CBLI SCHOOL GARDENS PROJECT

The Three Sisters

garden lessons

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Why teach in school gardens?

• *Enliven and connect curriculum requirements through experiential learning*

• *Assist student in understanding new ideas through hands-on learning and cooperation*

• *Improve environmental ethic and nutritional preferences through contact with local ecology*

• *Increase standardized test scores and grades through enthusiasm towards lessons*
The Three Sisters garden lessons

- A unit of lessons for 4th and 5th grade classes about Lenni Lenape culture
- Students plan, plant, and harvest a Three Sisters garden
- Lessons in other subjects connect to the Three Sisters garden
- Lessons based on 2009 New Jersey Core Curriculum Content Standards and the 2010 Common Core Standards

Suggested Lesson Sequence

• Spring of Grade 4
  – Lesson 1: Garden design and planting the Three Sisters
  – Lesson 2: Life cycles of the Three Sisters
  – Lesson 3: Lenni Lenape legends

• Fall of Grade 5
  – Lesson 4: The Colombian Exchange in the garden
  – Lesson 5: Harvesting the Three Sisters
  – Lesson 6: Cooking and eating the Three Sisters
  – Lesson 7: Lenni Lenape Art
CORE GARDEN LESSONS: Planting and Harvesting

• Lesson: Garden design and planting the Three Sisters
  – Use mathematical skills to plan and plant the garden

• Lesson: Harvesting the Three Sisters
  – Review plant life cycles while you harvest corn, beans, and squash
MORE GARDEN LESSONS:
Other subjects in the garden

• Lesson: Life cycles of the Three Sisters
  – Observe and study the life cycles of corn, beans, and squash.

• Lesson: The Colombian Exchange in the garden
  – Reintroduce children to the garden while identifying plants and their origins.

• Lesson: Cooking and eating the Three Sisters
  – Learn about nutrition and cook your corn, beans, and/or squash.
SUPPLEMENTARY LESSONS:
Literature and Art

• Lesson: *Lenni Lenape legends*
  – Practice writing and editing by writing your own Lenni Lenape legends

• Lesson: *Lenni Lenape art*
  – Create your own Lenni Lenape arts and crafts to display in the Three Sisters garden
SUMMARY

• Students learn about **Lenni Lenape culture** and traditions

• Lessons address **curriculum requirements** in reading, writing, social studies, science, mathematics, and visual arts

• Children create, study, and harvest **their own garden**

http://www.plantingtomorrows.com/corn.shtml
References and Resources for Teachers


