



The Three Sisters is the name given to corn, beans, and squash, the physical and spiritual sustainers of life to many of the Native American tribes. The Native peoples developed a method of crop management called interplanting that involved planting the Three Sisters together in individual mounds. During growth, the corn physically supports the beans as they grow up the stalks. The beans supply nitrogen for the soil, and the squash acts as a living mulch. Together they are a balanced diet illustrating the beauty of the harmonious relationship between nature and the community of man. Aho Mitakuye Oyasin.

Three Sisters Tortillas

Corn Tortillas

2 cups corn flour 1/2 teaspoon salt (optional)
3/4 to 1 cup lukewarm water

Put the corn flour into a bowl. Stir in water. Add salt if desired. Work the mixture thoroughly with your hands. Divide the mixture into small, egg size balls. Take each ball between your hands flattening it and flipping it back and forth until you have a round, thin tortilla about 4 inches in diameter. Put the tortilla onto a slightly greased skillet. Cook on each side until golden brown. The corn meal is crumbly, and this takes practice to master.

Boiled Beans

1/2 cup soaked beans salt to taste.
1 qt. organic vegetable broth

Soak the beans overnight. Bring 1 quart of vegetable broth to a boil and add beans. Simmer until beans are tender and the mixture is thick like chilly. Add salt to taste.

Pumpkin Filling

1 small onion
2 cloves garlic
1 small pumpkin diced
1 medium tomato
1 teaspoon allspice

Saute onions and garlic in oil until tender. Add diced pumpkin and cook on low for 20 minutes until soft. Add diced tomatoes and allspice and simmer for another 5 minutes.

Put tortillas onto a baking sheet. Spread bean and pumpkin mixture on each and top with a mixture of shredded cheddar and monterey jack cheese. Bake uncovered at 350 degrees for 20 minutes.

ENJOY THE TASTE OF THE THREE SISTERS NOURISHING YOU!