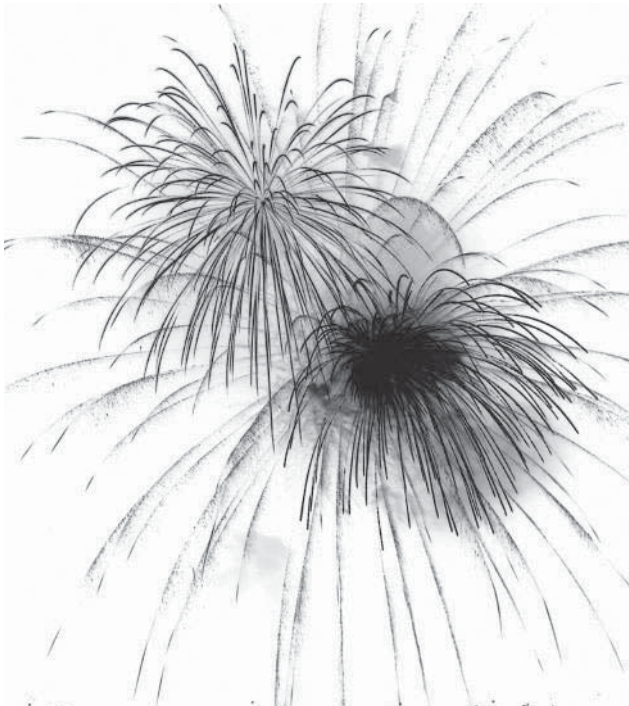




Using food and ecology to promote healthy people and communities

Spring 2009 Newsletter



40th Anniversary!

2009 marks the Community Design Center's 40th year of groundbreaking work as a community development organization. We invite you to join us in celebrating this exciting milestone.

Save the date: Sunday evening, August 23, 2009

We will be hosting a low country shrimp boil, presented by the chefs of Cooks of Crocus Hill, at the Alexis Bailly Vineyard in Hastings, MN to celebrate our anniversary and raise funds for our program. Event and registration details will be available soon.

Celebrate with us!

Attend an event, volunteer, visit our programs, or make a contribution toward our sustainable future.

Join our East Side Garden Corps' Salad Share CSA...

... and receive a weekly bag of fresh, sustainably-grown vegetables, flowers, and herbs!

Our Community Supported Agriculture program is a delicious way to add healthy, local food to your meals and support youth and the environment. An eleven-week share is just \$99. Contact our office for registration. Hurry! Few membership spots remain for this year's CSA.

Visit our Market Stand

Our youth interns will practice their entrepreneurial skills again on Saturday mornings this summer, selling garden-fresh produce, herbs, and flowers. Schedule and location details will be available by late May on our website.
www.comdesignctrmn.org



Teen interns prepare produce for Salad Share members

Dear friends,

Over the past several months, Van Jones, Majora Carter, Will Allen and other national leaders have visited Minnesota to share the exciting entrepreneurial work they are doing in partnership with urban communities to promote green jobs, green infrastructure, and local food. Locally, we continue collaborating with low-income communities and communities of color to address climate change and hunger. In the midst of our economic challenges, the opportunities are real and urgent to plant the seeds for homegrown employment and learning opportunities.

We are thrilled to embark on our 40th year of community building in Minnesota. Our East Side Youth Garden Corps, Conservation Corps, Culinary Corps and Mississippi Green Team will be hard at work this summer distributing homegrown food to the community through our CSA and market stand, improving water quality through rain garden installation and environmental restoration, and providing cooking lessons with garden fresh produce.

Your gift of any size is greatly appreciated in support of our community building and transformation efforts. With your support, our programs will continue to thrive and inspire for another 40 years.

Warm regards,
Tamara Downs Schwei, Director



Garden Planning Team

Five veteran Garden Corps Interns have had the opportunity to participate in the Community Design Center's new Garden Planning Team this spring. The Planning Team meets monthly to learn about agricultural science, pick new vegetables and flowers to grow, and create a plan for one of our gardens.

Later this spring, the Planning Team will dig into soil preparation and planting in the gardens. The Garden Planning Team is very thankful to have the expertise of Matt Leavitt, a graduate student from the University of Minnesota's Agronomy program. Look for these knowledgeable interns at upcoming events.

Nature in the Neighborhood Classes

This spring, Community Design Center staff and interns are teaching a weekly after-school class at Dayton's Bluff Elementary. The class, Nature in the Neighborhood, teaches fourth grade students about animals, water, local ecology, recycling, and stewardship through hands-on games, activities and field trips! Our first field trip brought us to snowy Swede Hollow Park to explore the unique winter ecology. Upcoming trips include a tour of Bruce Vento Nature Sanctuary and planting vegetables, flowers, and native plants at our Dayton's Bluff Children's Garden.

Four talented teen interns from our summer Conservation Corps participate as Peer Educators for Nature in the Neighborhood classes. Peer Educators practice their teaching skills by leading small group activities, attending weekly trainings, creating lesson plans, and sometimes even instructing the whole class! We are also very thankful to have Karrey Locher, our spring intern from Metro State University, helping with classes!



Nature in the Neighborhood students visit Swede Hollow Park!

Mississippi Green Team

As part of our New Initiatives and Training Program, we are continuing our work to establish the Minneapolis Mississippi Green Team modeled after our St. Paul Conservation Corps. Under the leadership of the partners (CDC, the Mississippi Watershed Management Organization, the Minneapolis Park & Recreation Board, and the National Park Service), the summer 2008 pilot effort has evolved into a year-round, two-year program for 14 and 15 year-olds. After completing the program, youth will be placed in other environmental internships and jobs.

During the school year, Mississippi Green Team members have been practicing their presentation skills, honing their job seeking skills, and receiving environmental education/training. The Team is currently being expanded to 20 members through recruitment at North, Edison, and Patrick Henry High Schools.

Combined with a strong family involvement component, we are increasing the communities' environmental awareness and long-term stewardship and opening doors to new opportunities. The future world is green and it's for everyone!



Mission

The mission of the Community Design Center is to help revitalize low/moderate income communities by providing technical assistance and operating programs that will enhance the physical, economic, social, ecological, and spiritual well-being of the community and its residents.

We operate food and ecology programs that place the tools of personal and community development in the hands of young people and families.

Board of Directors

Karl Benson
Cynthia Cone
Dorothea Gumbrill
Sheldon Johnson
Dan McGuinness
Jane Prince
Janet Rice
Julianne Seiber
Debra Stone

Wish List

TV, VCR, DVD player
Large pots (14-18" diameter)
Tomato cages
Bamboo poles
Floor lamp

Volunteering

The Community Design Center of Minnesota is always looking for enthusiastic volunteers to help our programs! To sign up, please call or email us at: (651) 228-7073 or info@comdesignctrmn.org

Youth Perspectives: Julia Vang

After 5 years at the Community Design Center (CDC) as a youth intern, I am working at Valley Branch ELC/Belwin as an Education Assistant. Thanks to CDC for their caring support, I was able to apply for the position. It was a very competitive opening. I currently teach orienteering classes to fifth graders from St. Paul Schools, and I am still in the process of learning other teaching materials. I am also helping the Community Design Center occasionally as a program assistant. When I am not at Valley Branch ELC/Belwin or the CDC, I am at school at the University of Minnesota - Twin Cities.

I am majoring in Environmental Science, Policy, and Management (ESPM) in the track of Conservation Resource Management (CRM) at the University of Minnesota-Twin Cities. I luckily came across this major during one of the CDC's environmental learning and career exploration sessions that are held on Wednesdays during the summer. I want to make a change in myself and help educate people to make a change in their daily lives to help take care of our environment. Before the CDC, I never knew that taking care of my own environment was important. The CDC educated me about how to eat healthy, be sustainable and to help take care of our environment.

PEER Cooking and Nutrition Classes

We have been busy visiting St. Paul elementary schools, conducting family cooking classes and nutrition classes for fourth grade students and their families. Our twelve teen interns are also expanding their nutrition and culinary knowledge at training sessions twice each month. One of the interns commented, "I really like learning to cook with new foods and then being able to eat them too."

Two MPH nutrition interns from the University of MN, Rachel Bowers and Michelle Parke, have been a tremendous help with the planning and implementation of the PEER Program this spring. We are sharing the message of healthy eating with people all over the East Side and it's going great!



Family cooking class



4th grade nutrition class



Look for the Community Design Center at these upcoming events in St. Paul:

Living Green Expo

MN State Fair Grounds
Saturday, May 2nd -
10am-6pm &
Sunday, May 3rd -
10am-5pm

Waterfest

Lake Phalen Pavilion
Saturday, May 16th -
10am-2pm

Support the Community Design Center of Minnesota at Mississippi Market!

During April and May 2009, Mississippi Market Co-op at Selby and Dale in St. Paul has designated the Community Design Center of Minnesota a beneficiary of their Eco Stamp program. Mississippi Market will donate five cents to the Community Design Center each time a customer reuses a bag during their shopping trip. For more information, visit: www.msmarket.coop

Thank you to Kowalski's Market on Grand Avenue in St. Paul and shoppers who placed their receipts in our box. A portion of first quarter 2009 purchases was donated toward our programs.



Interns float porcelain boats created with local artist Anna Metcalfe. The boats will be featured in this year's events!

Please help us reduce costs and environmental impact.
Contact us to receive our newsletter by e-mail at:
info@comdesignctrmn.org

Thanks to Allegra Printing for their generously discounted printing of our newsletter. Thanks also to Whole Foods Market for providing food for our spring Cook and Book classes.