

CELEBRATING THE THREE SISTERS  
& INDIGENOUS FOODWAYS

# FALL FEAST

10.24.25  
[AT] YALE FARM

# WHAT'S IN YOUR BAG?

## PIGEON POLE BEANS

GIFTED BY ABENAKI  
SEEDKEEPER LIZ CHARLEBOIS

## RATTLESNAKE BEANS

GIFTED BY ABENAKI  
SEEDKEEPER LIZ CHARLEBOIS

## SKUNK BEANS

GIFTED BY ABENAKI  
SEEDKEEPER LIZ CHARLEBOIS

## ALAEA SEA SALT

(HAWAIIAN RED SALT)

## DRIED 'ŌLENA/ TURMERIC

(ALSO USED TO DYE THE BAG)

## SERRANO ROJO CORN

GIFTED BY JAVIER LARA AND  
THE ANAHUAC FARM



WE INVITE YOU TO TAKE PART IN THIS RECIPROCITY.

# THE THREE SISTERS

A TRADITIONAL NATIVE AMERICAN COMPANION PLANTING METHOD OF  
GROWING CORN, BEANS, AND SQUASH TOGETHER



"RESPECT ONE ANOTHER, SUPPORT ONE ANOTHER, BRING  
YOUR GIFT TO THE WORLD AND RECEIVE THE GIFTS OF OTHERS,  
AND THERE WILL BE ENOUGH FOR ALL."

ROBIN WALL KIMMERER  
BRAIDING SWEETGRASS

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# THE STORY OF THE THREE SISTERS

“AT THE HEIGHT OF THE SUMMER, WHEN THE DAYS ARE LONG AND BRIGHT, AND THE THUNDERERS COME TO SOAK THE GROUND, THE LESSONS OF RECIPROCITY ARE WRITTEN CLEARLY IN A THREE SISTERS GARDEN. TOGETHER THEIR STEMS INSCRIBE WHAT LOOKS TO ME LIKE A BLUEPRINT FOR THE WORLD, A MAP OF BALANCE AND HARMONY. THE CORN STANDS EIGHT FEET TALL; RIPPLING GREEN RIBBONS OF LEAF CURL AWAY FROM THE STEM IN EVERY DIRECTION TO CATCH THE SUN. NO LEAF SITS DIRECTLY OVER THE NEXT, SO THAT EACH CAN GATHER LIGHT WITHOUT SHADING THE OTHERS. THE BEAN TWINES AROUND THE CORN STALK, WEAVING ITSELF BETWEEN THE LEAVES OF CORN, NEVER INTERFERING WITH THEIR WORK. IN THE SPACES WHERE CORN LEAVES ARE NOT, BUDS APPEAR ON THE VINING BEAN AND EXPAND INTO OUTSTRETCHED LEAVES AND CLUSTERS OF FRAGRANT FLOWERS.

## THE STORY OF THE THREE SISTERS (CONT.)

THE BEAN LEAVES DROOP AND ARE HELD CLOSE TO THE STEM OF THE CORN. SPREAD AROUND THE FEET OF THE CORN AND BEANS IS A CARPET OF BIG, BROAD SQUASH LEAVES THAT INTERCEPT THE LIGHT THAT FALLS AMONG THE PILLARS OF CORN. THEIR LAYERED SPACING USES THE LIGHT, A GIFT FROM THE SUN, EFFICIENTLY, WITH NO WASTE. THE ORGANIC SYMMETRY OF FORMS BELONGS TOGETHER: THE PLACEMENT OF EVERY LEAF, THE HARMONY OF SHAPES SPEAK THEIR MESSAGE. RESPECT ONE ANOTHER, SUPPORT ONE ANOTHER, BRING YOUR GIFT TO THE WORLD AND RECEIVE THE GIFTS OF OTHERS, AND THERE WILL BE ENOUGH FOR ALL."

- ROBINWALL KIMMERER  
BRAIDING SWEETGRASS



**THANK  
YOU**

**FOR ATTENDING THIS  
YEAR'S FALL FEAST**

**WHERE TO LEARN MORE**

**YALE NATIVE AMERICAN CULTURAL CENTER  
[HTTPS://NACC.YALECOLLEGE.YALE.EDU/](https://nacc.yalecollege.yale.edu/)**

**YALE SUSTAINABLE FOOD PROGRAM  
[HTTPS://WWW.SUSTAINABLEFOOD.YALE.EDU/](https://www.sustainablefood.yale.edu/)**