



Three Sisters: Corn, Beans & Squash



Jean Groen and Don Wells



Jean Groen and Don Wells will discuss the Three Sisters that the Indians grew....corn, beans, and squash. In addition they will speak about such plants as Wolfberry, Watercress, Saguaro, Wild Rhubarb, and the Prickly Pear...and others as time allows. Wells will discuss what the plant looks like, where it is found, what the Indians used it for, and medicinal uses. Groen will discuss how it was used for food and discuss how it can be incorporated into present day food supplies. There will be time for questions and a sampling of the foods discussed.



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