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## The Three Sisters

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# THE THREE SISTERS

## APPETIZER

*Butternut Squash Soup with a  
Toasted Pepita Garnish*

## ENTRÉE

*Bean based Street Taco with Refried  
beans, Fresh Vegetable Pico De Gallo  
with Roasted Corn and an  
Infused Crema, Cotija*

## DESSERT

*Corn Crème Caramel with a  
cookie garnish topped with  
honey whipped cream*



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# THE THREE SISTERS

The Three Sisters refers to the indigenous agricultural practice of planting maize, beans, and squash together. The plants have a symbiotic relationship with each other: as the corn stalks grow, they support the other crops; the squash provides shade for the maize which helps it grow; and the beans fix nitrogen into the soil providing nutrients.

When planted the crops by using a system called "inter-planting" where they would plant crops together but stagger the planting by every few weeks. There are a few different stories of how the Three Sisters came to be. Regardless of the various origin myths, they are culturally significant to many tribes across the Americas.

