



## The Three Sisters – Corn, Bean and Squash

**Corn acts as a support** for climbing bean vines, the **beans fix nitrogen** in the soil for the high feeding requirements of corn and squash, and the **squash provides mulch** and root protection for the corn and beans! After cooperating beautifully in the garden, *corn and beans form a complete protein* when eaten together! How's that for a mutually beneficial relationship?