



THREE SISTERS AND COMPANION PLANTING WORKSHEET

Name: _____

Example Seed List: Find many more varieties at <https://www.nativeseeds.org/pages/seeds>. Add additional seeds to the bottom rows.

Southwestern Native Varieties (in Diné/Hopi/Spanish/English)

Naadaá' Qaa-o Maiz Corn	Naa'olí Paapu Frijoles Beans	Naayízi Batanga Calabaza Squash
Navajo Copper	New Mexico Bolita	Tarahumaran Pumpkin
Flor del Rio	Hopi Purple String	Calabaza de las Aguas
Tarahumaran Maiz caliente	Hawol Pima Orange	Navajo Hubbard
Casados Multicolor	Howur Pima Beige	Papalote ranch cushaw
<u>Alternative sister to corn: amaranth or sunflowers</u>		<u>Alternative sister to squash: melons</u>
Tarahumara Okite amaranth		Santo Domingo native melon
Havasupai small-seeded sunflower		Hopi Casaba melon



Three Sisters Garden Rules: Make sure you follow these rules when planning your garden on graph paper!

1. Corn is tall and should be in the center of your Three Sisters garden, so it does not block light for the other plants.
2. Corn seeds should be planted at least 6" (inches) or 0.5 feet apart from other corn seeds.
3. Squash spreads out across the ground, so squash must be planted 3' (feet) from other plants, including other squash plants.
4. Bean seeds should be planted 3" to 12" (inches) from corn and other bean seeds.
5. Make sure to add space for a walkway through a larger garden so you can get to all the plants. Most walkways are 3 feet wide.