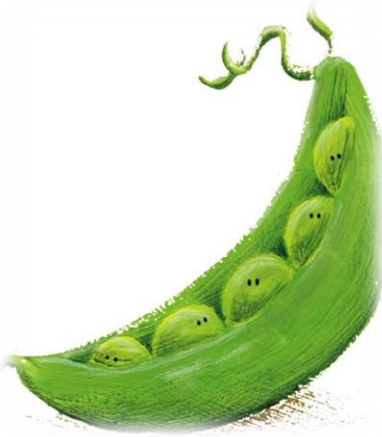


## MILPA OR THE THREE SISTERS

Milpa is a crop growing system based on the ancient agricultural methods of Maya peoples and other Mesoamerican people. **Milpa agriculture produces maize/corn, beans and squash.**



CORN



BEANS



SQUASH

### Corn:

The corn provides a structure for the beans to climb, eliminating the need for poles.

### Beans:

The beans, thanks to their roots, provide the nitrogen to the soil that the other plants use. It encourages the growth of the other two crops.

### Squash:

The squash spreads its large foliage on the ground, blocking the sunlight, helping prevent the establishment of weeds. The squash leaves also act as a “living mulch”, creating a microclimate to retain moisture in the soil, and the prickly hairs of the vine deter pests.



Corn, beans and squash contain complex carbohydrates, essential fatty acids and all eight essential amino acids. The three sisters constitute a well-balanced diet.

## The Three Sisters: Corn, Beans and Squash

