

CAMPUS LIFE

Three Sisters Garden and Fall Recipes

Joy Close, Staff Writer

Across from the junior and senior dorms and behind the Math and Science Building on Meredith's campus is a greenhouse garden known as the Three Sisters Garden. According to Associate Professor of Human Environmental Sciences, Bill Landis, who is in charge of the project, this year has not been an easy one for raising vegetables due to the excessive heat during September and October. However, there has been some success and several assortments of varieties of carrots have been planted along with a couple varieties of beats, some kale, Swiss Chard, radish, fall squash, and corn.

Professor Bill Landis explains that his idea for the Three Sisters Garden was something he had been thinking about for years and he got the name for the garden from a plant relationship used by Native Americans as a farming practice. According to Professor Landis, he got the idea from John Kincheloe who explained how Native Americans grew three plants together to help them grow; these three plants were in themselves a complete nutritious meal. The three plants are: corn, beans, and squash. The corn was the pole that the beans could climb on and the squash kept the weeds down and gave shade. The three of these plants grown together are known by the Native Americans as The Three Sisters. Professor Landis states that, considering Meredith is a women's college, the name also influenced his decision to name the garden the Three Sisters Garden.

If anyone is interested in helping out in the garden, spring is only a few months away, and that is when they will need the most help. Right now mostly Health and Nutrition students help with the garden, but anyone is allowed to help or even just visit: to walk through and appreciate the work being done. Please contact Professor Bill Landis if you are interested in helping in the garden: landisb@meredith.edu.

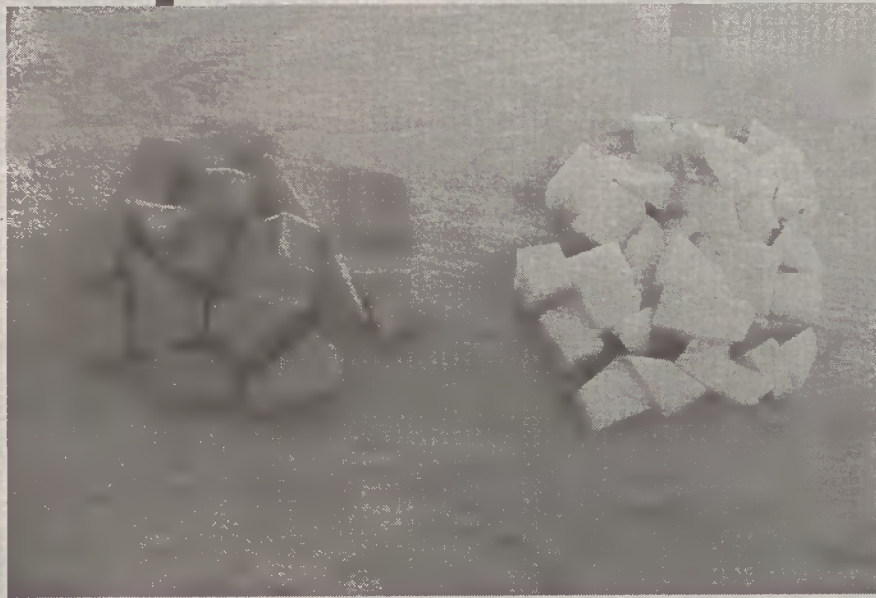
Oven Roasted Squash with Garlic and Parsley

10 servings, about 3/4 cup each | Active Time: 30 minutes | Total Time: 1 hour

Ingredients

- 5 pounds winter squash (such as butternut, buttercup, kabocha or hubbard), peeled, seeded and cut into 1-inch chunks (see Tip)
- 2 tablespoons extra-virgin olive oil, divided
- 1 1/2 teaspoons salt
- 1/4 teaspoon freshly ground pepper

photo from mycubanrecipes.com



- 3 cloves garlic, minced
- 2 tablespoons chopped Italian parsley

Preparation

1. Preheat oven to 375°F.
2. Toss squash with 4 teaspoons oil, salt and 1/4 teaspoon pepper. Spread evenly on a large baking sheet. Roast, stirring occasionally, until tender throughout and lightly browned, 30 to 45 minutes (depending on the variety of squash).
3. Heat the remaining 2 teaspoons oil in a small skillet over medium heat. Add garlic and cook, stirring, until fragrant but not brown, 30 seconds to 1 minute. Toss the roasted squash with the garlic and parsley. Taste, adjust the seasoning and serve.

Roasted Acorn Squash with Cider Drizzle

4 servings | Active Time: 15 minutes | Total Time: 45 minutes

Ingredients

- 1 medium acorn squash (about 1 3/4 pounds)
- 1 teaspoon extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 cups apple cider
- 1 tablespoon packed brown sugar
- 1 1/2 3-inch cinnamon stick
- 3-5 whole cloves
- 2 teaspoons butter

Preparation

1. Preheat oven to 400°F. Coat a baking sheet with cooking spray.
2. Cut squash in half lengthwise and scoop out seeds. Cut each half in half again lengthwise. Brush the cut sides of the squash with oil and season with salt and pepper. Place the squash, cut-side down, on the prepared baking sheet. Roast for 20 minutes, turn the squash over so the opposite cut side is down,

and continue roasting until tender, 15 to 20 minutes more.

3. Meanwhile, combine cider, brown sugar, cinnamon stick and cloves to taste in a small saucepan; bring to a boil over medium-high heat. Cook, stirring occasionally, until reduced to a thin, syrupy glaze, 20 to 25 minutes. (Watch carefully toward the end to prevent burning.) Remove from the heat and discard the cinnamon stick and cloves. Stir in butter until melted. Serve the roasted squash with the cider drizzle.

Mashed Sweet Potatoes with Coconut Milk

4 servings, 1/2 cup each | Active Time: 10 minutes | Total Time: 35 min

Ingredients

- 1 1/2 pounds sweet potatoes, (about 3 medium)
- 3/4 cup "lite" coconut milk
- 1 tablespoon minced fresh ginger
- 1/2 teaspoon salt

Preparation

1. Prick sweet potatoes with a fork in several places. Microwave on High until tender all the way to the center, 10 to 15 minutes. (Alternatively, place in a baking dish and bake at 425 degrees F until tender all the way to the center, about 1 hour.)
2. When cool enough to handle, peel off and discard skin. Transfer the sweet potatoes to a medium microwaveable bowl and mash thoroughly with a potato masher. Add coconut milk, ginger and salt; stir well. Reheat in the microwave for 1 to 2 minutes, or

Upcoming Events

gathered by Amy Hruby

Dec 2 - Reading Day

Dec 2 - Spanish Exam Review
hosted by Learning Center,
10:00AM-1:00PM, Martin 100

Dec 2 - Math Exam Review hosted
by Learning Center, 4:00-
6:00PM, SMB 162

Dec 3 - 9 - Final Exams

Dec 5 - Winterfest, 3 pm and 8 pm,
Jones Auditorium

Dec 6 - Math Exam Review hosted
by Learning Center, 4:10-
6:10PM, SMB 162

Dec 6 - Speaker: Michele Norris of
NPR, Jones Chapel

Dec 6 - RHA Pancakes at 11, BDH,
11 pm

Dec 10 - Residence Halls Close

Dec 11 - Jan 9 - Semester Break

Dec 16 - Basketball vs LaGrange,
Weatherspoon Gym, 2 pm

Email us your event so we can
feature it here! herald@email.meredith.edu

in the oven for 8 to 10 minutes. Serve warm.

Recipes courtesy of Bill Landis, utilizing vegetables that can be found in the Three Sisters Garden.