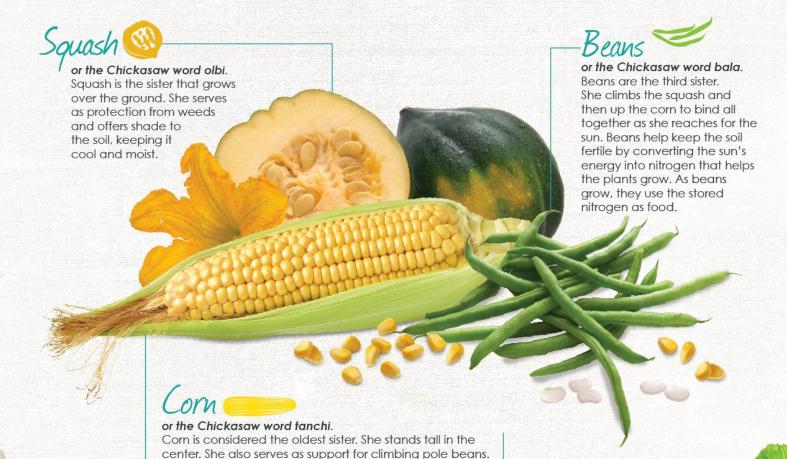
## the Inree Sisters

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The Three Sisters of First American agriculture includes corn, beans and squash. These three plants were used by First American tribes throughout North America. A system was developed that used the three plants, later called "companion planting." The three plants work together as they help each other maximize growing conditions.



It is the symbolism of the Three Sisters however, that runs deep in the hearts of many First Americans, as we understand that we do not stand alone; we support each other, and we can only grow with the assistance of one another.

The lifestyle changes that have occurred over the past 200 years among First American people have contributed to the high incidence of disabling diseases, such as diabetes, high blood pressure and heart disease. One of the goals of the Impa Kilimpi (strong food) program is to help everyone in general regain or adopt a healthy diet and physical activity habits.

