



Using food and ecology to promote healthy people and communities

Fall 2009 Newsletter

Join us for our annual
Holiday Open House

Tuesday, December 8, 2009

from 3:00 p.m. to 7:00 p.m.

at our office at

731 East 7th Street, Suite 100
St. Paul



Stop by our office for our continuing 40th Anniversary celebration at our Holiday Open House. We will have displays of our history, a slide show from this past year's programs, and food prepared by youth interns from our cooking program.

Meet our interns, staff, board, neighbors, and partners. Take advantage of this opportunity to purchase holiday gifts from a selection of handcrafted products made by youth in our program - herbal vinegars, dried flower wreaths, ornaments, and greeting cards. There will also be a drawing for some of our products and other fun prizes. Please join us!



Twice the Gift

For the second year, our garden products are featured at a unique venue in downtown Minneapolis! Twice the Gift showcases products from more than 50 nonprofit organizations at a store in the first floor of the IDS Center Crystal Court. Twice the Gift is open now through December 31, Mondays through Saturdays from 10:00 am – 6:00 p.m. and Sundays in December from 12:00 pm – 5:00 p.m. Community Design Center staff will be at the store all day on Thursday, December 10th to discuss our programs! To learn more about Twice the Gift, visit their website at www.twicethegift.org.

From the Director

Dear friends,

As we wrap up our 40th anniversary year and enter the holiday season, I would like to thank our community of partners, friends, donors, volunteers and all of the youth, families and others who participate in our programs. You, our community, are our purpose and our foundation.

Our model and work is as important today as it was 40 years ago, when we were founded by a group of prominent community-minded architects. Together with our community, we now design healthier neighborhoods through food and ecology programs, promoting more abundant access to opportunities, healthy food and vibrant green space.

Thank you for your support and partnership as we continue onward.

Sincerely,

Tamara Downs Schwei

Cooking and Nutrition

The Cooking and Nutrition fall program is well under way! This fall, we are exploring the cuisine of cultures on the East Side. So far, we made Swedish potato pancakes and a Native American dish called "Three Sisters Stew".



We attended an exhibit celebrating Día de los Muertos. The interns will also be planning a Hmong New Year celebration!

We taught Family Cooking Classes at local elementary schools and a class at the Cerenity Care Center for their residents. We want to thank Grace Fung, a Master of Public Health student at the University of Minnesota, for helping with the fall program.

Fall Garden Corps



Twelve fantastic summer interns stayed on to participate in our fall Garden Corps program! These superstar teens helped run our Mill City Farmers' Market stand (starting at 7:00 a.m. in the morning!), harvest our produce, prepare the gardens for winter, bottle new batches of herb-infused vinegar, can tomatoes, plant four apple trees at our First Covenant Church garden, and design some amazing 2010 garden plans!

We also incorporated some great field trip and activity ideas generated by the hard-working interns. The Garden Corps visited the University of Minnesota's College of Design, toured a local apple orchard and pumpkin patch, cooked a magnificent harvest spaghetti meal, celebrated Halloween by carving pumpkins and dressing up, and participated in team-building activities together.

Welcome Desirée Culpitt!

Desirée Culpitt, our new City of St. Paul AmeriCorps VISTA, started in August as the Green Jobs Youth Pipeline Coordinator.



Desirée is a recent graduate of the Humphrey Institute with her Master's in Public Policy. Before joining the CDC, Desirée was an intern for the City of Minneapolis, working on community indicators related to housing and healthy communities. Desirée is working to connect our youth interns to opportunities with organizational partners. Previous opportunities for our youth interns have included working with the National Park Service, Valley Branch ELC, and Cooks of Crocus Hill. For her year of service, Desirée will be working hard to maintain existing opportunities and establish new and exciting opportunities for our youth interns!

Thank You

Funders, supporters, and partners during the past year!

September 1, 2008 to August 31, 2009

Foundations

Annie's Homegrown
Bush Foundation
Carolyn Foundation
General Mills Foundation
MAHADH Fund of the HRK Foundation
McKnight Foundation
McNeely Foundation
3M Foundation
Northern Environmental Support Trust
Patagonia Foundation
Staples Foundation
Valspar Foundation
Frederick & Margaret L. Weyerhaeuser
Foundation
Xcel Energy Foundation

Organizations and Businesses

American Heart Association
Capitol Region Watershed District
City of St. Paul
- COPP program
- Minnesota After School Community
Learning Program
- Second Shift Initiative Access to
Quality Project
- Star Grant program
CURA
Dayton's Bluff District 4 Community Council
Dendros Group
East Side Network Cafe
Greater Minneapolis Council of Churches
Jackson Elementary School
Kowalski's Grand Market
Les Dames d'Escoffier
Metropolitan State University
MN Beverage Association
Mississippi Market Natural Foods Co-op
Mississippi Watershed Management
Organization
St. Paul Garden Club
Twin Cities District Dietetic Association
University of Minnesota Extension/
MN Food and Nutrition Network
USDA (United States Department of
Agriculture)
WedgeShare

Individual Contributions:

Sharon Anderson
Eva Barr
Karl Benson
Andrea & Jack Bidwell
Mari Bongiovanni & Bill Wilcke
Jonathan Bucki

Virginia & David Bueide
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Sheldon Johnson & Ann Daly
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Dawn & Gilbert Kinnunen
Christie Kowalski (in memory of Elaine
Johnson)
Jean Kozar
Peter Kramer
Dorothy & Robert LaBrash
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Tom & Darlene White
Judy Wick Davis & David Wick
Betsy Wray
Susan & Peter Wyckoff
Margaret Youngquist & Jon Kerr

In-kind Support

Alexis Bailly Vineyard
Allegra Print and Imaging
Americorps/VISTA
Bailey Nurseries, Inc.
Barra band
Byerly's
Capitol Region Watershed District
City of St. Paul Division of Parks &
Recreation/Youth Job Corps
Cooks of Crocus Hill
Great River Greening
Kowalski's Grand Market
Les Dames d'Escoffier
Metropolitan State University
Minneapolis Park & Recreation Board
Mississippi Market Natural Foods Co-op
Outdoor Greatroom Company
RS Eden/Sentence to Service
Slow Food MN
St. Paul/Ramsey County Department of
Public Health
Schmidt Goodman Office Products, Inc.
Swede Hollow Cafe
The Tusa Family
University of MN Extension
University of MN School of Public Health
Wedge Community Cooperative – Co-op
Partner's Warehouse
Whole Foods Market

Volunteers

Members of Les Dames d'Escoffier
3M Cares
Linda & Richard Anderson
Rachel Bowers
Jenna Carter
Collie Graddick (MN Department of
Agriculture)
Don Hanson (USGS)
Lindsey Hines
Maya Hudson
Matt Leavitt
Karrey Locher
Mari Lowry
Michelle Parke
Virgil Peterson
Jimmy Randolph
Erin Shaw
Nicole Smith

Our apologies to anyone we missed. We are very grateful to everyone who has helped and supported us this year.

Community Design Center Celebrates its 40th Anniversary

A Short History:

- 1969 - Incorporated by a group of Minnesota architects in response to urban challenges of the 1960's
- 1970's - Architectural design projects and neighborhood urban planning
- 1980's - Neighborhood economic development, organizational development assistance & training, and action research
- 1990's - Dayton's Bluff Neighborhood Children's project, Southeast Minnesota economic development projects, and children's garden
- 2000's - Youth Enterprise in Food and Ecology Project (Garden Corps, Conservation Corps, Cooking/Nutrition Program, Environmental Education) and other community initiatives

40th Anniversary Celebration at Alexis Bailly Vineyard Low Country Shrimp & Sausage Boil presented by the chefs of Cooks of Crocus Hill





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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 Gumbrell
Sheldon Johnson
Shoua Lor
Dan McGuiness
Jane Prince
Janet Rice
Julianne Seiber
Debra Stone

Wish List

Floor lamp
Bamboo poles
Stock pots
Chef knives
Watering cans
Potting soil
Clippers
Hand pruners
Trowels
Loppers

Youth Perspectives: Tsuehue Xiong



I started my internship at the Community Design Center during the summer of 2007. For two summers after that, I came back as a Conservation Corps intern. My three years with the CDC brought me joy, courage and hope. I met new people and made new friends. Everyone at the CDC let out this warm feeling, a feeling that even an outsider can feel comfy in. The program has left a mark within me, a marking that would never go away. I always had a low self-confidence, but after all these years with the CDC, my confidence grew with the help of the staff and the interns. I would never talk to a stranger, I would just back out. Seeing my supervisors talk to them and back me up gave me something to look up to.

I want to be like them. With all the help that I got, my wall of confidence built up, block by block. Everyone helped me with not just my confidence, but my hopes as well. I have plenty of goals, so many that I can never do them all. I realized that it's impossible to accomplish them all, but I have learned that I can reach each goal one at a time. That no matter what happens, I will always have someone to back me up, to bring me up when I think it's impossible. From my three years with the CDC, I gained many things that I can never do by myself.

The best thing I like about being an intern at the CDC is that it feels like home, a place to feel welcome to go to. I learned a lot about Bruce Vento Nature Sanctuary, rain gardens and conservation work. What I value the most is not what I learned or accomplished, but what I gained: friends and a place to belong.

The experience that I've gained from the CDC is priceless. I'm glad that I am an intern there.

Thank You Partners !

Afro Eco
Capitol Region Watershed District
Cerenity Care Center on Dellwood Place
City of St. Paul

- Department of Housing and Economic Development
- Parks and Recreation

Jenny Breen
Common Bond
Cooks of Crocus Hill
Dayton's Bluff Achievement Plus Elementary School
Dayton's Bluff District 4 Community Council
East 7th Street Business Association
East Side Learning Collaborative
Eastern Heights Elementary School
First Covenant Church
Holy Trinity Orthodox Church
Les Dames d'Escoffier

Lower Phalen Creek Project
Metropolitan State University
Minneapolis Park and Recreation Board
Minnesota Food Association
MN Food and Nutrition Network
Minnesota Project
National Park Service
Phil Manz
Phoenix Market
Anna Metcalfe
MN Department of Transportation
Ramsey-Washington Metro Watershed District
Salad Share CSA members
St. Paul Public Schools
Stutzman Group LLC
University of Minnesota School of Public Health
University of Minnesota Extension



Community Food Assessment

This spring, we will conduct food assessments in four St. Paul communities (Dayton's Bluff, Payne Phalen, Summit University, and Thomas Dale) together with project partners Afro Eco, Minnesota Food Association, and Minnesota Project. Through our assessments, we will seek to understand food assets, barriers and needs, especially related to accessing fresh fruits and vegetables, and develop strategies in response to what we learn. The City of St. Paul, St. Paul-Ramsey County Department of Public Health, the University of Minnesota School of Public Health, and Metropolitan State University are also supporting our efforts. Please let us know if you would like to get involved.

Community Design Center's market stand on East 7th Street and our Salad Share Community Supported Agriculture program provide opportunities for Dayton's Bluff residents to buy healthy fresh produce.

A special thank you to everyone who made a donation to the Community Design Center on Give to the Max Day in November. You can still support us at <http://givemn.razoo.com/story/Community-Design-Center-Of-Minnesota>.

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