**Shape, rectangle

Description automatically generatedTHREE SISTERS AND COMPANION PLANTING WORKSHEET**

**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)**

|  |  |  |
| --- | --- | --- |
| Naadáá'  Qaa-o  Maiz  Corn | Naaʼołí  Paapu  Frijoles  Beans | Naayízí  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 |
| Alternative sister to corn: amaranth or sunflowers |  | **Alternative sister to squash: melons** |
| 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.