



Media Release

Kingston Frontenac Public Library
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Feasting Together with KFPL: Learn to make Three Sisters Mash

The Three Sisters are a key part of Indigenous culture and cooking. As they grow, bean vines climb up corn stalks, and the wide leaves of squash plants shade the ground for better growth. Learn how to combine these three crops into a hearty and filling dish in the next session of Kingston Frontenac Public Library's Feasting Together series.

Curve Lake First Nation chef Janice McCue will lead participants through making Three Sisters Mash over Zoom on Apr. 5 from 2 to 3 p.m.

"KFPL is very fortunate to have Janice lead these cooking demonstrations," said Jake Miller, Librarian, Adult Programming. "Food is such an important pillar of cultures, and there's an ever-growing interest in rediscovering Indigenous cuisines. Three Sisters Mash has a heritage that is as important as learning to make the dish itself."

Register online at <https://calendar.kfpl.ca/event/6238196> or by calling 613-549-8888. The required ingredients and the Three Sisters Mash recipe are available on the registration page.

Are you in future programming led by local Indigenous creators? Check out *Testsi'nehtará:ron with Liv Rondeau*, an online event in which attendees can learn how to bead a keychain. Space is limited and registration closes Mar. 27. Register at <https://calendar.kfpl.ca/event/6283472>.

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