

# Make a “Three sisters” garden.



The Wampanoag practiced a kind of mixed farming known as companion planting. This was a good way of ensuring food crops grew well without the need of fertiliser or pesticides. Their system was based on the “Three sisters” of corn (maize), beans and squash.

We can create our own three sisters garden, either directly in the ground or in a planter.

If you have a garden space available you can start preparing your garden by adding compost to the soil and making a round mound 60cm wide and 30cm high.

If you don't have garden space, find a round planter 60cm wide and at make you mound in that.

Around late May (after the last of the frosts) plant three or four maize seeds in a small (15cm) circle in the middle of your mound.

Let them grow until the plants are at about 10 cm high. Then you can plant your beans in a circle about 15cm out from the maize. Now as the beans grow, they will have the maize stalks to support them.

Wait a week and then plant a circle of squash or pumpkin seeds about 15cm out from the beans.

Your garden will need watering every week and over the weeks and months it will grow, hopefully with the “Three sisters” crowding out any weeds, but you might want to keep an eye out for anything particularly damaging (like dandelions or cow parsley).

In September, harvest your crop.