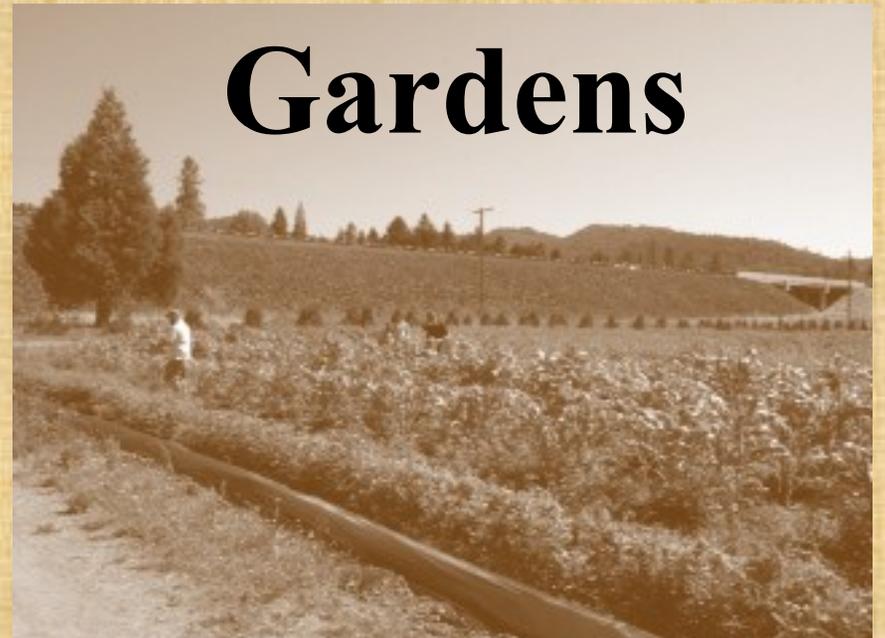




Cow Creek Tribal Gardens



“Three Sisters” Gardening Technique

A variety of fruits, nuts, vegetables, and berries have been sown upon our Tribal lands for our families to harvest and learn the many techniques involved with tending to and growing a healthy garden.

Our Tribal Gardener Ken Grizzle who is a Chickasaw Tribal Member, has shared a technique known as – “Three Sisters”- a style of gardening that incorporates corn, beans, and squash.

It is as easy as these steps;

- ◆ Plant in late spring typically May and June
- ◆ In a sunny area, clear of grass, weeds, and rocks
- ◆ Planted in a small rounded mound of soil leveled off at the top
- ◆ The mound should be 24 inches across and one foot high





Tribal Members and Youth enjoying the Garden



- ◆ Corn is planted first in the center of the mound, five to six corn kernels in a ring pattern spaced out six inches and watered well
- ◆ Once the corn is six to eight inches in height (about 2-3 weeks) Plant the beans about six inches away from the corn towards the outer edge of the mound
- ◆ Once the beans are planted they will need to be watered well and will sprout in about 7-14 days
- ◆ A week after the beans sprout plant the squash the farthest from the center of the mound (about 18 inches from the center) Also remove any weeds at this time
- ◆ As the corn grows the beans will wrap around the corn stalks (with some help from the gardener) and the squash will grow effectively around the outside

This technique provides maximum efficiency with limited space and will give you a variety of vegetables in your garden.

Garden Questions and Answers

Why did the Tribe create the Tribal Gardens?

Tribal members expressed interest in a Tribal Gardens and that became a Tribal Board priority in early 2011, and the Tribe began planning for Tribal Gardens development. Goals of the garden were to provide a local, healthy food source for Tribal members, promote Tribal volunteerism and agricultural education, and develop a long term food source for business and Tribal safety purposes.

Who manages the Tribal Gardens?

The gardens are currently managed by the Tribe's Natural Resources Department located at the Government office in Roseburg. We employ one full time staff or gardens specialist and two seasonal garden workers. We have also worked with temporary staff from the Wolf Creek Jobs Corps, Tribal high school students, and volunteer students from Days Creek high school to complete the planting and infrastructure.

Can I volunteer at the Tribal Gardens?

Yes! Tribal member volunteers would be welcome and appreciated in the Garden operations. We posted a call for volunteers in the December 2011 newsletter and announced this opportunity at general council meetings. If you would like to volunteer, please call the Tribal Government office at 541-677-5575 and ask for Janet. Janet will take your name, contact information and days available to volunteer.



Will there be any native edible plants or culturally important plants at the Garden?

Yes! We would love to hear your suggestions for native plants. We are planning on propagating camas bulbs and have some ideas on other edibles, but any input is appreciated. We have also talked about planting a native plant identification area as a teaching tool.

What species are planted at the Tribal Gardens?

Cherries: Bing, Rainer, Royal Anne, Stella. Plums & Prunes: Howard Mericle, Japanese Shiro, Green Gage, Moyer, Stanley, Brooks, Italian. Peaches: Frost, Early red Haven, Improved Elberta, Hale Haven, 49ers. Nectarines: Mericrest, Harko, June Glo, Fantasia, Gold Mine. Pears: Bartlett, Red Bartlett, Comice, Bosc, Danjous, Moonglow, Hosui, Shinseiki, Nishiki, Shinko. Apples: Gala, Fuji, Golden Delicious, Braeburn, Early Transparent, Red Gravenstein, Gravenstein, Liberty, Honey Crisp, Melrose, Red Delicious, Chehalis, Gold Rush, Enterprise. Nuts: Filberts, Walnuts. Berries: Blueberries, Strawberries, Marionberries, Raspberries, Huckleberries. Veggies: corn, squash, tomatoes, cucumbers, kale, lettuce and more!



Is the Tribal Gardens organic?

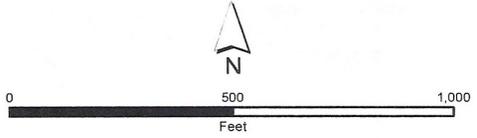
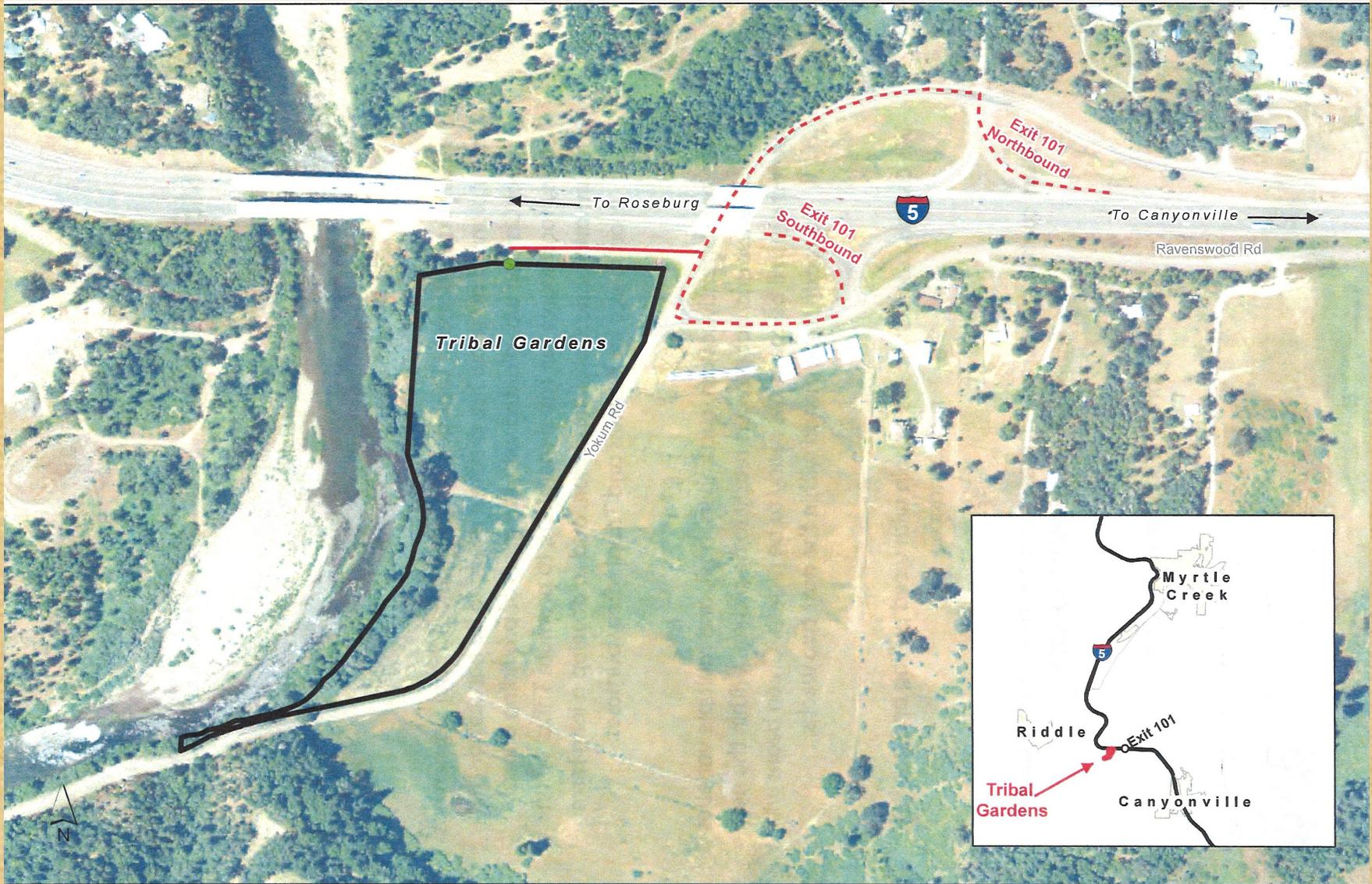
During this developmental stage of the Gardens, our intention is to pursue organic operations and we remain open to a range of agricultural techniques. We compost coffee grounds and leaf litter from Tribal properties and businesses. We are not using herbicides or pesticides and all fertilizers are organic. Weeds are either pulled by hand or mowed.

Where did the plants come from?

Local nurseries provided most of the fruit trees. The berry patch was moved from another Tribally owned property. Vegetable seeds this year were purchased from a regional seed company that only offers non-GMO, untreated seeds.

Where can I receive more future information on the Tribal Gardens?

We recommend that you read the Tribal newsletter, most months we have a garden update. If you have a question in the meantime, call the Tribal Offices and ask to speak with someone about the gardens. During weekdays, you may also stop by if the gate is open and speak to our gardens specialist, Ken. Hours of operation are 8-4 weekdays and weekends by appointment.



Tribal Gardens Myrtle Creek, Oregon

Questions? Call Ken Grizzle
at 541-530-6979.

- Route to Tribal Gardens
- Tribal Gardens
- Main Gate

August 10, 2012

