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**The Three Sisters – Corn, Bean and Squash**

**Corn acts as a support** for climbing bean vines, the **beans fix nitrogen** in the soil for the high feeding requirements of corn and squash, and the **squash provides mulch** and root protection for the corn and beans! After cooperating beautifully in the garden, corn and beans form a complete protein when eaten together! How’s that for a mutually beneficial relationship?

*Source: https://countryandvictoriantimes.com/2013/02/03/the-three-sisters-corn-beans-and-squash/*