Three Sisters Garden

Corn, Beans, & Squash

What is a Three Sisters Garden?

- It is a planting method rooted to Native American culture that involves planting corn, beans, & squash together in a specific formation, allowing them to support each other as well as the people and the earth.

How do the plants thrive together?

- Corn provides the pole for the beans to grow.
- Beans add nitrogen to the soil to keep it fertile.
- The leaves of the squash provide shade, keep the soil moist, slow weed growth, & deter pests.

How does it provide a balanced meal?

- Corn is rich in carbohydrates.
- Beans are rich in protein.
- Squash adds extra vitamins & minerals.

How do I plant this garden?

- Plant the corn first, allow it to grow a few inches tall.
- Plant the beans second, around the corn stalks.
- Once the beans sprout, plant the squash 24 in. away.

Try this Three Sisters Soup recipe (on back)

