

November is Native American Heritage Month!

Have you ever heard of “maize”? It’s just another word for corn! Did you know this delicious crop originated in the Americas?



Native Americans grew many different varieties of corn that could be eaten by itself, cooked into dishes, or ground into cornmeal.

Corn was one of the “Three Sister” crops, alongside beans and squash. When grown together, these plants supported each other in their life cycles and provided a nutritious diet to native growers. According to Iroquois tradition, these three crops were a gift from the Great Spirit, each watched over by one of three sisters spirits, called the De-o-ha-ko, or Our Sustainers. The planting season is marked with ceremonies to honor them, and a festival commemorates the first harvest of corn. By telling these stories and performing annual rituals, Native Americans have passed down the knowledge of growing the Three Sisters through generations.

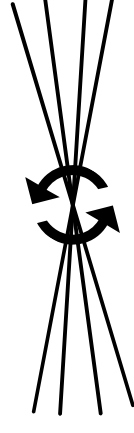
Although now we mostly see yellow corn at supermarkets, there are many varieties of heirloom corn descended from the kinds that were cultivated by indigenous peoples. They come in all kinds of colors: black, blue, pink, and even multicolored!

Using the supplies included, decorate your corn with whatever colors you like!

Instructions:

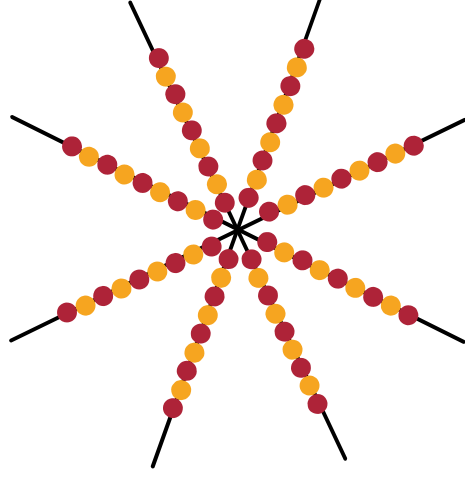
Step 1:

Make a bundle of 4 pipe cleaners and twist them together in the middle.



Step 2:

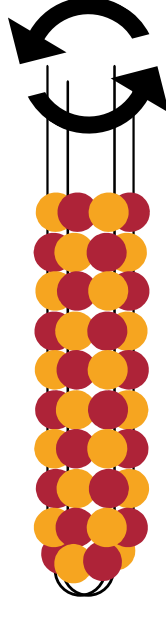
Spread out the pipe cleaners so they make a star shape.



Step 3:

Start threading beads onto the ends of the pipe cleaners, so that all 8 are beaded. Leave some space on the ends so you can twist them together when you’re done.

Step 4: Bend the ends up the pipe cleaners together to a point, then twist the ends together to secure the beads.



Step 5: You’re done!

