

Hominy Corn



Dyonheyko - they who sustain our lives

The story of the Three Sisters illustrates how well the Haudenosaunee understood horticulture and ecology hundreds of years before the development of modern farming techniques. Different kinds of beans, corn, and squash grew together in mounds, placed about three feet apart. Cornstalks provided supports for climbing bean vines. Squash leaves provided shade, keeping the soil moist and preventing weeds from choking the crops. In this way, the soil remained fertile for years. When the soil became fallow, the entire village would move to a new location.

Hominy is a food made from kernels of corn which are soaked in an alkali solution of either lime (the mineral, not the fruit) or lye. The corrosive nature of the solution removes the hull and germ of the corn and causes the grain itself to puff up to about twice its normal size.

Corn is a good source of dietary fiber and low in fat. It is a source of 12 vitamins and minerals including phosphorus, folate, magnesium, manganese, copper, niacin, riboflavin, vitamin C, vitamin B1, vitamin B5, and zinc.

