

Three Sisters

Corn, Beans, Squash



Corn provides a natural pole for bean vines to climb. Beans fix nitrogen on their roots, improving the overall fertility of the plot by providing nitrogen to the following years corn. Bean vines also help stabilize the corn plants, making them less vulnerable to blowing over in the wind. Shallow-rooted squash vines become a living mulch, shading emerging weeds and preventing soil moisture from evaporating, thereby improving the overall crops chances of survival in dry years. Spiny squash plants also help discourage predators from approaching the corn and beans. The large amount of crop residue from this planting combination can be incorporated back into the soil at the end of the season, to build up the organic matter and improve its structure.

Community Gardens and Food Forests

Growing a food forest or a forest garden is a way of producing food by creating diverse mixtures of plant groups that benefit each other and support the landscape. They have been used for thousands of years in some parts of the world. You can even grow a small food forest in a container. Community gardens are one way for neighborhoods to come together to celebrate our connections. This garden effort encourages neighbors to plant in the often under-used right-of-way strip between the sidewalk and road. Add some art by painting a bamboo tripod. There is no "right" way, so have fun with it!



You can plant whatever you like in your garden. Extra produce harvested from your garden can be dropped off at Logan's Garden Center, which works with Interfaith Food Shuttle to distribute fresh foods locally to those who need it.

Starter kits with seeds, soil, row markers, and a bamboo tripod are available for \$10. For more information, call 919-833-9855.

Holden Street Community

