



The Three Sisters: corn, beans, & squash



What are the Three Sisters?

Indigenous communities have traditionally called the planting of corn, squash and beans the 'The Three Sisters'.

Similar to a family, these vegetables help each other grow! These three plants protect and nourish each other:

- Corn grows straight and tall to provide a stalk to support beans vines
- Beans grow up corn and help stabilize the stalks in high winds
- Squash provides protection from pests and offers leaf coverage on the ground to increase moisture and mulch

Watch this short story on The Three Sisters:
<https://www.youtube.com/watch?v=Egqq8kpX2vc>

Cooking with the Three Sisters

The Three Sisters don't just grow well together, they compliment each other in cooking as well! Corn, beans, and squash can be found together in soups, stews, and salads. Check out this stew recipe:

<https://www.allrecipes.com/recipe/64681/three-sisters-soup/>



photo: www.tasteantigua.com

The Three Sisters in North America

Growing these three vegetables together was once a standard practice all across North America, from Southern Canada all the way down to Panama! The practice of growing the Three Sisters together is thought to be 5000-6000 year old and is known as companion planting.

Activity

Does your school have a school garden? Plant the three sisters in May and they will be ready to harvest in the fall!