

# .....Three Sisters.....

Bees play a vital role in the existence  
and balance of all life on earth.

-Erin Angus



**Three Sisters** is a companion planting method—these plants grow better when planted together. The corn stalk creates a trellis for the beans vine. Meanwhile, the beans bring in nitrogen (a key nutrient for plant growth) from the air. At the same time, the wide squash leaves keep the soil cool, moist and free of weeds. The Three Sisters way of planting, as well as the traditional Three Sisters Soup recipe, originated from Indigenous farmers. These included farmers from the **Haudenosaunee Nation** (pronounced hoe-dee-no-SHOW-nee), also known as the **Iroquois Confederacy**.