

Their Way of Life

food

The Creek & Cherokee
ate vegetables that were
grown in the their
gardens and hunted and
fished for meat.



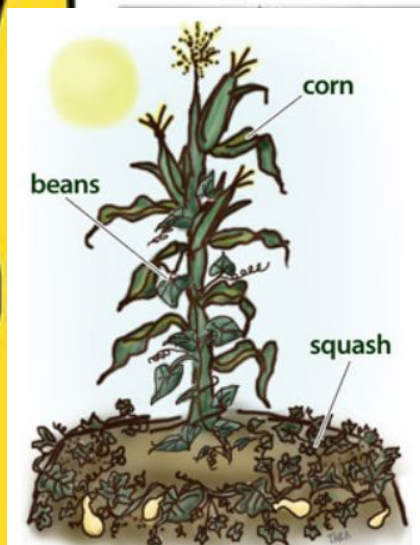
The Cherokee and Creek Food

- Hunted for **deer**, bear, elk, rabbits, turtles and fish
- Grew **corn**, beans, squash, tomatoes, okra, sweet potatoes and sunflower seeds as well as herbs and spices
- Gathered berries, nuts, tree bark for tea,
- Dishes they made included cornbread, soups, and stews



What foods do you eat?

THREE SISTERS PLANTING



The Creek had a special way of planting their crops.

- *Squash planted on the ground in a circle to protect the corn & beans.
- *Corn planted in the center so beans could grow up the stalk.
- *Beans planted under corn so it could grow up the stalk.
- *Creeks believed that the crops were a precious gifts that they were thankful to have.
- *Creeks believed that 3 sister spirits protected the plants. They also believed corn should be grown with

All crops



[The 3 Sisters Video](#)

The Three Sisters

The Three Sisters is a Native American story. In the story, there are three sisters that love each other very much. They are all different. One is very small and dressed in green. She was not able to walk. Another sister wore yellow. She loved the sunshine. She loved to run off. The last sister was very tall. She had yellow hair and a green coat. She was the oldest and spent her time taking care of her sisters. One by one, the sisters ran off. Only the oldest sister is left. She is very sad until she finds them. Then, they live together knowing they are stronger together.

It is a very sweet story. It also explains how some Native Americans planted some of their crops. They planted corn, beans, and squash together. They grew stronger together! The corn grows very tall and strong. Beans grow as a vine. They need something to grow on. The beans can grow up the tall corn stalks when planted next to the corn. Squash is planted and it is bright yellow. It grows close to the ground. It keeps in the water the plants need and keeps animals from eating the plants. Just like the story, the plants grow better together!

