

Gardening Together as Families at the Hibulb Cultural Center

**“Groceries are Growing at the Hibulb Cultural Center starting this Spring” &
YOU ARE INVITED!**

The Tulalip Health Clinic’s Diabetes Prevention Program, Hibulb Cultural Center and Quil Ceda Village are partnering to create a series of monthly gatherings (classes) to help native families interested in growing an organic garden at the cultural center and at your own home.

Participants will learn:

- How to start and maintain easy to grow organic fruits and vegetables.
- Learn why organic vegetables are healthy for you and your families.
- Individuals and families will work together to learn the “how-to’s” first hand in a shared plot and container gardens.
- Learn about drying, processing and cooking with Tribal native food and medicine plants
- Share your recipes and learn new recipes for preparing the garden harvest.
- Tools will be provided for participants.
- A drawing will be held for 3 home raised bed gardens. We will assist the drawing winners in developing their organic garden. Guidelines will be posted in advance of drawing.
- Participants will learn simple ways to organically grow everything from potatoes to lettuce in a small garden space or containers in a healthy organic way plus learn organic gardening concepts.

Who can attend:

1. Tulalip tribal members, spouses and children accompanied by an adult.
2. Other native people living in Snohomish County who are patients at the Tulalip Health Clinic
3. Employees of Tulalip Tribes are welcome as volunteers

When: Once a month on a Saturday during the months of February thru August. First gathering date is February 26th.

Time: 10:00am to 1pm

Where: Hibulb Cultural Center

RSVP – 716-5644 leave name, phone number and number of people attending
Inez Bill – Cultural Center at 360-716-2635 to arrange for local transportation.
Roni Leahy – Diabetes Prevention Program 360-716-5642 for more information.

There are a limited number of garden program spaces, so call soon and sign up early! This program is offered to our community by the generous contribution from the Tulalip Charity Fund.