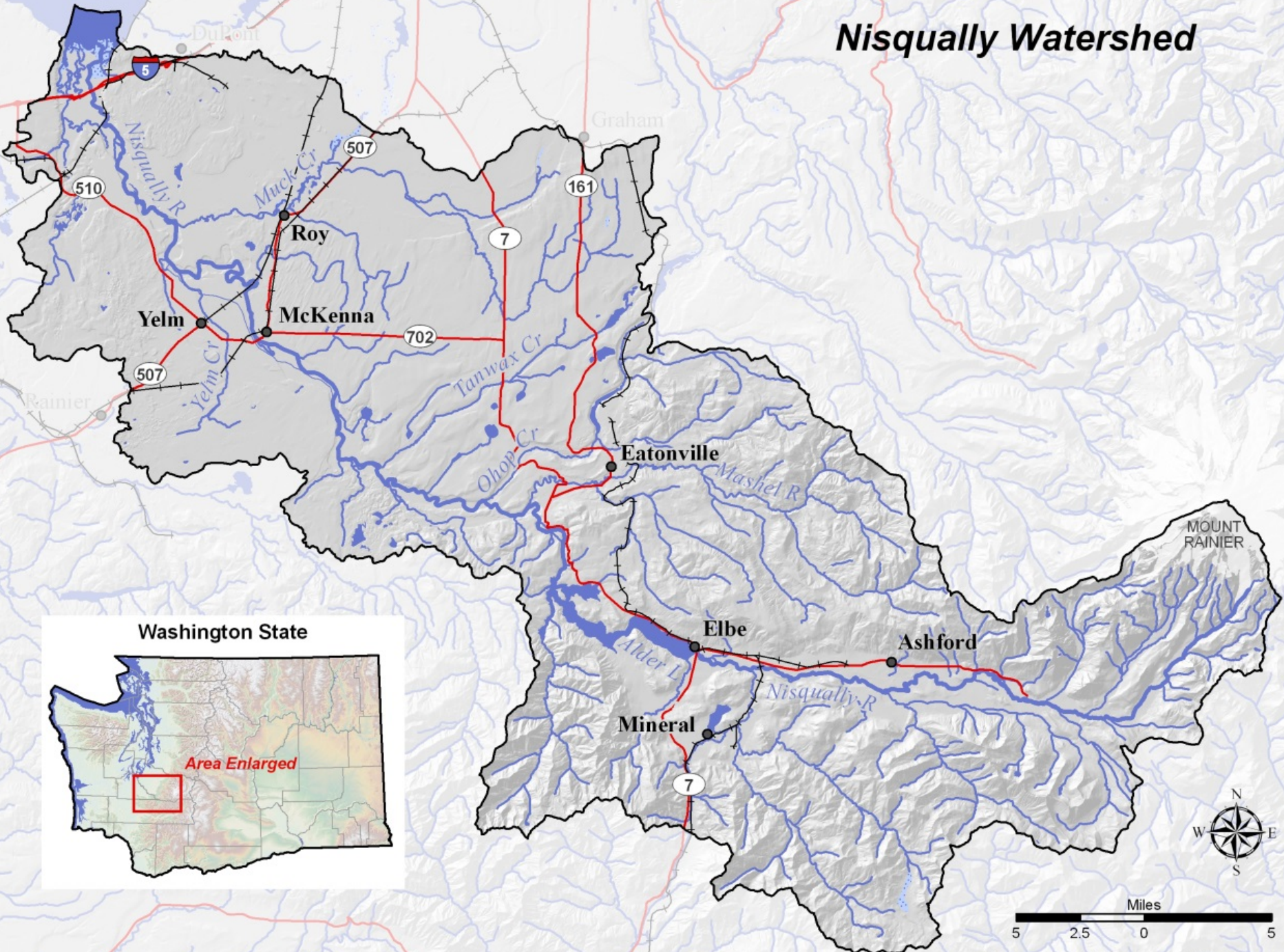


Photo: Adam Martin



Family in a hop field in  
Western Washington  
circa 1900.  
Photographer: Anders B  
Wilse

# Nisqually Watershed



# Restoration of the Nisqually River Estuary is Rapidly Restoring Feeding and Growth Opportunities for Juvenile Chinook Salmon

Trapping Chinook at the Nisqually National Wildlife Refuge Estuary Restoration site.



Photo: Chris Ellings

in natural and restored marshes that largely control fish



Photo: Chris Ellings













Red shirt woman

Blue shirt woman  
North Trench Summit  
You can't climb any mountain  
if you can't swim up any river.

Yellow  
flower

Red  
flower













NO  
PARKING

LeMay

REQUIRES AC  
T BLO  
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CAPTIVE

JACKSON

GARLAND

THE NORTH FACE

BRUTE

MASTER

ECOLAB

ECOLAB































































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# Head Start Weekly Vegetable Delivery Newsletter 2016

July 11, 2016

## First Week!

Welcome to the first week of Head Start Family vegetable delivery! We're excited to share the season with you. This week's bag includes:

- Green Beans
- Snow Peas
- Romaine Lettuce
- Carrots
- \* Bok Choy (*Recipe attached*)
- Kale
- Green Onions

If you have recipes to share, email them to:

[krenn.caitlin@nisqually-nsn.gov](mailto:krenn.caitlin@nisqually-nsn.gov)

## Pickup Times @ Head Start Kitchen

**Mondays 12:30 - 3 pm**

**Tuesdays 8:00 am - Noon**

If you will not be able to pick up your bag for the week, *please let us know ahead of time!* Also, please let us know if the quantities are too much or too little, or if you have any other comments or suggestions.

And check your email soon for a schedule of our upcoming monthly gatherings!

## A bit about Nisqually Community Garden

Nisqually Community Garden works to strengthen Tribal sovereignty and support community, family, and individual health. The Garden produces nutritious foods and



plant medicines and encourages the active practice of traditional ways of healthy living & eating. We host classes,

gatherings, and youth field trips. We also tend 5 acres of vegetables, berries, traditional plants, and fruit trees. All produce is distributed directly to Nisqually Tribal members & community.



Welcome to  
**Nisqually Tribal Library**  
 Library Card Registration

All members of the public are welcome to use the library & attend programs during open hours. Borrowers must meet one of the following criteria: Nisqually Tribal Member, Non-Enrolled Family of Nisqually Tribal Member, Nisqually Reservation Head Start Tribal Enrollment Community, Elder, Head Start, NWIC Student.

Please Complete Form and Return to Library Staff - PLEASE PRINT-

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Phone # (\_\_\_\_) \_\_\_\_\_-\_\_\_\_\_

Cell # \_\_\_\_\_ E-MAIL \_\_\_\_\_

Check all that apply:

Nisqually Tribal Member \_\_\_\_\_ Reservation Resident \_\_\_\_\_ Tribal Employee \_\_\_\_\_ Elder \_\_\_\_\_

NWIC \_\_\_\_\_ Head Start \_\_\_\_\_ Non Enrolled Family of Nisqually Tribal Member \_\_\_\_\_ (if so, name & relationship to you)

If NWIC or Head Start Student ONLY, which year? \_\_\_\_\_

Please Print Parent or Guardian Name (If under 18) \_\_\_\_\_

\_\_\_\_ (initials) I assume financial responsibility for library items borrowed with my card

\_\_\_\_ (initials) I agree to follow the rules of the Nisqually Tribal Library

\_\_\_\_ (initials) I will pay the replacement cost for damaged or lost (over 90 days late) items

-Please inform Staff of Change of Address-

Your password will be your initials and zip code

Signature \_\_\_\_\_

(Parent or adult guardian if under 18)

Date \_\_\_\_\_

**For staff use:**

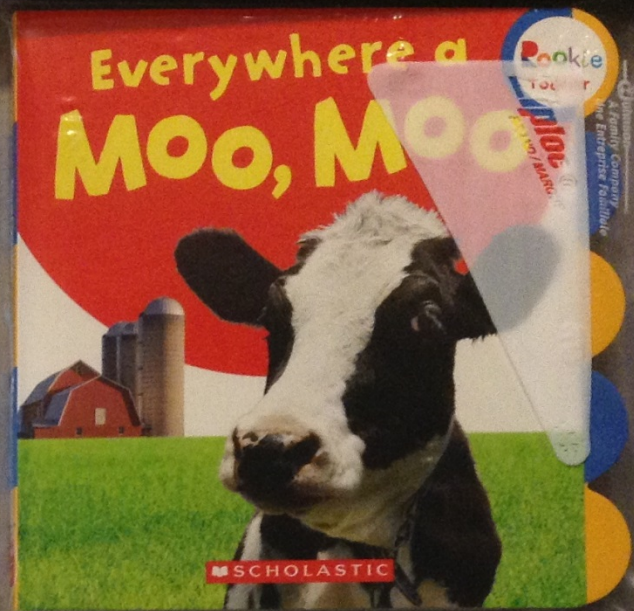
Acceptable Identification shown: Tribal ID, Driver's License, Utility Bill, Rent Receipt, Checks, Post Marked Mail, Or Proof that shows Borrower meets Borrower Criteria.

**FOR STAFF USE:**

Borrower Type \_\_\_\_\_

Record ID # \_\_\_\_\_

New Reg. Date \_\_\_\_\_





GET FREE ACCESS TO ALL ACTIVITY KITS

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It's never been easier to help children develop healthy eating habits. Harvest for Healthy Kids gives you everything you need to inspire children with fresh food grown close to home. Download our free activity kits developed by teachers and childcare providers, and join us in helping a new generation thrive.

**A VARIETY OF FEATURED FOODS:** Download activities for Beets, Asparagus, Cabbage, Berries, Carrots and many more..

**EACH KIT INCLUDES:**

- Activity Plan
- Picture Cards
- Teacher Bites Newsletter
- Family Newsletter
- Recipes



[PREVIEW KIT CONTENTS BELOW](#)

[ACTIVITY PLANS](#)



# ACTIVITY PLANS

**BOOK LIST**

**THE VEGETABLES WE EAT**  
By Gill Gibbons

**UP AND VEGETABLES** Lettuce, collards, spinach, brocolli sprouts, corn, kale, cauliflower, artichoke, broccoli, beans, parsnips, carrots, radishes, pumpkins, potatoes, okra, asparagus, shallots, tomatoes, eggplant, leeks, hot peppers, yellow squash, winter squash, sweet potatoes, cucumbers, peas, corn, soybeans

A rhyming picture book about vegetables, how they are grown, and how we eat them. A great book to show kids the difference between "vegetables," "tubs," "flower buds," and more. Different sections of the book could be read to highlight different themes: how vegetables are grown, what parts of vegetables we eat, how to grow your own vegetable garden, etc.

**TOPS & BOTTOMS**  
By Janet Stevens

**FRUIT AND VEGETABLES** carrots, radishes, beans, lettuce, broccoli, celery, corn  
A story about a big bear and a clever bear who join together as business partners in farming. Each year, Bear chooses "tops" or "bottoms" while Hans does all the work -- but Hans makes sure to plant the best vegetables on his side of the dirt!

**VEGETABLES**  
By Sara Anderson

**FRUIT AND VEGETABLES** collard, chard, okra, cucumbers, beans, potatoes, tomatoes, artichoke, tomato, carrots, peas, corn, eggplant, pumpkin, asparagus, lettuce, spinach, beans, broccoli, squash, corn, green beans, radishes, sweet potatoes, cauliflower, collage

Rhyming text features illustrations of brightly colored vegetables.

**UP, DOWN, AND AROUND**  
By Katherine Ayles, Illustrator: Nadine Bernard Westcott

**FRUIT AND VEGETABLES** beans, pumpkin, broccoli, tomatoes, corn, green beans, cucumbers, peppers, potatoes, lima, carrots, corn  
This fun, rhyming story tells the tale of how vegetables grow (broccoli grows up, beets grow down, green beans climb around and around). Children will love the bright, realistic illustrations and the lilting rhymes.

HARVEST FOR HEALTHY KIDS BEETS | 4

Reading list, book discussion guide and vocabulary

**★ CREATIVE ARTS**  
Watch our Garden Grow

**OBJECTIVES:**

1. Children learn that we can grow beets in a garden.
2. Children review how beets grow.
3. Children make their own beet to display in the classroom "garden."

**WHAT YOU MIGHT NEED:**

- Small paper plates
- Colored paper, yarn, paint, or other art supplies
- Scissors
- Glue

**WHAT YOU MIGHT DO:**

- Make a beet using a paper plate and colored paper. Create the beet root on the paper plate, and paste green strips to the plate as the beet greens. Use the plate as a template.
- Tell children we can grow beets in a garden. Ask children if anyone has ever grown beets in a garden.
- Ask children to remember how beets grow (the roots grow underground, the leaves grow above the ground).
- Show children example plate and tell children, today we will be making beets for our "class garden."
- Provide children with plates, colored paper, scissors, and glue water children to make their own beet for the "class garden."
- Designate a space on a wall in the classroom for the class garden. Add to the wall each month with children's colorful creations of the beet and vegetables in the Harvest for Healthy Kids program.

HARVEST FOR HEALTHY KIDS BEETS | 5

Full-length lesson plans and ideas for circle and meal times

**MORE IDEAS**

**"B" IS FOR BEETS**

Talk with children about how beet starts with the letter "B." Beet roots grow under the ground. Beet leaves grow above the ground. Ask children to come up with other words that start with "B," and record their ideas on a large piece of butcher paper or construction paper. Hang the chart in the classroom for the month.

**TASTE AND TELL**

Gather children in circle time and offer tastes of raw and cooked beet. Ask questions like: What do beets taste like? How do the vegetables taste the same or different? Are raw vegetables different than cooked vegetables? Do the children like the taste? Offer tastes of different colors of beets (red, orange, striped). Ask children to predict what each color will taste like. Record children's responses on a chart, and hang it in the classroom.

**PAPER BAG GUESSING GAME OR SURPRISE BOX**

Place a beet or a handful of beets in a paper bag. Invite children to reach their hands in the bag and describe the feel and shape of the beet. Pull out the vegetables and ask children to describe their size, shape and color. Alternatively, use a cardboard box for this activity (for a small shoebox). Cut out a hole large enough to fit small and big arms through.

**PICTURE CARDS**

The Harvest for Healthy Kids picture cards can be used any time during the month in which the fruit/vegetable is featured. Picture cards come in three categories: Fruit and Veggie Photo Cards, How Does it Grow? (botanical illustrations of fruit and vegetables), and Same but Different (vegetables/fruits in different colors, or different varieties of a vegetable/fruit). Find ideas for how to use these cards in the Harvest for Healthy Kids Teachers Guide, and on the back of each picture card.

HARVEST FOR HEALTHY KIDS BEETS | 7

Loads of ideas covering literacy, discovery, tasting, and more

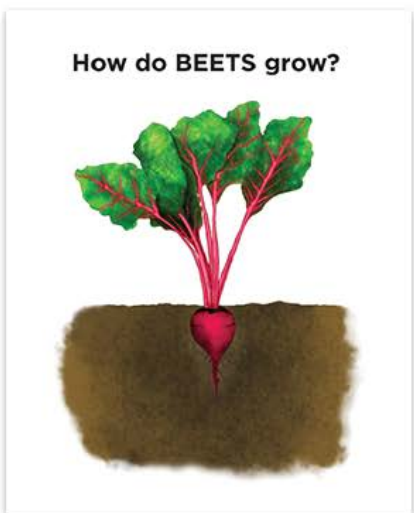
**REGISTER FOR FREE ACCESS TO ALL ACTIVITY KITS >**

## PICTURE CARDS

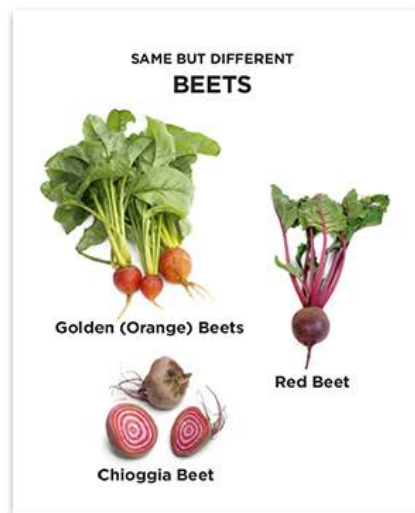
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Full-color, high quality images of fruits and vegetables



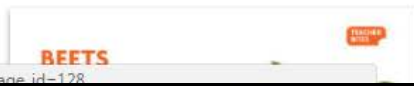
In-ground illustrations of plants with discussion guide on back



Same But Different cards with different plant varieties

## TEACHER BITES

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“Harvest for Healthy Kids not only inspired curiosity in the kids

# More Information



<http://www.nisqually-nsn.gov/index.php/administration/tribal-services/community-services/community-garden-program/>

<http://www.harvestforhealthykids.org/>

<https://www.facebook.com/NWnativeplantsandfoods/>

<http://nwicplantsandfoods.com/>