

# Three Sisters Planting

Before pioneers arrived in Michigan, Native Americans had already lived here for thousands of years. Over that time they learned how to farm. When farming, they used a process called Three Sisters Planting, where they would plant corn, beans, and squash together in the same garden. These plants helped each other grow, and produced a lot of food for Native Americans. In this activity we are going to learn to plant seeds just like the Native Americans did thousands of years ago!



## Supplies

- Peat Pot
- Potting Soil
- Saucer or Small Plate
- Pumpkin, Corn, & Bean Seeds
- Spoon
- Water

**Step 1:** Place your pot onto your saucer. Then, using your spoon, fill your pot with potting soil to the top.



**Step 2:** Take your index finger and make a hole in the middle of the soil. The hole should reach half way down the pot.



# Pioneer Program Activity



Step 3: Place one corn seed, one bean seed, and one pumpkin seed in the hole you have made.



Step 4: Using your spoon, cover the seeds with soil. Lightly push down on the soil with your fingers.



Hey kids! Bucky the beaver here to remind you that while your plant is growing at home, don't forget to water it!



Step 5: Feel the soil. If it is wet, do not add water. If it is dry, use your spoon to add in a little bit of water.



Step 6: Now place your pot on a sunny window ledge, and wait for it to grow.

