



Using food and ecology to promote healthy people and communities

Spring 2010 Newsletter



Support our Garden Program and our interns by volunteering

Spring Planting - Volunteer on May 22nd from 9 a.m. to noon

We will host a volunteer garden planting day this spring on Saturday, May 22nd from 9:00 a.m. to 12:00 p.m. Volunteering is a wonderful way to connect with the gardening program at the Community Design Center. Volunteers make a huge difference for our gardens!

Can't make it on the 22nd, but still want to help out? We are happy to schedule volunteer planting in the gardens on weekday mornings or afternoons.

2010 Community Supported Agriculture (CSA) Salad Share

Join our 2010 Salad Share CSA Program! As a CSA member, you will receive a weekly bag of vegetables, herbs, flowers, and recipes for the featured foods. Pickups are held each Thursday evening from 4:30-6:30 p.m. outside our office and also include free tastings.

The 2010 CSA will run 11 weeks starting on June 17th and ending August 26th. Salad Share bags will include lots of spring greens as well as tomatoes, eggplant, potatoes, peppers, peas, leeks, onions, broccoli, beans, basil, cilantro, thyme, rosemary, sage, and much more. The cost is \$110 for the whole season – that's just \$10/week for organically grown produce and flowers! Registration for new members will begin on April 12, 2010. See below for more information.



Interns prepare produce for weekly CSA pick-up

If you are interested in our 2010 CSA or spring planting volunteer opportunities, please contact our Program Manager, Lauren Anderson, at (651) 228-7073 or landerson@comdesignctrmn.org

From the Director

Lately, food has been getting a lot of attention. It is important that food-related health issues remain prominent in public discourse. The First Lady's childhood obesity initiative illuminates this urgent issue. It is not a contradiction that hunger and obesity are challenging communities simultaneously. Access to healthy, affordable food and openness to new ways of learning and responding are crucial.

There are many ready champions and solutions. Youth and adults throughout the community are eager to learn to eat better, grow and cook more of their own food, and connect local solutions to the big picture.

As we welcome spring at the Community Design Center, we are preparing our gardens and recruiting a new cohort of youth interns. We envision abundant harvests and the youth discoveries and community connections that are characteristic of our programs.

Please consider supporting our work with your time or a contribution of any size. As our youth interns will attest, we are planting seeds that will produce lasting impact in their lives and the community and we are doing this work, happily, together.

Thank you,

Tamara Downs Schwei

Updates and Opportunities

Neighborhood Food Project

Our collaborative effort is underway to identify interests, assets and barriers for accessing healthy food in the Dayton's Bluff, Payne Phalen, Summit University and Thomas Dale communities of St. Paul. We are currently surveying residents and will conduct focus groups this spring. Contact Tamara Downs Schwei for more information.

East Side Rain Gardens

Our youth interns learn environmental skills through rain garden design and installation. Contact our office to discuss potential installation of a rain garden at your East Side home or business.

Bruce Vento Nature Sanctuary Tours

Meet our interns and learn more about the ecology and history of St. Paul's East Side. Contact Desirée Culpitt to schedule a free 45-minute group tour of the nature sanctuary.

Now hiring summer staff

We are accepting applications for a Garden Corps Supervisor and Conservation Corps Supervisor until March 26th. Visit our website for more information.

Cooking and Nutrition

During the winter, the Cooking and Nutrition program has stayed very busy! Following are just a few highlights of the activities we've been engaged in...

We have been teaching hundreds of fourth grade students about whole grains through our nutrition education program. Our high school interns continue to learn about and sample cuisines from the cultures on the East Side. They are also taking some great field trips. This spring, they baked bread at the Midtown Global Market and toured the St. Paul Public Schools Central Kitchen. Interns also received training and helped teach six family and youth cooking classes, with many more planned for this spring.

We are fortunate to have another MPH Nutrition intern from the University of Minnesota, Amanda Trofholz, working with us. Amanda has provided tremendous help with our trainings and cooking classes.



Interns help a mother and daughter prepare Twistin' Pasta Salad at Family Night Cooking class

Twistin' Pasta Salad recipe from Family Night Cooking Class: (Serves 10-12)

Pasta:

Cook one box (13.5 oz) whole wheat pasta (Rotini, Penne, Macaroni) according to directions and let cool. Chop 3-4 cups of vegetables (tomatoes, carrots, peppers, broccoli, cucumbers, etc.) and toss with pasta. Add 1/2 cup low-fat shredded colby cheese, 1/2 cup grated Parmesan cheese, 3 tablespoons mustard, and salt and pepper to taste.

Dressing:

Combine 1-1/2 teaspoons salt, 1 teaspoon pepper, 1/3 cup white wine vinegar, 1/2 teaspoon ground mustard powder, and 2-1/2 teaspoons garlic powder. Slowly whisk in 1-1/3 cups olive oil. Add in 2/3 cup chopped fresh herbs (basil, thyme, chives, oregano, parsley, rosemary) or 4 tablespoons dried herbs.

Toss dressing with pasta and enjoy!



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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

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Wish List

Bamboo poles
Chef knives
Watering cans
Clippers
Hand pruners
Trowels
Loppers
Shovels

Youth Perspectives: Xao Lee



Xao Lee served for two years as an intern in Community Design Center of Minnesota's (CDC) Garden Corps program and for two years in our Conservation Corps program. We had a chance to sit down with Xao and talk about where he is today, how CDC helped him get there, and what his plans are for the future!

Xao is currently a freshman at Hamline University and is working part-time at Hollister Company.

"During my time at CDC, I learned a lot of things, but mostly to feel confident in front of a large audience. Before I started as an intern, I was a really shy guy. I did not feel comfortable speaking to more than five people. The CDC helped me change that. They also helped me develop a passion for the environment, something I didn't think I would ever be interested in." Xao's best memories from his time at CDC were the Wednesday classes. "I learned so much from the sessions and it was a lot of fun."

Xao plans to look for summer environmental work and for volunteer work in the community. He is thinking about majoring in Environmental Studies and possibly Business as well. "I'm not too sure of what I want yet and I still have another year to decide on what career path I will follow."

Spring Conservation Corps

You can tell it's spring around the Community Design Center because environmental education shifts into high gear! Twelve youth interns are participating in our spring Conservation Corps program to help teach community members and other youth about rain gardens, water quality, conservation, recycling, and gardening.



Interns give rain garden demonstration at Twin Cities Academy

So far, the interns have practiced public speaking during some very entertaining trainings, made a rain garden presentation to students at Twin Cities Academy, taught visitors at the REI store in Bloomington about rain gardens, learned about lesson planning, and created an environmental education lesson of their own! During the month of March, the interns will hone their skills in preparation to teach the Kidventure Camp spring break classes. Once the weather warms up, we're very excited to bring local youth to tour the Bruce Vento Nature Sanctuary, visit the U of M to tour gardens and test ground water, and teach visitors at the Living Green Expo.



Upcoming Events

Community Garden Resource Fair

Saturday, March 27, 2010
9:00 a.m. – 4:00 p.m.
Sabathani Community Center
310 East 38th Street
Minneapolis, MN

East Side Green Fair

Saturday, April 17, 2010
9:00 a.m. – 1:00 p.m.
Wilder Recreation Center
958 Jessie Street
Saint Paul, MN

Living Green Expo

Saturday, May 1, 2010
9:00 a.m.- 6:00 p.m.
Sunday, May 2, 2010
9:00 a.m. – 5:00 p.m.
State Fair Grandstand
St. Paul, MN

View our interns' work on exhibit

The current *Women and Water Rights: Rivers of Regeneration* exhibit at the University of Minnesota includes a rain garden documentary featuring our youth interns and several of the porcelain story boats our interns co-created. The exhibit is open Tuesday- Saturday, 11:00 a.m.-7:00 p.m. until March 25 at the Katherine E. Nash Gallery of the Regis Center for the Arts, 405 21st Ave South in Minneapolis. Or, contact our office to view the rain garden film.



*Intern welcomes visitor
at Community Garden
Resource Fair*

Get Down and Give Back

Saturday, March 27, 2010
7:00 p.m. - 1:00 a.m.
Atlas Grill & Clubroom
Minneapolis, MN

This gala event will benefit the Community Design Center and will feature great dance music, appetizers, raffle items, a cash bar and a brief program. Bring your dancing shoes and party with a purpose!

\$25/person
Register or find more information at
www.getdowngiveback.org

Global Flair for Local Treasures

Monday, April 12, 2010
6:00 p.m.
Om Restaurant
Minneapolis, MN

The Minneapolis-St. Paul chapter of Les Dames D'Escoffier brings together local treasures Raghavan Iyer and Dara Moskowitz Grumdahl for a dinner that will benefit the Community Design Center with a global flair. The four-course dinner includes a choice of lobster tail or a vegetarian zaffran paneer and aviyal uppama.

\$85/person includes wine, taxes and gratuities. To register, send a check with names of attendees to LDEI c/o Ingrid Gangestad, 2160 Oriole Ave N, Stillwater, MN 55082. For more information, contact Ingrid Gangestad at 651-337-1506