**Three Sisters Online Lesson Plan**

0-5 Yiffie – Intro.

6-14 Dara corn muffins + Pocahontas facts

14-22 Yiffie bean muffins + Legend of three sisters Cherokee version

* 1. Dara pumpkin muffins + [Insert Female Native American of your choice\*] facts

31-38 Yiffie: Baking time + Legend of the Three sisters Iroquois version + discussion of difference

40 Goodbye

SUGGESTION: Remain in split screen all the time. While one is on the other shares an illustration pic on her screen, while monitoring comments from phone. That way viewers see you, and a pic of real Pocahontas beside you, for instance.

\* Look at this: <https://www.biography.com/news/famous-native-american-women-native-american-heritage-month>

**Yiffie Intro**

1. Today’s class: Pocahontas is not a fairy tale, but was included when we were actually building a series of classes to follow Disney movies. We will, however, tell you a Native American fairy tale.
2. Thank you Kelly for donation!
3. The history part of our lesson takes us to the roots of civilization in this continent. Most of the people in today’s North America arrived here recently from other continents. The first people arrived in north America \_\_\_\_\_\_\_\_\_\_\_ years ago, when an ice age created a frozen bridge between Russia and Alaska.
4. The Three Sisters (corn, beans, and squash) have been planted by traditional Native American gardeners in many different regions of North America. Although many different Native American people have adopted this traditional gardening technique, it originated with the Haudenosaunee (hah-dee-no-shownee), or "People of the Longhouse".
5. The traditional Three Sisters garden forms an ecosystem by creating a community of plants and animals. This system creates a beneficial relationship between the three plants- each plant helps the others grow. This is a form of companion planting Say something about why it’s fun to bake many types of muffins
6. Oven to 350

**Dara – Corn muffins + Three Pocahontas Facts in between (copied from** <https://www.history.com/topics/native-american-history/pocahontas>)

Pocahontas was named Amonute at birth (1595) and went by the name Matoaka. She supposedly earned the nickname Pocahontas, which means “playful one,” because of her happy, inquisitive nature. As the daughter of Chief Powhatan, Pocahontas may have had more luxuries than many of her peers, but she still had to learn so-called women’s work such as farming, cooking, collecting herbs, building a house, making clothes, butchering meat and tanning hides.

Smith’s account of Pocahontas’ lifesaving efforts is hotly debated, partly because he wrote different versions of this initial meeting with Chief Powhatan. Many historians believe Smith was never in peril and the placement of his head on the stones was ceremonial. Even so, if Smith’s explanation of the incident is true, he had no way of knowing about Powhatan ceremonial customs and from his terrified point of view, Pocahontas was undoubtedly his benevolent rescuer.

In 1613, Pocahontas was lured onto the English ship of Captain Samuel Argall and kidnapped during the First Anglo-Powhatan War. During her imprisonment, Pocahontas met widower and tobacco planter [John Rolfe](https://www.history.com/topics/john-rolfe). The couple decided to marry, likely for both love and political purposes – although the decision wasn’t an easy one for the staunchly Christian Rolfe until Pocahontas converted.

In March 1617 (age 23), Pocahontas, her husband and son set sail for Virginia. But they had hardly made progress when she became gravely ill and was taken ashore at Gravesend, England.It’s uncertain what disease struck her down. Some speculate it was tuberculosis, pneumonia, dysentery or smallpox; others believe she was poisoned. According to Rolfe, Pocahontas said on her deathbed, “All must die. But ‘tis enough that my child liveth.”

**Yiffie – Bean muffins first then story**

There once was a family of a mother, father and three sisters. The parents worked hard at providing for the family, but constantly had to beg the daughters for help. They also had to continually stop them form arguing and fighting. The three sisters were different from each others and also unique in their own way. The eldest was tall and slender with long, silky, shiny hair, the youngest was small but muscular and attractive, and the middle sister was average in height and looks but was beautiful in her giving nature. For whatever reason, although they loved one another as sisters, they would disagree on any little thing and be distracted from doing any work because of these quarrels. The parents tried and tried to get the sisters to help in the garden and help with the chores. When working together they would always fight; when apart they would complain about the others. The work wasn’t getting done and the parents were worried that if this kept up they wouldn’t make it through another winter. It was planting time and the work had to be done, but as usual the sisters were too busy fighting. The parents needed help, and it was given to them, but not as they imagined. As the sisters argued in the field they were transformed into three plants. The first a long, tall plant with silk tassel-like hair, the second a broad-leafed plant low to the ground, and the third a medium-height plant with gentle vines. The plants, of course, were corn, squash, and beans, the three sisters.

**Dara – pumpkin muffins + science facts**

Modern day agriculturists know it as the genius of the Indians, who interplanted pole beans and squash with corn, using **the strength of the sturdy corn stalks to support the twining beans** and **the shade of the spreading squash vines to trap moisture** for the growing crop. Research has further revealed the additional benefits of this "companion planting.'' **The bacterial colonies on the bean roots capture nitrogen from the air, some of which is released into the soil to nourish the high nitrogen needs of the corn**. To Native Americans, however, the meaning of the Three Sisters runs deep into the physical and spiritual well-being of their people. Known as the "sustainers of life," the Iroquois consider corn, beans and squash to be special gifts from the Creator. The well-being of each crop is believed to be protected by one of the Three Sister Spirits. Many an Indian legend has been woven around the "Three Sisters" sisters who would never be apart from one another- sisters who should be planted together, eaten together and celebrated together

**Yiffie – story + discussion**

A long time ago there were three sisters who lived together in a field. These sisters were quite different from one another in their size and way of dressing. The little sister was so young that she could only

crawl at first, and she was dressed in green. The second sister wore a bright yellow dress, and she had a way of running off by herself when the sun shone and the soft wind blew in her face. The third was the eldest sister, standing always very straight and tall above the other sisters and trying to protect them. She wore a pale green shawl, and she had long, yellow hair that tossed about her head in the breeze. There was one way the sisters were all alike, though. They loved each other dearly, and they always stayed together. This made them very strong.

One day a stranger came to the field of the Three Sisters - a Mohawk boy. He talked to the birds and other animals - this caught the attention of the three sisters. Late that summer, the youngest and smallest sister disappeared. Her sisters were sad. Again the Mohawk boy came to the field to gather reeds at the water's edge. The two sisters who were left watched his moccasin trail, and that night the second sister - the one in the yellow dress - disappeared as well.

Now the Elder Sister was the only one left.

She continued to stand tall in her field. When the Mohawk boy saw that she missed her sisters, he brought them all back together and they became stronger together, again.