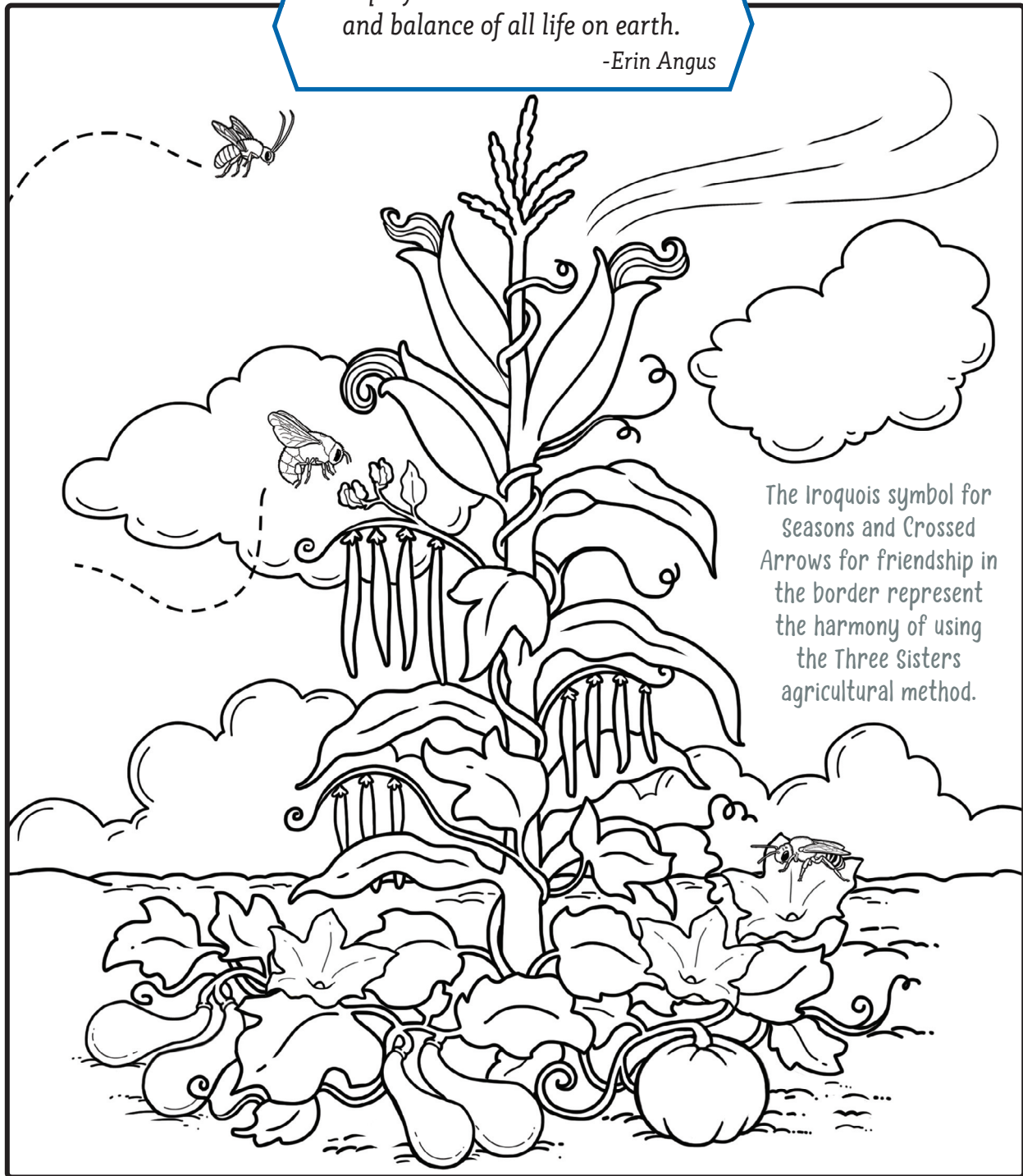


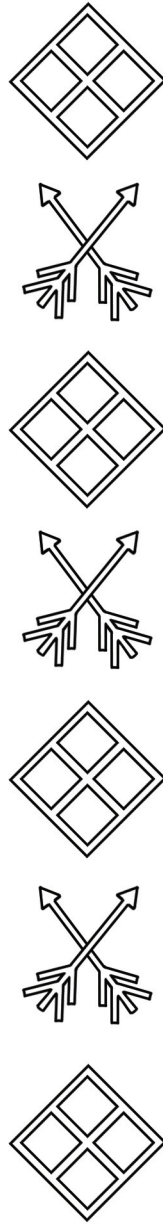
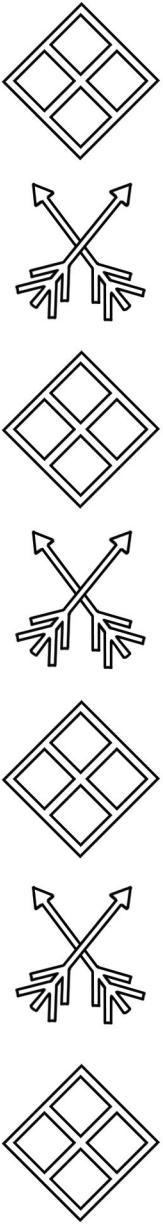
Three Sisters

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

-Erin Angus



The Iroquois symbol for Seasons and Crossed Arrows for friendship in the border represent the harmony of using the Three Sisters agricultural method.



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, pole 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.

 Label each of the three pollinators (bees and wind) with the three sisters plant that they are likely to pollinate.