

Minneapolis Chapter Project

Minnesota Chapter of Les Dames d'Escoffier – Gardening with the Youth of Urban Roots Submitted by Audrey Nelson, June 27, 2016

Our chapter supports Urban Roots, a St. Paul organization working with about 70 city youth ages 14 to 21 to build healthy communities through food, conservation and youth development. Our most recent activity involved meeting on a cold and windy Saturday morning in May to help the youth prepare the gardens for planting. As we work together, it's always fun to learn more about their lives, interests and plans. Throughout the summer, they'll tend the gardens, harvest and use the produce to supply CSAs, sell at farmers' markets and prepare meals. They have 5 gardens on the outskirts of downtown St. Paul which total one-half acre. Last year they harvested 11,000 pounds of produce from their plots, very productive for that amount of land.

Through the years we've built a strong relationship with them. We sponsor 2 interns each summer to lead some of the teams. A number of us help with their annual fundraiser and, this year, they helped us with ours. This summer we will prepare several themed lunches with them using their produce. Last summer one of our lunches featured one of our Guatemalan members leading a program on Central American foods. They have just built a pizza oven and we're looking forward to a pizza party with them later this summer.



Garden Prep with Urban Roots



Plant sale

Kommentar [AN1]:



Summer Lunch - making Central American foods