



The Living Archaeology Weekend (LAW) *Seeds Changing History* program highlights the kinds of plants ancient Native peoples once grew in the Red River Gorge area. Each year, as part of the program, teachers receive in their take-home envelopes seeds and seed cards to share with their students. This year we are featuring several cultigens – corn, beans, and squash – to highlight the Three Sisters farming system.

Because 2016 marks the 10<sup>th</sup> anniversary of LAW's Steering Committee, we are inviting teachers and their classes to help us celebrate by participating in a **SEED "SOW-DOWN."**

## **PROCEDURE**

Only teachers and students who attended LAW 2016 are eligible to participate.

As a class:

1. Plant the corn, bean, and squash seeds you received in your 2016 LAW teacher take-home envelope under grow lights or on a sunny windowsill or shelf in your classroom. Grow them according to the directions on the seed cards.
2. After the seeds have sprouted and begun to grow, read aloud as a class the Mohawk "Legend of the Three Sisters" found on the LAW website ([www.livingarchaeologyweekend.org](http://www.livingarchaeologyweekend.org)) and briefly described in the handout provided in your take-home envelope. Take this opportunity to discuss with your students one of the following themes linked to Native peoples and their ancient farming culture:

- the sustainability and synergy of the Three Sisters farming system

From the LAW website ([www.livingarchaeologyweekend.org](http://www.livingarchaeologyweekend.org)), go to the "Education" tab and "Content and Lessons" link to access the content essay "**Ancient Sustainable Farming in the Red River Gorge: The Three Sisters,**" briefly described in the handout provided in your take-home envelope.

- the diversity of plants we eat today, gifts of the Native peoples of North and South America

The three websites below provide at-a-glance lists of the "New World's" plant contributions to human diets worldwide, and historical context for the contributions as part of the Columbian Exchange:

<http://www.learnnc.org/lp/editions/nchist-twoworlds/1866>

<http://www.scholastic.com/teachers/article/columbian-exchange-overview>

<http://nationalhumanitiescenter.org/tserve/nattrans/ntecoindian/essays/columbianb.htm>

- the significance of storytelling and the role multi-voice storytelling plays in human cultural traditions

This delightful PBS website features, among other things, interviews with Native storytellers, tapes of them telling stories, and lessons to use to explore with students the rich tradition of Native American storytelling. To access the lesson plans, go here:

(<http://www.pbs.org/circleofstories/educators/index.html>).

3. As the **Friday, April 28, 2017** submission deadline approaches, document how your plants are growing and your students' involvement and engagement with the **SEED SOW-DOWN** project. Take four photos: two showing the plants and two showing evidence of student participation in one of the projects listed below. Projects should consider an aspect of one of the three themes listed above linked to Native peoples and their ancient farming culture:

- create a brief video (no longer than 5 minutes) of student interviews *or*
- write a 300-500 word essay *or*
- write a poem *or*
- prepare a Three Sisters recipe *or*
- create a poster with drawings, artwork, and/or text *or*
- make a powerpoint *or*
- write a rap song, sing it, and tape it *or*
- as a class, write a "How \_\_\_\_\_ Came To Be" tale; or write a modern version of the Mohawk "Legend of the Three Sisters" *or*
- tell a family gardening story and record it through video or audio.

You can access the full text of "Ancient Sustainable Farming in the Red River Gorge: The Three Sisters," the "Legend of the Three Sisters," Three Sisters recipes, and other relevant content about corn, beans, and squash on the LAW website at [www.livingarchaeologyweekend.org](http://www.livingarchaeologyweekend.org). Click on the "Education" tab, and then on the "Content and Lessons" link in the drop-down menu.

4. Teachers will submit their class entry (photos and project) as an attachment to:

**2016 LAW SEED SOW-DOWN**  
c/o Eric Schlarb  
Kentucky Archaeological Survey  
1020-A Export Street  
Lexington, KY 40506-9854  
[eric.schlarb@uky.edu](mailto:eric.schlarb@uky.edu)

Entries must be postmarked/emailed no later than **5:00 pm Friday, April 28, 2017**.

#### **AND YOUR REWARD IS...**

Three members of the LAW Steering Committee representing the host and event planning organizations (Daniel Boone National Forest, Kentucky Archaeological Survey, and the Kentucky Organization of Professional Archaeologists) will review each submission for acceptability, based on how well the entry depicts student participation, demonstrates student knowledge, and relates to the Three Sisters' content. The **SEED SOW-DOWN** is not about how well the seeds grew; it is about what students are thinking and learning with respect to Native peoples and their ancient farming activities.

For engaging in LAW's 2016 **SEED SOW-DOWN**, participants will receive for the classroom Three Sisters and other Native-themed books from LAW's online reading list.

In addition, all **SEED SOW-DOWN** participants will be listed in the newsletter of the Kentucky Organization of Professional Archaeologists and on the LAW website. In addition, all entries will be posted by Friday, May 12, 2017 to the LAW Facebook page, tagged with your school's name.



