

## Three Sisters-



## Beans, Corn and Squash

The Three Sisters legend has been a staple in Native American farming for centuries. The tradition states that these plants, beans, corn and squash, only **grow and thrive when planted together**. As staples of the Native American diet they also provide a variety of nutrients that work together for health.

Corn, which provides the natural pole for bean vines to climb, is a staple grain that, in its natural form, is **low in saturated fat** and cholesterol and is also **low in sodium**. One cup of cooked corn contains over 15% of recommended daily allowance **of vitamin C**.



Bean vines help to stabilize the corn plants, making them stronger in blowing winds. Beans are **power-packed sources of protein**, fiber and the essential amino acid, lysine. Lysine is missing from most grains, so adding beans to your meal with brown rice gives your body the complete proteins. The amino acids in plant proteins provide us with the ability to build and repair muscles and for children, assure proper muscle development.

Beans' **high fiber** content helps protect against diseases like diabetes, cardiovascular disease and colon cancer.



The shallow-rooted squash vines become living mulch for the soil and prevent moisture in the soil from evaporating. The spiny squash plants also discourage predators from attacking the corn and beans.

Squash contains **vitamin A** which studies show can help protect against emphysema and some lung cancer. The **folate** in squash **helps protect against birth defects** and squash also offers trace minerals such as copper and magnesium.

Corn, beans and squash work together nutritionally to offer **carbohydrates** from corn, **protein** from beans and healthy **vitamins and minerals** found in squash.

Recipes:

<http://delectablymine.blogspot.com/2011/11/southwestern-stuffed-spaghetti-squash.html>

<http://www.foodandhealth.com/recipes.php?id=409> 2 Bean Salad