

Accessibility

1. Cub Foods

701 West Broadway Avenue, Minneapolis

According to the 2000 U.S. Census, 19.7% of households in Minneapolis and 18.5% of households in St. Paul do not have access to a car (www.census.gov).

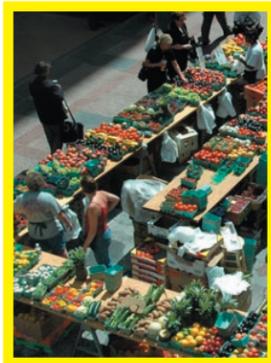
Housed in a former Target store, this Cub Foods is the only major grocery store on the north side of Minneapolis where residents can buy affordable food. Located along a major commercial corridor, the store is also accessible by public transit.

2. Downtown Minneapolis Farmers Market

312 East Lyndale Avenue N, Minneapolis

<http://www.mplsfarmersmarket.com>

Minnesota's largest open-air, covered market sits on City-owned land on the edge of downtown Minneapolis, next to Interstate 94. Since its creation in 1876, when produce came from no more than 20 miles away, the market has grown to include both Minnesota grown and "shipped in" produce, crafts, flowers, and plants.



Metropolitan Design Center

5. Aldi

Franklin and 12th Avenue, Minneapolis

Between 1950 and 2001, the average size of U.S. supermarkets increased from 11,700 sq. ft. to 40,000 sq. ft. ("Supermarket Facts," Food Marketing Institute, 2002).

Aldi, a German-based food-retailing corporation, entered the Minneapolis market in 2004 at this site on Franklin Avenue. The emergence of this international grocery chain in the Twin Cities raises questions about labor practice, food quality and freshness, local ownership, and community accountability. However, Aldi has also helped drive efforts to create compact, full-scale, urban grocery stores across the country.

Culture

7. Mercado Central

1515 East Lake Street, Minneapolis

Located on the corner of Bloomington Avenue and East Lake Street in Minneapolis, Mercado Central is a small business incubator that serves nearly 50 Latino-owned businesses. The cooperatively owned open marketplace, developed in 1999 by renovating three dilapidated buildings, offers a wide selection of goods including produce, meat, books, cowboy boots, and piñatas. It has become a cornerstone on this vibrant intersection.

9. Manny's Tortas

2700 East Lake Street, Minneapolis

A hot spot for Mexican sandwiches (tortas), Manny's started, like many businesses, as a window in the food court at Mercado Central, a Latin American mall and small business incubator. With the support of the St. Paul-based Neighborhood Development Center, Manny's has become a community anchor that keeps this section of Lake Street well-lit and alive late into the night.

13. University Avenue

Dale Street to Snelling Avenue, St. Paul

<http://ethnictrends.blogspot.com>

Food-based businesses owned by immigrant entrepreneurs have driven the revitalization of many urban corridors. Asian American entrepreneurs from Vietnam, Laos, Cambodia, Korea, and the Philippines have been in large part responsible for the transformation of University Avenue from Lexington Parkway to Rice Street.

Community

4. "Eat Street"—Nicollet Avenue

South of downtown to Lake Street, Minneapolis

Since experiencing significant decline beginning in the 1960s, Nicollet Avenue has grown to be a favorite culinary destination in the Twin Cities. The corridor's revitalization can be attributed in part to the "Eat Street" marketing campaign, as well as to Nicollet's internationally diverse range of restaurants and grocery stores.

8. Midtown Public Market

Lake Street and 22nd Avenue, Minneapolis

www.midtownpublicmarket.org

A satellite of the downtown Minneapolis Farmers Market, Midtown Public Market is the product of a community-driven initiative and sits adjacent to both the Midtown YWCA and the Light Rail Transit (LRT) corridor, which opened in June 2004.

14. Mississippi Market

622 Selby Avenue, St. Paul

<http://www.msmarket.coop>

Minnesota has a total of 37 cooperative natural food stores, more than any other state (2005 National Co-op Directory, <http://www.nationalco-opdirectory.com/>).

Built in 1999, in partnership with the Neighborhood Energy Consortium, Mississippi Market's Selby and Dale site incorporates green building elements into its unique design as well as office and community space. The coop sits at the historic intersection of Selby and Dale, in the heart of the Rondo community which was split apart in the early 1960s by the development of Interstate 94.

Education

3. Mill City Museum

704 S. 2nd Street, Minneapolis

<http://www.millcitymuseum.org>

A city that developed around the milling industry, Minneapolis was known from 1880-1930 as the "Flour Milling Capital of the World," during which time the city's population grew from 13,000 (in 1870) to nearly 165,000 (in 1890). Mill City Museum chronicles the flour milling industry and the role this industry played in the growth and development of Minneapolis, the "Mill City."

6. Youth Farm and Market Project

3110 Blaisdell Avenue, Minneapolis (Lyndale site)

<http://youthfarm.net>

The Youth Farm and Market Project is a multicultural community gardening enterprise that fights for environmental responsibility, youth empowerment, eradication of racism and poverty, and cultural expression. Youth Farm has three youth garden sites in Minneapolis and St. Paul, sells produce at farmers markets, and works in schools.

11. WUSA (What's Up in Sustainable Agriculture) Student Farm

Cleveland Avenue N & Larpenteur Avenue W, St. Paul

<http://www.misa.umn.edu/students/wusa.html>

In 2004, University of Minnesota students broke ground on the school's first student-run campus farm. The one-acre farm sits on the St. Paul campus of the University of Minnesota, among 200 acres of urban farmland that is otherwise dominated by corn and soybean research.

16. Community Design Center

262 Bates Avenue, St. Paul

<http://www.comdesignctrmn.org>

As finding space to grow food in urban areas becomes increasingly difficult, the Community Design Center has developed innovative models for the organization's seven community garden sites that sit on both publicly and privately owned land (including sites at schools, a restaurant, a senior home, and a church). CDC works annually with over 500 youth, including 40 middle and high school interns in the summer; a Garden Corps that runs a CSA serving 25-30 members as well as selling produce at two farmers markets and to restaurants; and a Conservation Corps that works with community parks and streetscapes, has built seven rain gardens, and has been involved with brownfield redevelopment at the Bruce Vento Nature Sanctuary.



Rick McFerrin

Self-Reliance

10. Roots & Fruits Cooperative

451-E Industrial Blvd. NE, Minneapolis

<http://www.rootsproduce.com>

A worker-owned and operated wholesale distributor of fresh organic produce, Roots & Fruits serves retail stores and restaurants in the upper Midwest. While industrial development struggles to coexist with residential and commercial development, this 60,000 sq. ft. warehouse in Minneapolis has been in operation since 1978.



Dave Hansen

12. Legacy Chocolates

2042 Marshall Avenue, St. Paul

<http://legacychocolates.com>

One of few local chocolate producers in the Twin Cities, Legacy Chocolates is nationally acclaimed for its quality hand crafted chocolate made from chocolate grown by small-scale farmers in Venezuela and other ingredients from local producers in Wisconsin and Minnesota, thereby supporting local farmers and achieving a high quality product that is sold both locally and nationally.

15. St. Paul Farmers Market

5th and Wall Street, St. Paul

<http://www.stpaulfarmersmarket.com>

St. Paul's first public market, established in 1893, is a year-round market offering products that are grown and processed within 50 miles of St. Paul. The downtown market and its 17 neighborhood satellite markets are operated by the St. Paul Growers' Association, Inc.

17. New Immigrant Agriculture Project

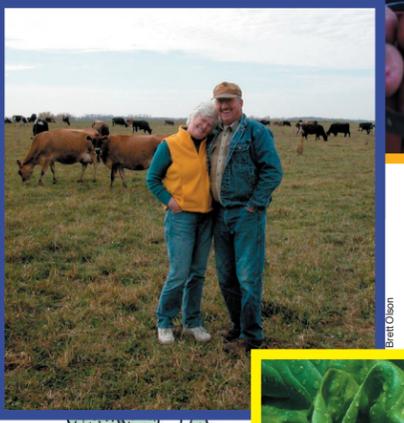
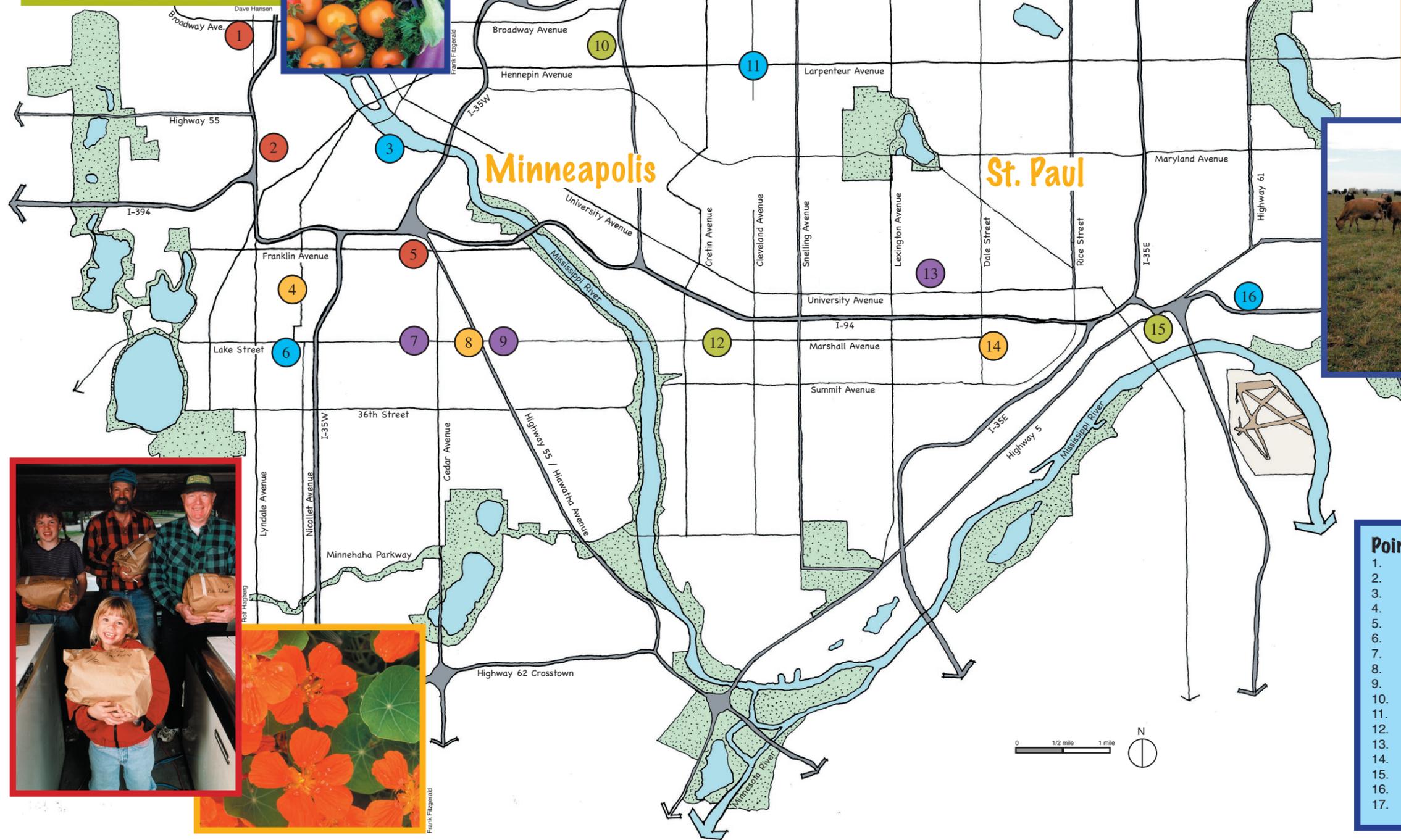
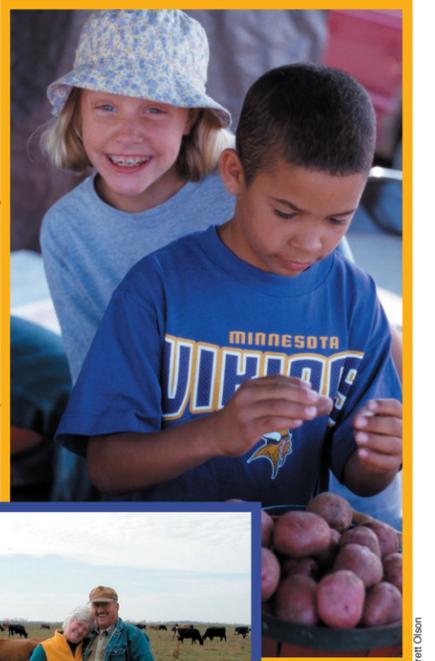
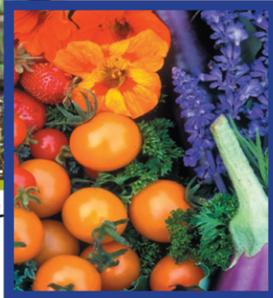
Developed by The Minnesota Food Association (MFA) and Cooperative Development Services (CDS), the New Immigrant Agriculture Project is a comprehensive training and mentoring program that supports conventional and new immigrant farmers in converting from conventional or traditional farming methods to sustainable and organic production practices. The project has served over 1000 people, including members of new immigrant communities (Hmong, Latino, and African) and conventional farmers.

Urban Food Systems



Urban Food Systems

Urban form affects the ways in which we produce, consume, and experience food. The way food is organized and accessed in cities influences the health of our communities as well as that of the built urban environment. This map highlights some of the projects, people, and places that play a role our urban food system, with attention paid to five themes: accessibility, self-reliance, education, community, and culture. These featured projects and issues reflect only a small strand of the complex web that is our food system, and are intended to prompt and entice further exploration of food as it exists in the urban experience.



- Points of Interest**
1. Cub Foods
 2. Downtown Minneapolis Farmers Mkt.
 3. Mill City Museum
 4. "Eat Street"—Nicollet Avenue
 5. Aldi
 6. Youth Farm and Market Project
 7. Mercado Central
 8. Midtown Public Market
 9. Manny's Tortas
 10. Roots & Fruits Cooperative
 11. WUSA Student Farm
 12. Legacy Chocolates
 13. University Avenue
 14. Mississippi Market
 15. St. Paul Farmers Market
 16. Community Design Center
 17. New Immigrant Agriculture Project

For more information:
 Community Food Security Coalition: www.foodsecurity.org
 The Food Trust: www.thefoodtrust.org
 FoodRoutes: www.foodroutes.org
 Kaufman, Jerome L. and Kameshwari Pothukuchi. 2000. "The Food System: A Stranger to the Planning Field." *Journal of the American Planning Association*, v. 66, no. 2.
 People's Grocery (Oakland, CA): www.peoplesgrocery.org

 *Renewing the Countryside*
www.renewingthecountryside.org

Metropolitan Design Center | College of Architecture and Landscape Architecture | University of Minnesota
 1 Rapson Hall, 89 Church Street SE, Minneapolis, MN 55455 www.designcenter.umn.edu
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