

3 Sisters Garden

Known as the 3 Sister, corn, beans and squash are some of the most important crops to have been domesticated by Native American groups several years ago. Different variations of a legend exist about why these 3 crops are called the 3 Sisters. They all entail 3 sisters who fell in love with a boy or boys and highlight the importance of these 3 crops in Native American cultures. Traditionally, these are planted together to help each other grow. While the corn provides support for the beans to grow,

the beans provide nutrients to the soil and the leaves of the squash give overall protection from the sun, rodents and pests to all 3. There are different ways in which a 3 Sisters garden can be planted. One of the most traditional ways is to plant the corn in the center, surrounded by beans and finally squash at the edges. Look at the diagrams below. Cut the corn, beans and squash and paste them in the garden area in the same patterns shown in the diagrams.





