

Business Organics Management

Minnesota Waste Wise offers free environmental consulting to help businesses save money through waste reduction, resource conservation, and energy efficiency. [651.292.4675](tel:651.292.4675) or www.mnwastewise.org

Second Harvest Heartland's Food Rescue Program offers an innovative way to divert food that would otherwise be thrown away. [651.484.5117](tel:651.484.5117) or www.2harvest.org

Frequently Asked Questions

Can I raise chickens?

Yes, you can raise up to 10 chickens on a residential lot with a permit.

www.ci.maplewood.mn.us/sustainability



Can I raise bees? Yes, you can raise bees on a residential lot if it does not cause a nuisance to neighbors. Contact the Community Development

Department for more information. [651.249.2300](tel:651.249.2300)

What can I do with extra produce? You can donate extra produce to Second Harvest Heartland [651.484.5117](tel:651.484.5117) or www.2harvest.org or the Maplewood Emergency Food Shelf [651.770.0282](tel:651.770.0282).

Can I compost in my yard? Yes, you can compost small amounts of garden waste and kitchen scraps in the back yard. Compost must be located at least 5 feet from property lines and must not cause a nuisance to neighbors.

www.ci.maplewood.mn.us/composting



Local Foods - What can you do?

- Start a home garden or rent a community garden plot.
- Visit a farmer's market.
- Ask your grocer to buy local.
- Shop at a Cooperative.
- Join a CSA.
- Eat at restaurants that serve local foods.



Resources:

Community Gardens

Find community gardens in the Maplewood area. www.ci.maplewood.mn.us/communitygarden

St. Paul Farmer's Market

Information on St. Paul and suburban Farmer's Markets. www.stpaulfarmersmarket.com

Gardening Matters

Supports community gardeners in the Twin Cities Metro by connecting members to people with gardening expertise. www.gardeningmatters.org

Ramsey County Master Gardeners

U of M Extension dedicated to promoting gardening and urban food production. www1.extension.umn.edu/master-gardener

Healthy Eating Network

The Minnesota Healthy Eating Network connects people and local growers in order to create a healthier food system. www.healthyeatingmn.org

Twin Cities Cooperative Food

Local growers dedicated to connecting neighborhoods with local producers. www.themix.coop

Minnesota Grown

Find local foods and more. www.minnesotagrown.org

Edible Twin Cities

A Twin City publication with information on areas to shop, cook, eat, and appreciate local food. www.ediblecommunities.com/twincities



City of Maplewood Local Foods Guide



***More Flavor, Better
Health, and a
Stronger Community!***

Sustainable
MAPLEWOOD
A GreenStep City



Benefits of Local Foods

Decreases Carbon Emissions

Locally grown food travels less before it reaches our plates, decreasing wear on roads and transportation-related emissions.

Supports Local Business

Farmer direct prices allow the farmer the best price for produce, cutting out the middleman and saving the consumer money.



Builds Community

Local foods builds relationships between food lovers and the food producers.

Is Better for You

A study found that fresh produce loses nutrients quickly. Local foods are eaten sooner after harvest and thus contain more nutrients.



Urban Food Production in Maplewood

Community Supported Agriculture

Community Supported Agriculture (CSA) is one way to enjoy local food. When you join a CSA, you buy a share in a small farm. Each week you receive a box of freshly harvested produce. You share the risk with the farmer, so in good years there is more produce and in bad years there is less. Most CSAs grow produce without pesticides.

www.minnesotagrown.com

Saint Paul Farmer's Market

The St. Paul Farmer's Market suburban market location in Maplewood is at Aldrich Arena, 1850 White Bear Avenue. The market is open May through October, 8 a.m. to noon. The market has organic foods, crafts, local specialties, fruits, and vegetables. www.stpaulfarmersmarket.com



For more information visit the City's Local Food webpage:

www.ci.maplewood.mn.us/localfoods



Urban Food Production in Maplewood



Community Gardens

There are several community gardens in the Maplewood area. The City of Maplewood manages a community garden in Edgerton Park (Roselawn Ave. and Edgerton St.). Plots are available for rent by the public.

Other community gardens in the area are managed by a church and the school district. Visit the City's Community Garden webpage for more information:

www.ci.maplewood.mn.us/communitygarden

Cooperative Grocery Stores

Cooperative grocery stores partner with small local farmers and farming cooperatives that specialize in foods produced using sustainable farming techniques. Co-ops near Maplewood include the Mississippi Market in St. Paul and the River Market Community Co-op in Stillwater.

www.themix.coop

