



# The Three Sisters, Water, and Indigenous Knowledge

## Materials: Activity One

Corn, bean, squash seeds, soil, a container to plant in, and water. You can buy seed packets, or obtain from grocery store (eg. popcorn kernels, dried beans, buy squash and remove seeds).

## Materials: Activity Two

Water testing strips (can use ones intended for pools, aquariums, or drinking water). Some possible options include:

- <https://www.walmart.ca/en/ip/6-In1-Swimming-Pool-SPA-Test-Strips-Chlorine-pH-Alkalinity-Water-Hardness-50Pcs/PRD5PSD13E1EYSA?rrid=richrelevance> (\$12)
- <https://www.walmart.ca/en/ip/Test-Strips-Test-Paper-Swimming-Pool-SPA-Test-Strips-Chlorine-pH-Alkalinity-Water-Hardness-3-In1-50Pcs/PRD6GF4Q089A02U?rrid=richrelevance> (\$12)
- <https://www.canadiantire.ca/en/pdp/aquarius-pool-and-spa-test-strips-0813728p.html#srp> (\$12)
- <https://www.homedepot.ca/product/pro-lab-water-quality-test-kit/1000494688> (\$15)

You will need to see if any of these are available for curbside pickup or timely delivery in your area.

If you can't get strips, a parent or guardian can make pH indicator at home with red cabbage using the steps below.

1. Shred 2-3 cups of red cabbage.
2. Boil water and put cabbage pieces in. Bring the water back to a boil for 2-4 minutes. Turn the heat off and let the cabbage sit in the hot water for at least ten minutes.
3. Strain the water out and let it cool. Save this liquid as your pH indicator for the event.