



NOVEMBER 2018 - QUILTING GROUP

Traditional Foods - Three Sisters Salsa



Recipe from Erdrich, Heid E. *Original Local*. St. Paul: Minnesota Historical Society Press, 2013, Print.

Ingredients

- 3 ears very fresh sweet corn, kernels cut from cob, or 1 (15-ounce) can corn, drained
- 1 medium zucchini, finely chopped
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (16-ounce) jar salsa (red or green, fresh or canned, as hot as you like)
- chopped fresh cilantro, parsley, chives, and/or green onion tops for garnish

Instructions

- In a large bowl, combine corn, zucchini, and black beans, mixing well
- Add salsa to level of "soupiness" and spice to taste
- Mix again
- Garnish with fresh herbs if you like
- Serve with chips, on a baked potato, or on tacos

What are the 3 sisters?

Corns, beans, and squash are called "Three Sisters." Native peoples of North America have grown and cultivated corn, beans, squash for many centuries. The three sisters play a part in many Native traditions, ceremonies, and agricultural practices.

3 sisters nutrients

- Corn = carbohydrates to provide energy
- Dried beans = protein to rebuild muscles
- Squash = vitamins and nutrients to build a healthy body
- All provide fiber and water to aid in regularity, weight management, and control blood sugars.

Symbiotic planting relationship

- The corn stalks provide support for the beans
- The beans enrich the soil by adding nitrogen
- Large squash leaves help keep the soil shaded and moist which prevents weeds from growing
- Prickly squash leaves also help keep away critters