"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)

Nisqually Chief Leschi (1808-1858), watercolor created 1894
Portrait by Raphael Coombs, Courtesy Washington State Historical Society (Image No. 200)
Members of the Port Gamble S'Klallam Tribe and friends harvest shellfish near Point Julia in Port Gamble Bay in the 1940s.
Family in a hop field in Western Washington circa 1900.
Photographer: Anders B Wilse
Restoration of the Nisqually River Estuary is Rapidly Restoring Feeding and Growth Opportunities for Juvenile Chinook Salmon
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

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
- Reservation Resident
- Tribal Employee
- Elder
- NWIC Head Start
- Non-Enrolled Family of Nisqually Tribal Member

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 applies

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, Posts Marked Mail, Or Proof that shows Borrower meets Borrower Criteria.

FOR STAFF USE:
Borrower Type _________________________
Record ID # __________________________
New Reg. Date _________________________
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

FULL-LENGTH LESSON PLANS AND IDEAS FOR CIRCLE AND MEAL TIMES

MORE IDEAS

REGISTER FOR FREE ACCESS TO ALL ACTIVITY KITS

Reading list, book discussion guide and vocabulary

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

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

BEET
Full-color, high quality images of fruits and vegetables

How do BEETS grow?
In-ground illustrations of plants with discussion guide on back

SAME BUT DIFFERENT BEETS
Same But Different cards with different plant varieties

Golden (Orange) Beets
Red Beet
Chioggia Beet

TEACHER BITES

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


http://www.harvestforhealthykids.org/

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

http://nwicplantsandfoods.com/