

Let's Learn From Plants!

You can learn a lot by observing how plants grow. Plant your very own Three Sisters' Garden using materials you can find at home. Please note: if you do not have Three Sisters seeds you can still participate. There might be seeds in foods that you eat, or seed packets for other types of plants at your home. Remember, different types of plants might have slightly different planting instructions. For additional information, check out the links at the end of this activity.

Materials:

For Sprout House:



Seeds



Water



Ziplock Bag



Cotton Balls



or Paper Towels

For Egg Carton Planting



Egg Cartons



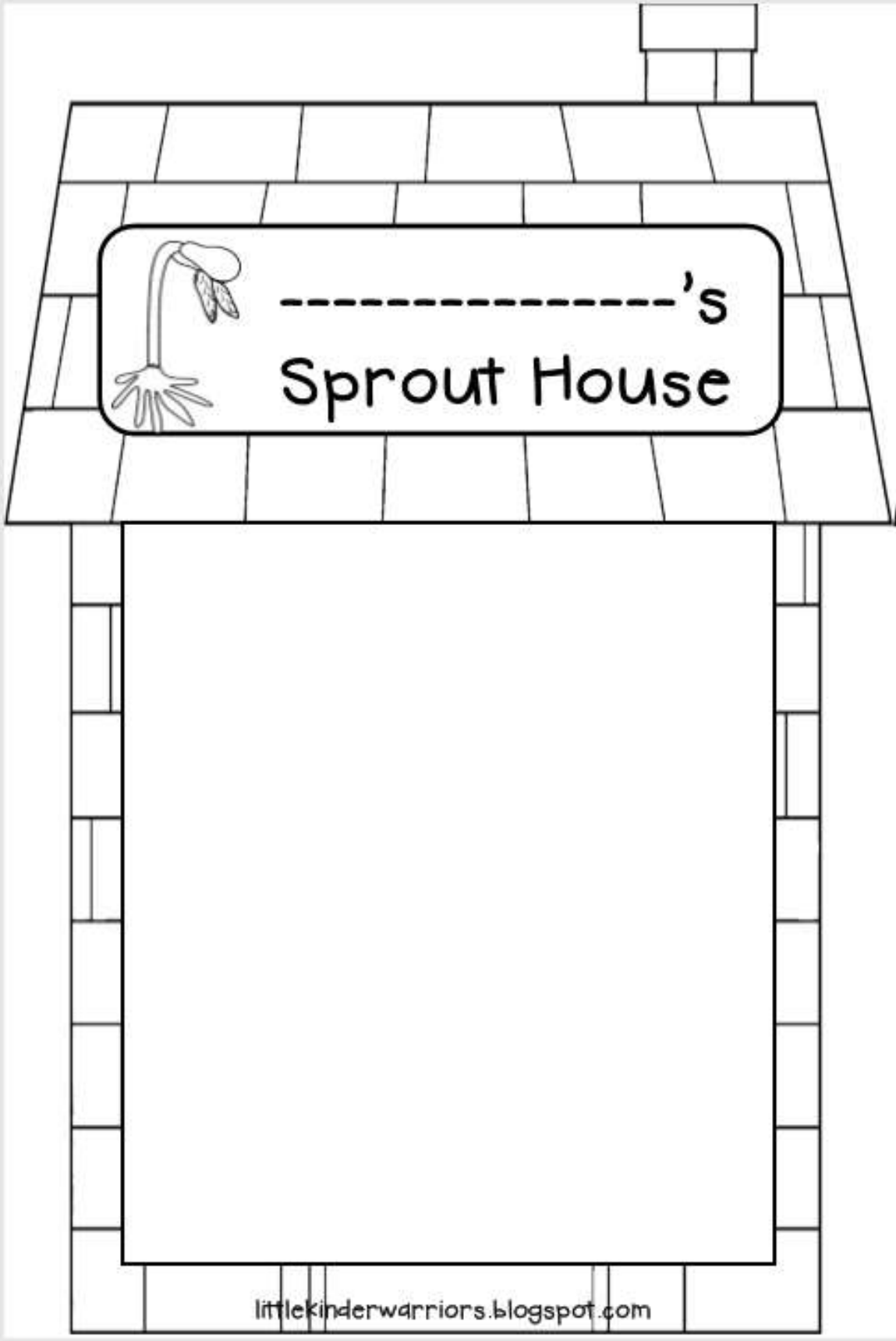
Dirt



Shovel

Optional: Little Sprout House template (see next page)

- 1.) Planting season for the Three Sisters in Connecticut typically begins in Mid-May. If you are planting other plants, they might need to be planted earlier or later. Several weeks before you plan on planting your garden, start your seeds indoors.
- 2.) Soak the seeds in water overnight. Drain them in the morning.
- 3.) Place the seeds in a Ziploc plastic bag with a damp paper towel or cotton balls. If using different types of seeds, such as the Three Sisters, you will want to place them in different bags. Close the Ziploc bag. Use the "Little Sprout House Template." (Template courtesy of Little Kinder Warriors Blogspot).



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Sprout House

- 4.) Optional: Print, cut out, and decorate your Little Sprout House. Tape the bag to the back of the house. Then, tape the Little Sprout House to a window. You can use as many templates as you need.
- 5.) Keep the seeds in the bag for a few days, until they start to germinate. The bags should be in a place that gets some sunlight. You will know the seeds have germinated when you see a small root emerge from the seed.
- 6.) Note: if the seeds start drying out, spray water into the bag, or replace the damp paper towel or cotton balls. Also, different types of seeds might germinate more quickly than others. See below for a picture of a germinating seed.

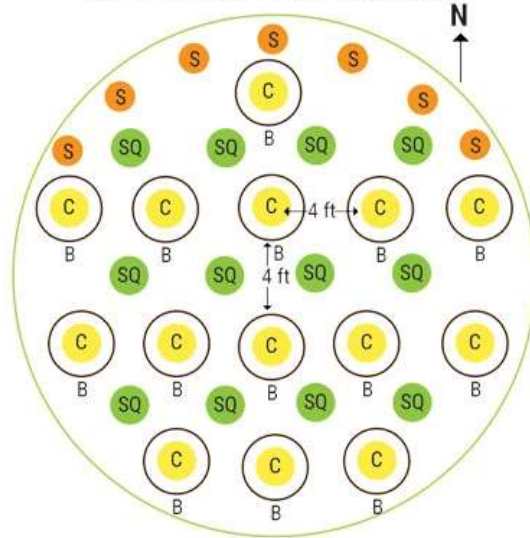


- 7.) Prepare planters for your young seedlings. If you have cardboard egg cartons at home, they work well.
- 8.) Fill each planter with moist dirt. Using your finger, press down an inch or so in the soil. Place your seedling, roots side facing down. Cover the seedling with dirt.



- 9.) Place the planters on a tray in a sunny location, out of reach from young children and pets. Water the plants regularly, but be careful not to over-water.
- 10.) Once the plants have emerged from the soil, transfer the plants to your garden (or plant boxes). Thoroughly water the soil after you finish planting your garden.
- 11.) If you are planting a Three Sisters' Garden, use the diagram below to help plan the layout of your garden. Diagram is courtesy of GrowOrganic.com.

Figure 1: Circular Wampanoag Garden



In this diagram, C stands for corn, B stands for Beans, SQ stands for Squash, and S stands for Sunflower. (Sunflower was sometimes known as the fourth sister).

Here are some resources to check out for more information. We supplemented our own knowledge with information from these sites to create this activity:

- <https://www.playdoughtoplato.com/my-little-sprout-house/>
- <https://homeguides.sfgate.com/germinate-corn-seeds-43987.html>
- <https://www.diyncrafts.com/4732/repurpose/25-foods-can-re-grow-kitchen-scrap>
- <https://www.groworganic.com/blogs/articles/three-sisters-companion-planting-method>