



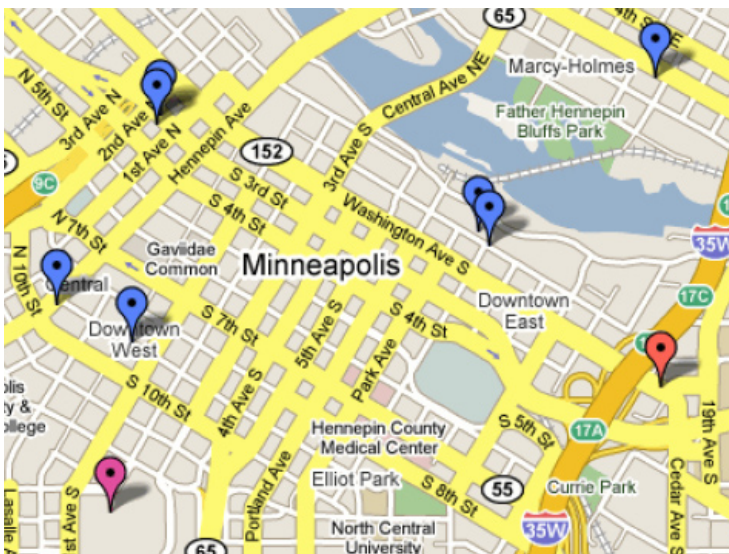
# SAVOR

## Eating Local in Twin Cities: A Rough Guide to the Region's Food System

Interested in sustainability and green living? Like healthy and delicious food and beverages?

The American Planning Association's **Planning and Community Health Research Center** connected with a network of individuals in Minneapolis and Saint Paul, Minnesota to provide you with information about the Twin Cities food system—from the production of locally grown and produced foods to their transformation into mouth-watering, culinary delights. This guide provides you with a partial list of some of the region's food related organizations, community gardens, farmers' markets, food stores, restaurants and breweries. For a map of the food stores, markets, restaurants and breweries, visit: <http://tinyurl.com/eatlocaltwincities>.

[planning.org/nationalcenters/health](http://planning.org/nationalcenters/health)



Source: Google Maps

PLANNING & COMMUNITY HEALTH RESEARCH CENTER



**American Planning Association**

*Making Great Communities Happen*



## FOOD SYSTEM RESOURCES

### Community Design Center of Minnesota: Using Food and Ecology to Promote Healthy People and Communities

<http://www.comdesignctrmn.org/>

Community Design Center of Minnesota is a Saint Paul-based organization whose mission is to help revitalize low-to-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.

### Edible Twin Cities

<http://www.edibletwincities.com/>

A quarterly publication that promotes the abundance of local foods in the Twin Cities area and surrounding communities.

### Heartland Food Network

<http://www.mnproject.org/food-heartland/>

The Heartland Food Network is a collaboration of Minnesota dining establishments, catering companies, local family farmers and food distributors whose mission is to encourage and facilitate the increased consumption of local foods as a way to build stronger communities, healthier lives and a cleaner environment.

### Homegrown Minneapolis

<http://www.ci.minneapolis.mn.us/dhfs/homegrown-home.asp>

Homegrown Minneapolis is an initiative to develop recommendations for the City of Minneapolis to improve sales, distribution and consumption of fresh, locally grown foods to positively impact the health, food security, economy and environment of our City and the surrounding region.

### Institute for Agriculture and Trade Policy, Local Foods Program

<http://www.iatp.org/localfoods/>

IATP works to build thriving local food systems in the Upper Midwest and around the world by strengthening small- and medium-scale sustainable farming, expanding market opportunities for farmers, creating innovative partnerships and advancing supportive policy change.

### Land Stewardship Project

<http://www.landstewardshipproject.org/>

The Land Stewardship Project (LSP) is a private, nonprofit organization founded in 1982 to foster an ethic of stewardship for farmland, to promote sustainable agriculture and to develop sustainable communities.

### Minnesota Food Association

<http://www.mnfoodassociation.org/>

Minnesota Food Association (registered 501C3 nonprofit organization) actively pursues the mission to build a more sustainable food system by growing and distributing food, bringing new farmers into farming through training immigrant farmers, and networking, partnering and sharing with many diverse community-based organizations, nonprofits, foundations, government, local businesses, and institutions.

### Minnesota Grown

<http://www.mda.state.mn.us/food/minnesotagrown/>

A listing of farmers markets, community supported agriculture programs, wineries, and other local food products and venues.

### Twin Cities Community Supported Agriculture Directory 2009

<http://www.landstewardshipproject.org/csa.html>

A directory of community supported agriculture farms in the Twin Cities region.

### Twin Cities Urban Food Systems Map

[http://www.designcenter.umn.edu/projects/direct\\_design\\_asst/2005/pdfs/FoodSystemsMap.pdf](http://www.designcenter.umn.edu/projects/direct_design_asst/2005/pdfs/FoodSystemsMap.pdf)

A two-page map, designed and developed by University of Minnesota's Metropolitan Design Center in June 2005. The map provides a brief overview of the accessibility, self-reliance, education, community, and cultural aspects of the food system by highlighting select projects, individuals and places that play a role in the Minneapolis urban food system.

## COMMUNITY GARDENS

For a complete list of community gardens in Minneapolis and Saint Paul, visit <http://www.gardeningmatters.org/Events/Parade2008.htm>.

### Dowling Community Garden

<http://www.dowlingcommunitygarden.org/>

46th Ave S & E 39th St, Minneapolis, MN 55406

An original World War II victory garden in the Longfellow Neighborhood of Minneapolis.



## FARMERS MARKETS

### Downtown Minneapolis Farmers Market

<http://www.mplsfarmersmarket.com/>

312 East Lyndale Ave N, Minneapolis, MN 55405, (612) 333-1718

Minnesota's largest open-air, covered market.

### The University of Minnesota Farmers Market

<http://www1.umn.edu/ohr/wellness/market/>

Church St SE, Minneapolis, MN 55455

Wednesday, rain or shine, on Church Street, on the East Bank, from 11 a.m. until 2 p.m.

### Saint Paul Farmers Market

<http://www.stpaulfarmersmarket.com/>

290 E 5th Street, St. Paul, MN 55101, (651) 227-8101

Located on the corner of 5th and Wall Streets in St. Paul; starts April 25; open on Saturdays from 6am - 1pm and on Sundays from 8am - 1pm.

### Cornercopia: The Student Organic Farm

<http://sof.cfans.umn.edu/>

A student driven and run, certified organic farm on the St. Paul Campus at the University of Minnesota, College of Food, Agricultural and Natural Resource Sciences. The farm grows 100 plus varieties of fruits and vegetables; offers a student Farm Planning and Growing Class during the spring semester and internships for students during the growing season. Farm products are sold at the University of Minnesota, Minneapolis Campus Farmer's Market during the summer and delivered to the St. Paul Campus during the growing season.

## FOOD STORES & MARKETS

### Midtown Global Market

<http://midtownglobalmarket.org/>

920 E. Lake Street, Minneapolis, MN 55407

The Twin Cities' Premier Internationally-Themed Public Market that features more than 50 independent, locally-owned businesses.

### Mississippi Market Natural Food Coop

<http://www.msmarket.coop/>

1810 Randolph Ave, St. Paul, MN, 55105, (651) 690-0507

Local food coop featuring natural and organic foods and products and green building design elements; certified organic retail operation.

### Twin Cities Natural Food Coops

<http://twincitiesfood.coop/>

The Twin Cities Natural Food Coops is a local chain of cooperative grocery stores with 11 locations in the region. The chain has a long-term commitment to buying local foods, serving the local community, and supporting sustainable farming. Locations in Minneapolis and Saint Paul include:

#### Eastside Food Co-op

2551 Central Avenue, Minneapolis, MN, 55418

#### Linden Hills Co-op

2813 W. 43rd St, Minneapolis, MN, 55410

#### Seward Co-op Grocery & Deli

2111 E. Franklin Ave, Minneapolis, MN, 55404

#### Wedge Co-op

2105 Lyndale Ave S, Minneapolis, MN, 55405

## RESTAURANTS

### MINNEAPOLIS

#### Alma Restaurant

<http://www.restaurantalma.com/>

528 University Avenue Southeast, Minneapolis, MN 55414, (612) 379-4909

Fresh, seasonal, organic, and local fine dining; vegetarian and non-vegetarian tasting menus; dinner only.

#### Birchwood Café

<http://www.birchwoodcafe.com/>

3311 East 25th Street, Minneapolis MN 55406, (612) 722-4474

Café in Seward Neighborhood emphasizes "good real food" and their own fair trade coffee blend; includes vegetarian, vegan, and local fare.

#### Brasa Rotisserie

<http://www.brasa.us/>

600 E Hennepin Ave, Minneapolis, MN 55414, (612) 379-3030

Rotisserie restaurant featuring chicken, pork, and beef from Minnesota farms; creole/southern-style side dishes, guacamole and the yams with andouille sausage are recommended.

#### Cafe Brenda

<http://www.cafebrenda.com/>

300 1st Ave N # 125, Minneapolis, MN 55401, (612) 342-9230

Gourmet vegetarian and fresh seafood restaurant located in the heart of the historic warehouse district of downtown Minneapolis.

#### Chambers Kitchen

<http://www.chambersminneapolis.com/chambers-hotel-kitchen/>

901 Hennepin Ave, Minneapolis, MN 55403, (612) 767-6999

Fine dining in the Chambers Hotel.

#### Common Roots Café

<http://www.commonrootscafe.com/>

2558 Lyndale Ave. S, Minneapolis, MN 55405, (612) 871-2360

In Uptown; emphasizes homemade food with local and organic ingredients; bagels are recommended.



#### Craftsman Restaurant

<http://www.craftsmanrestaurant.com/>

4300 Lake Street, Minneapolis, Minnesota 55406, (612) 722-0175

Regional New American cuisine. Fine dining in Longfellow neighborhood; locally sourced ingredients; good meat and fish dishes.

#### Cue

<http://www.cueatguthrie.com/>

806 South Second Street, Minneapolis, MN 55415, (612) 225-6499

Located in the Guthrie Theater in the historic Mill District; local and organic ingredients; fine dining. Monday: closed. Tuesday to Friday: happy hour 3 to 6pm and 10pm to close.

#### 112 Eatery

<http://www.112eatery.com/>

112 N 3rd St, Minneapolis, MN 55401, (612) 343-7696

Find dining featuring local ingredients.

#### French Meadow Bakery

<http://www.frenchmeadow.com/>

2610 Lyndale Ave S, Minneapolis, MN 55408, (612) 870-7855

Features organic baked goods with a selection of vegan products.

#### Hell's Kitchen

<http://www.hellskitcheninc.com/>

80 S 9th St, Minneapolis, MN 55402, (612) 332-4700

Recommended as a great place for a quick breakfast or lunch.

#### Lucia's

<http://www.lucias.com/>

1432 W 31ST St, Minneapolis, MN 55408, (612) 825-1572

Features locally produced ingredients.

#### Namaste Café

<http://www.namastechai.com/>

2512 Hennepin Ave S, Minneapolis, MN 55405, (612) 827-2496

Indian restaurant located in historic duplex in Uptown neighborhood; uses local ingredients and free range meats.

#### Red Stag

<http://www.redstagsupperclub.com/>

509 1st Ave NE, Minneapolis, MN 55413, (612) 767-7766

LEED certified restaurant serving local ingredients.

#### Sen Yai Sen Lek

<http://www.senyai-senlek.com/>

2422 Central Avenue NE, Northeast Minneapolis, MN 55418, (612) 781-3046

Thai restaurant located in NE Minneapolis; incorporates local ingredients; lettuce wraps are highly recommended.



#### Spoonriver

<http://www.spoonriverrestaurant.com/>

750 S. 2nd St (@ Chicago Ave S), Minneapolis, MN 55401, (612) 436-2236  
 Located in the historic Mill District next to the Guthrie Theater; serves gourmet organic and vegetarian food; lunch and dinner specials are recommended.

#### St. Martin's Table

<http://communityofstmartin.org/>

2001 Riverside Avenue, Minneapolis, MN 55454, (612) 341-0871  
 Lunch spot near the University of Minnesota's West Bank; features vegetarian and vegan soups, sandwiches, and salads made from local and organic ingredients; food served by volunteers with tips donated to address global hunger; gift shop featuring books and fair trade items next door.

#### SAINT PAUL

#### Heartland Restaurant

<http://www.heartlandrestaurant.com/>

1806 St. Claire Ave, Saint Paul, MN, (651) 699-3536  
 Located in the heart of St. Paul's Macalaster/Groveland neighborhood; features North American Midwest regional cuisine, indigenous and cultivated ingredients, and organically grown and sustainably raised local ingredients from small family farmers and artisanal producers; menu changes nightly and features two tasting menus and a la carte selections.

#### Izzy's Ice Cream

<http://www.izzysicecream.com/>

2034 Marshall Ave, Saint Paul, MN 55104, (651) 603-1458  
 Neighborhood ice cream shop featuring local ingredients and sustainable practices; the shop generates its electricity from 200 rooftop solar panels.

#### Legacy Chocolates

<http://www.legacychocolates.com/>

2042 Marshall Ave, Saint Paul, MN 55104, (651) 646-0644  
 Features preservative free, high quality chocolate products made from Criollo cacao (an heirloom variety of the cocoa bean sourced from small-scale, sustainable farmers in Latin America) and fresh cream and butter from independent local creameries in Minnesota; also sells fresh roasted coffee beans and teas.

#### Trotters Café and Bakery

<http://www.trotterscafe.com/>

232 Cleveland Ave N, Saint Paul, MN 55104, (651) 645-8950  
 Quaint, neighborhood café featuring local and organic ingredients and whole grain baked goods.

#### WA Frost & Company

<http://www.wafrost.com/>

374 Selby Ave, Saint Paul, MN 55102, (651) 224-5715  
 Located in the Cathedral Hill neighborhood of St. Paul; features New American cuisine, with an emphasis on sustainable local ingredients.

#### BREW PUBS & BREWERIES

#### Summit Brewing Company

<http://www.summitbrewing.com/>

910 Montreal Circle, Saint Paul, MN 55102, (651) 265-7800  
 Established 1986 in St. Paul; brewing tours on Tuesdays and Wednesdays at 1:00pm and Saturdays at 10:30am and 1:00pm.

#### Vine Park Brewing Company

<http://www.vinepark.com/>

1254 West 7th Street, Saint Paul, Minnesota 55102, (651) 228.1355  
 Brew-Your-Own brewery that offers brewing and wine making classes.

#### Minneapolis Town Hall Brewery

<http://www.townhallbrewery.com/>

1430 Washington Ave South, Minneapolis, MN 55454, (612) 339-8696  
 Brewpub located in Minneapolis with bar food.

#### Great Waters Brewing Company

<http://www.greatwatersbc.com/>

426 Saint Peter Street, Saint Paul, MN, (651) 224-BREW  
 Opened in 1997; located in the Historic Hamm Building on the pedestrian mall in downtown Saint Paul; features handcrafted beers; happy hour M-F 3-6pm.

#### Flat Earth Brewing Company

<http://www.flatearthbrewing.com/>

2035 Benson Avenue, Saint Paul, MN 55116  
 Micro-brewery owned and operated by a husband and wife team.

#### Herkimer Pub & Brewery

<http://www.theherkimer.com/>

2922 Lyndale Ave S, Minneapolis, MN 55408, (612) 821-0101  
 German-inspired brewpub in Uptown, specializing in lagers; HH daily from 3-6pm; serves dinner and breakfast.

#### History of Brewing in Minnesota

<http://www.landofamberwaters.com/fantasy.html>

Provides information about the history of brewing in the state of Minnesota.  
 Breweries of Minnesota include:

- Surly Brewing
- Gluek Brewing
- Lake Superior Brewing
- Brau Brothers Brewing
- Mantorville Brewing
- August Schell Brewing
- Flat Earth Brewing
- Summit Brewing

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*This guide was developed and produced by APA's Planning and Community Health Research Center in collaboration with the following individuals: Kate Dyson, Nancy Hoyt Taff, Carissa Schively Slotterback, Mary Story, David Wallinga, and Heather Wooten. Photos by Kimberley Hodgson, Manager of APA's Planning & Community Health Research Center.*