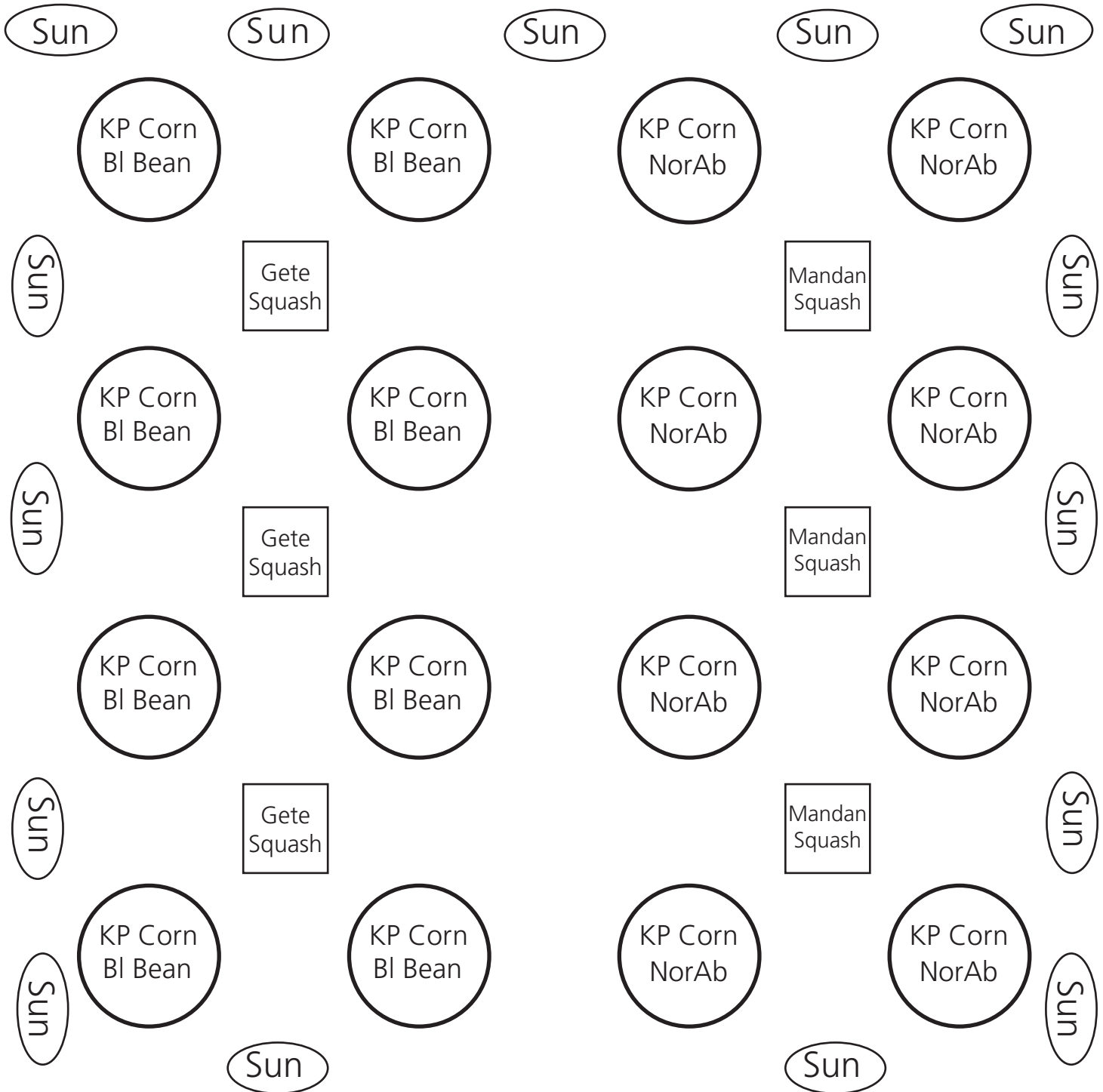




Three Sisters Garden

Palisade



Lake

SUN = **Seneca Sunflower**: One of the oldest native heirloom varieties known. A “helper” in a Three Sister’s Garden, a sacrificial plant for birds, allowing protection of the corn, beans and squash. The oil from the seeds was used for skin and hair, the dried stalk as a building material, and the flowers and seeds as a food source.

KP Corn = **King Philip Corn**: During the fur trade days flint corn, primarily 8 row flint was the most dominant. Our seed was given to us by Fort Loudon’s historic site in Pennsylvania. “King Philip” was also known as Metacom, the great native leader. The Wampanoag have been known to grow these varieties for hundreds of years. As well as numerous other tribes.

Bl Bean = **Blue Shackamaxon/Treaty Pole Bean**: 18th century heirloom named after a Lenape tribal village. This village was the site of a 1682 treaty between William Penn and the Lenape, thus “Treaty Bean”

NorAb = **Norridgewock Abenaki Bean**: 18th century variety among the Abenaki people in Maine. A bean used in inter-tribal trade across North America.

Gete Okosomin Squash: Roughly translated, means “cool old squash” in the Anishinaabe language. Grown for centuries in the Great Lakes region by the Miami people of Indiana.

Mandan Squash: This famous heirloom is considered both a summer and a winter squash. Grown by the Mandan, Hidatsa, Arikara, it is considered a staple in any Three Sister’s garden. Our seed comes from the Fort Berthold Reservation in North Dakota.

