The Three Sisters Companion Planting: Corn, Beans, Squash

Categories: Growing your Own, Homesteading
Three sisters planting concept is a planting method which native Americans have relied upon for generations. It is what nowadays we would call companion planting.

The three sisters are corn, beans and squash. The corn is planted in the centre, the beans are planted next to the corn and encouraged to climb and grow up the corn stem. The squash next to the other two and this is encouraged to grow around them in circles.

So why is it such a successful way to grow these vegetables? Well the corn grows in the centre and provides something for the beans to grow up. All beans are great for the soil as they fix nitrogen into the which is a vital nutrient needed by other plants. The squash grows around the corn/beans and it provides ground cover and suppresses weeds.

That's the basics, but for a more detailed explanation and a tutorial, head over to the Arid Lands Homesteaders League's website below.

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(Photo from: The Arid Lands Homesteaders League)