



3 Sisters Garden: Lessons in Sustainability and Food sovereignty

What is a 3 Sisters Garden?

A "Three Sisters Garden" is a traditional Native American planting technique where corn, beans, and squash are grown together in a symbiotic relationship, with the corn providing a structure for the beans to climb, the beans fixing nitrogen in the soil, and the squash acting as ground cover to suppress weeds; essentially, each plant supports the others when grown close together.

The story of the three sisters: given by the creator as sustainers of life. 3 sisters were living in a field when a young boy took each one away to his village to live. The sisters were so happy to be back together, they gave their gifts to the village to live.





Purpose of a community garden project

- **Purpose:** Gardening projects promote physical and mental health
- Gardening can reduce stress, anxiety, and depression. Being in nature can also improve mood.
- **Air quality:** Community gardens improve air quality by reducing waste and food trucking miles.
- **Habitat:** Community gardens provide habitat for organisms.
- **Social interaction:** Community gardens can help people get to know their neighbors.
- **Community empowerment:** gardens are built and maintained by stakeholder's and volunteers.
- **Educational Programming opportunities:** Community gardens projects can teach children about environmental sustainability and math, business, and communication skills. Document process then be able to present findings and use in programming, programs can be developing throughout the summer as the process happens from planting, harvest, beyond
- **Food security:** Community gardens can help fill gaps when food banks cannot provide fresh produce.

Partners:

Kaukauna Public Library

ground prep,
planting, seeds,
document process
and progress,
programming,
harvesting,
education,
marketing

1000 Island Nature Center

Space
ground prep
watering?
Volunteers *ERIC/Intern*
→ *Leslie?*
Master Gardener?

Volunteers

Watering
harvesting
weeding

Consultants

Eliza Skenandore-
Consultant planting,
harvesting
Oneida Cannery:
Jodi King
Elena Hill
Agroecology,
Consultant Soil
testing, Indigenous
Ways, Deer
deterrent,
harvesting

Program Tie-Ins

01

The stories of the 3 Sisters
(June)

02

Three Sisters Garden: Natural
Deer Deterrent including DIY
(June) Deer resistant plants such
as basil orregeno merrigolds

03

Three Sisters Garden:
Harvesting food
processing (fall)
Trip for staff to
Tsyunhehkwa husking bee

04

Three Sisters Garden: Food
Sovereignty/Jodi King
from Oneida Cannery (fall)

