

The Three Sisters

Three Sisters Gardens are one of the earliest examples we know of for *companion gardening*. Native American people across the entire United States planted corn, beans, and squash together. The picture below is a picture of the Wampanoag people working in a Three Sisters Garden. What can you find out about the Wampanoag tribe?

The beans give nitrogen to the soil, for the squash and the corn to use. The corn acts like a pole for the beans to grow on. The squash repels pests and keeps weeds from growing. In the Southwest, Native American people added a fourth sister: Can you find out what it is? How did it help?



Can you identify the corn, beans, and squash we have growing in our Foothill Garden? Are these the same kinds of plants that Native Americans would have grown? Why? How do we know what kinds of plants Native Americans grew?

Native American Garden

Do big plants grow from big seeds?

Our Foothill Garden also has two other plants that Native Americans used: Chia and Amaranth. What did Native Americans use these plants for? How big are the chia and amaranth plants? How big can they get? How big are chia and amaranth seeds?



Do our modern plants look different from traditional Native American and heirloom plants?

We've planted many *heirloom* and traditional plants in the garden this season. Do these plants look the same as the plants we usually see in the grocery store? How are the plants the same? How are they different? Why do you think there are differences?