

3 Sisters Garden

Companion planting with corn, beans, & squash

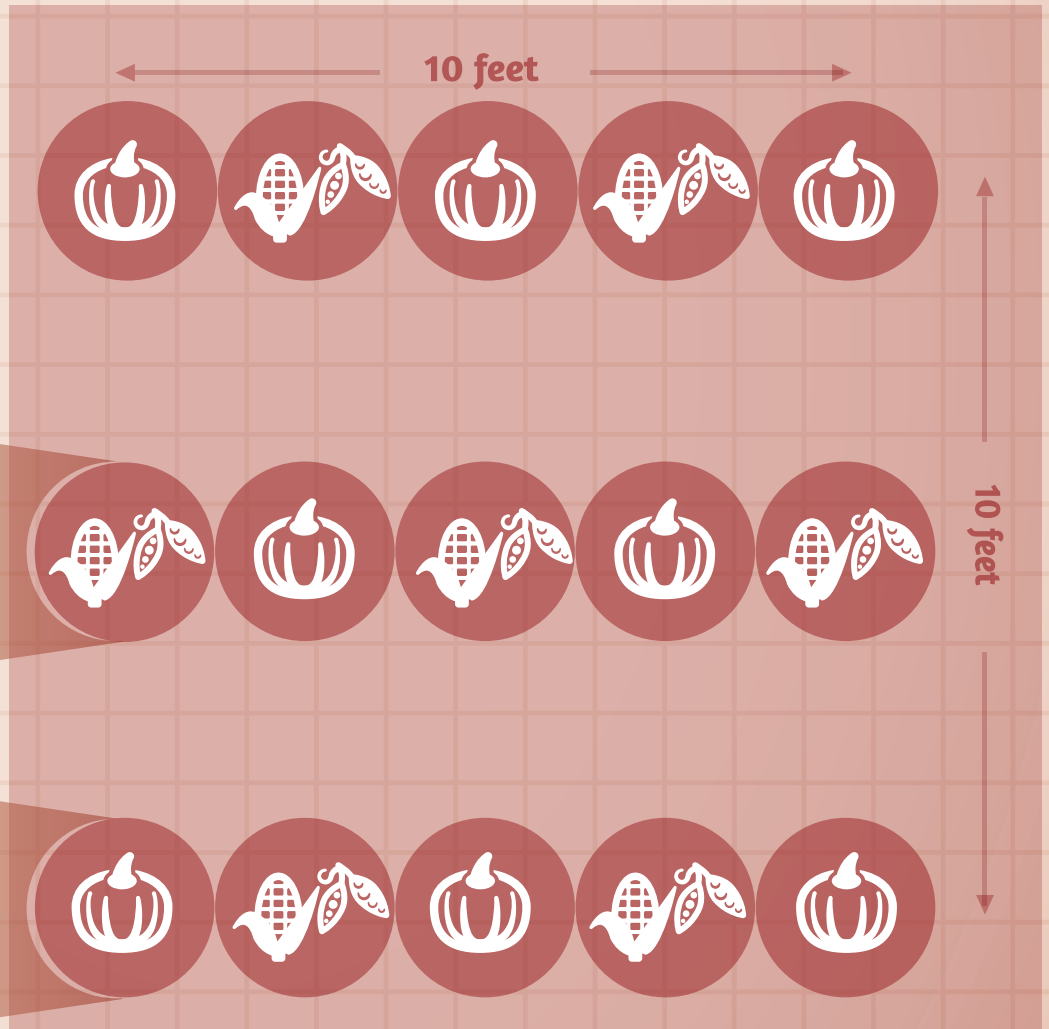
- 1 Start with a 10 ft x 10 ft planting area.
- 2 Divide the planting area into 3 rows, each 5 feet apart.
- 3 Create 5 planting circles or mounds in each row (each should be approx. 2 feet in diameter).
- 4 Alternate planting either 3 squash seeds or 4 corn seeds in every other mound.
- 5 When the corn is about 4 inches tall, plant beans in each corn mound.

A 3 Sisters Garden is an ancient Native American companion planting method for growing corn, beans, & squash. When grown together, these 'sister' plants complement each other & the 3 sisters planting method helps each plant to grow better and stronger in a small garden space: the corn offers a climbing support for the beans, the beans fix nitrogen into the soil for both the corn and squash to use, and the squash provides shade and a living mulch for the other plants and helps to deter pests with their prickly leaves.

HOW TO PLANT CORN & BEAN MOUNDS

Plant 4 corn seeds 6 inches apart.

Plant 4 bean seeds 3-4 inches from corn.



HOW TO PLANT SEEDS IN THE MOUNDS

HOW TO PLANT SQUASH MOUNDS

Plant 3 squash or pumpkin seeds in a triangle pattern approx. 4 inches apart.

You may need to weed your 3 Sisters Garden regularly throughout the growing season.