

The Three Sisters Garden

A living example of cooperation, balance, and kinship



“Respect one another, support one another, bring your gift to the world and receive the gifts of others, and there will be enough for all.”

An excerpt from *Braiding Sweetgrass* by Robin Wall Kimmerer

Planted in a small hill of soil in May, the seeds of corn, beans, and squash become plants that grow together through the summer and fall into a natural partnership that provides benefits for all three. The corn, bean, and squash plants complement each other in many ways throughout the season.

The corn sprouts from the soil first and is on its way to growing tall when the bean seedling appears and begins its own journey towards the sun. The bean vine climbs the corn stalk without damaging or decreasing the corn’s vitality. At the base of the corn stalk the squash plants grows big and wide, shading the soil and holding moisture in.



The bean plant is a member of the Legume family and has the ability to absorb atmospheric nitrogen and release this nitrogen as nutrients into the soil. This nitrogen provides the corn and squash with much needed natural fertilizer.

Together, the corn, beans, and squash also complement each other in nutritional value. The synthesis of the Three Sisters provides carbohydrates from corn, protein from the beans and vitamins from the squash and is a sustainable selection of healthy foods.



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