



give TO THE MAX

NOV. 16, 2017



Don't forget to write November 16th on your calendar for GiveMN's annual Give to the Max Day! #GTMD2017 will be a great chance for Minnesotans to band together and raise some much-needed funds for our favorite nonprofits! Make sure to visit [Urban Roots' giving page](#) and make a donation-- every gift we receive between now and November 16th will be counted towards our grand total for Give to the Max! Make your gift today to join the Urban Roots family and build a better East Side!

We've had an exciting growing season, and our fall activities are in full force! Check out all our accomplishments below, and don't forget to click on the video below to learn more about this summer's programming!



National Public Lands Day!

Wondering what we've done with all that buckthorn Conservation interns removed from the DNR Fish Hatchery site? Youth led a very popular activity decorating buckthorn walking sticks with colorful tapes and yarns on National Public Lands Day-while teaching participants about the challenges of invasive plant material! Interns and over 800 event attendees enjoyed a host of other outdoor activities, including tree climbing with city foresters, archery, fishing, cooking over a camp fire, and bird watching.





Johnson High School Rain Garden

One of our exceptional interns, Chue Kong Pheng, worked with his school to organize a project with Hands on Twin Cities, 3M, and Urban Roots to design and build a 500 square foot rain garden at Johnson High School. Pheng and Conservation Program Manager David made the designs and will develop a maintenance plan to engage Johnson students in the rain garden in the future. We love when our interns take initiatives to bring the community together. We're excited to see what Pheng and David create!

Gravel Bed Nursery

Conservation interns partnered with Mississippi Park Connection and the National Park Service to install a gravel bed nursery at our new Rivoli Bluffs site (right off of Minnehaha on the East Side- come check it out!) Gravel beds are integral to habitat restoration, as they strengthen bare root trees and shrubs, increasing their chance of survival when planted in the Fall! We plan on using some of the new growth to help populate the DNR Willowbrook site where we've cleared a massive amount of invasive plant material from the forest floor, and where the DNR plans to clear out infected ash trees. We can't wait for our new site to thrive!



Come See Us at Mill City Market!

The Cook Fresh Program takes on the annual canning and food preservation to maximize use out of our successful harvest season! This season, look forward to three unique, artisan products: Green Tomato Chutney (back by popular demand!), Spiced Tomato Jam and, new this year, Hot Pepper Jelly. These products will be available for sale at the Mill City Winter Farmers Markets-dates listed below! These value-added goods help expand our entrepreneurial opportunities for our programs, preserve the harvest, and engage our interns in new cooking techniques! Look for a variety of winter storage crops as well. We have shallots, squash, celeriac, carrots, garlic, and more. Come visit us on December 2, 9, 16, January 13, 27, February 10th, March 10, 24, and April 14 & 28!

Conway Recreation Center

Cook Fresh youth are going to be going to Conway Recreation Center to help with cooking classes! We'll be there for 5 weeks in November/December. Masters of Public Health student, Nicole Chimbetete, will work with staff and interns to teach budget savvy, delicious meals inspired by East Side Table and Local Crate!



College Visit

Urban Roots youth interns from all three programs will be attending a college visit to the University of Minnesota on Nov 19th. We have a strong partnership with the college of Food, Agricultural and Natural Resource Sciences (CFAN) and the School of Public Health, as we've hosted visiting classrooms, service learning students, and grad students for over a decade! The youth interns will learn about the University of Minnesota's study programs, campus, scholarships and admissions process. Interns are eager to learn about all the options for their bright futures... Not to mention visiting the all-you-can-eat cafeteria!

Urban Roots Fall Event!

Urban Roots held our annual fall event on October 12th, and it was a beautiful evening full of food by Chowgirls, music by Jayanthi Kyle, and intern highlights led by emcee Eddie Wu of COOK Saint Paul! Our auctioneer Hannah Kramer made the live auction an exciting part of the program as well. Our 175 attendees aided in our mission and together, we raised just over \$25,000! A huge thank you to all of our event committee who worked tirelessly in the months leading up to the event-- Ann Love, Trudy Ohnsorg, Julie Seiber, Audrey Nelson, and Judy Donohue- and the many who volunteered that evening! Thank you as well to all of our community partners and local businesses that donated food, beverages, and

auction items. We're already gearing up for 2018's event-- details to come!



Thanks to our Volunteers!

This past fall, we have had the privilege of working side-by-side with many community groups, churches, and businesses to work the soil, harvest produce, and put our gardens to rest for the winter! We appreciate your help and know that we could not have completed these tasks without your help! Those who assisted with our fall projects include Americorps VISTA, Face to Face Academy, Academic Arts High School, MFAN Strategic Team, St. Ambrose Church, Como High School ELL Dept., Macalester Swim Team, Macalester Civic Engagement Center, and Central High School National Honor Society! *Thank you!*

East Side Table Partnership

Urban Roots has been engaged with [East Side Table](#) for the past few years, working with 13 community organizations and HealthEast to make the preparation of meals at home easier for our culturally diverse neighbors. A key piece of the East Side Table project is the development of a Make-at-Home Meal Kit pilot program. In late 2016, the East Side Table Working Council partnered with Saint Paul based subscription based meal kit company Local Crate to develop and implement the Make-at-Home Meal Kit program. The partnership with Local Crate, who has provided over 1000 hours of pro-bono work, made it possible to develop an accessible, cost-effective, and culturally relevant meal kit program for the diverse communities on Saint Paul's East Side. Many of Urban Roots' intern families participate in this groundbreaking pilot, while enjoying a taste of Urban Roots produce in a few of the recipes!

Twin Cities Startup Week



Urban Roots joined over 200+ innovators, entrepreneurs, creatives, and change makers gathered across the Twin Cities for the "Impact Ventures" events during [Twin Cities Startup Week](#), participating in the panel titled *"Meeting at the Table: Food as a Tool for Social Justice."* Minneapolis/St. Paul [Impact Hub](#), in partnership with [Grow North](#), Jeff Dykstra, Co-Founder/CEO [Partners in Food Solutions](#) moderated an interactive panel of local leaders in food and agriculture from Finnegans, Northside Economic Opportunity Network, Urban Roots, and Appetite for Change, who came together to discuss how food can be used as a tool for social justice, showcasing the Twin Cities as a leader in building equitable food solutions.

Food Access Summit Fun!



Staff attended the annual Food Access Summit in Duluth Minnesota -*At the Crossroads: Broadening Our Reach, Deepening Our Impact.* As working group members of the Healthy Foods, Healthy Lives Institute's Food Skills Assessment Project - a collaborative project that seeks to develop a validated food skills assessment tool to measure food skills in Minnesota's youth. Saba Anduaem, Cook Fresh Coordinator, co-presented a session titled *In the Kitchen & In the Garden - Building a Statewide Assessment Tool for Improving Food Skills in Youth Populations.* We loved connecting with current and future partners who are dedicated to increasing healthy and equitable food access!

