

# FROGTOWN SUMMIT UNIVERSITY FOOD, HEALTH & WELLNESS MAP

This map to the food resources of Saint Paul's Frogtown and Summit University neighborhoods is part of an ambitious public art project from Public Art Saint Paul by artist Seitu Jones - CREATE: The Community Meal. It is a guide to an evolving neighborhood food system that includes community gardens, urban farms, grocery stores, restaurants, convenience stores and markets. Informed by ideas set forth in the Central Corridor Public Art Plan, the map links residents and others to healthy neighborhood food sources.



Create aims to lower barriers to making healthy food choices throughout the Central Corridor. ON SEPTEMBER 14, 2014, 2,000 people will gather at a 1/2 mile long table in the middle of Victoria Street for a free Community Meal, a civic dinner table conversation, and celebration of our richly diverse food stories and traditions. As part of CREATE, food stories gathered by Seitu are posted on the project website. Neighbors are gathering in homes and yards to share meals and food traditions. Mobile ArtKitchens that will demonstrate healthy food preparation will be deployed throughout the Central Corridor by Youth Farms and the Science Museum of Minnesota's Kitty Andersen Youth Science Center. Lowering barriers to making healthy food choices is a long-term, slow process. CREATE is one wave in a sea of change that will transform our neighborhood food system.



# MAP KEY



## CREATE THE COMMUNITY MEAL

FROM PUBLIC ART SAINT PAUL BY SEITU JONES

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### COMMUNITY GARDENS & URBAN FARMS

- 1 **Aurora St Anthony Peace Sanctuary Garden**  
Food, Flowers, and educational programs
- 2 **Boyd Park**  
A flower garden and sculpture park
- 3 **Dale Street Pop-up Tree Park**  
A private park for growing trees to distribute
- 4 **Dunning Community Garden**  
A food producing garden with individual plots
- 5 **Fran and Gladys Community Garden**  
A community garden for non-profit organizations
- 6 **Frogtown Farm**  
A 13-acre open urban farm site
- 7 **Green House Gardens**  
A cooperative garden
- 8 **Martin Luther King Rec Center**  
2,500 sq ft of beautiful garden space
- 9 **Maxfield Elementary School Garden**  
Elementary School Garden
- 10 **McQuillan Park**  
Garden area with a nearby playground
- 11 **Morning Star Baptist Church Garden**  
Baptist Church Garden
- 12 **Our Village Community Garden**  
A Loaves & Fishes community garden to end hunger
- 13 **Oxford Dayton Community Garden**  
St. Paul community maintained garden since 2008
- 14 **Pilgrim Baptist Church Community Garden**  
Baptist Church Community Garden
- 15 **Rivertown Commons**  
Collaborative residential garden with kids programs
- 16 **Stone's Throw Urban Farm Pickup Location 1 & Micro-Farm**  
260 Sherburne Ave
- 17 **Stone's Throw Urban Farm Pickup Location 2 & Micro-Farm**  
585 W Thomas Ave
- 18 **Stone's Throw Urban Farm Pickup Location 3 & Micro-Farm**  
625 Dale Street N.
- 19 **Stone's Throw Urban Farm Pickup Location 4 & Micro-Farm**  
659 Dale Street N.
- 20 **Stone's Throw Urban Micro-Farm**  
Transforms unused urban spaces into vibrant farmland
- 21 **Summit & Lexington Garden**  
A favorite place for wedding pictures and running
- 22 **Western Sculpture Park**  
A rotating collection curated by Franconia Sculpture Park
- 23 **Wilder Child Development Center**  
U of M "Powerhouse Plants" sponsored garden
- 24 **William Gehling Memorial Garden**  
Flower and food garden established 1998
- 25 **Youth Farm & Market Project**  
A non-profit farm for cultivating the community

### LOCAL AREA RESTAURANTS

- 1 **Al Hues Bakery & Deli**  
Deli and bakery
- 2 **Asian Deli & Restaurant**  
Hmong, Lao, and Thai fusion menu
- 3 **Bangkok Cuisine**  
Thai Deli
- 4 **Bangkok Thai Deli**  
Thai Deli
- 5 **Big Daddy's Old Fashioned BBQ**  
Southern-style BBQ
- 6 **Cheng Heng Restaurant**  
Chinese cuisine
- 7 **China One**  
Chinese takeout/delivery
- 8 **Daily Diner Frogtown**  
Traditional, classic American diner
- 9 **Demera Restaurant & Bar**  
Ethiopian restaurant
- 10 **Destiny Cafe**  
Vietnamese/Asian fusion cafe
- 11 **Golden Thyme Coffee & Cafe**  
Coffee shop with bagels, cakes and other treats
- 12 **Hickory Hut**  
BBQ ribs and wings
- 13 **Hoa Bien Vietnamese Restaurant**  
Vietnamese/Chinese cuisine
- 14 **Homi Mexican Restaurant**  
Authentic Mexican restaurant
- 15 **Hook Fish & Chicken**  
Freshly fried fish and chicken
- 16 **Johnny's Baby**  
Bar
- 17 **Kolap Restaurant**  
Cambodian cuisine
- 18 **Lao Thai Family Restaurant**  
Asian cuisine
- 19 **Lee's & Dee's BBQ Express**  
Texas American style BBQ
- 20 **Little Szechuan**  
Chinese restaurant and bar
- 21 **Louisiana Cafe**  
Family spot for American breakfast and lunch
- 22 **Mai Village**  
Vietnamese cuisine with koi pond
- 23 **Mango Thai Cuisine**  
Thai cuisine
- 24 **McDonald's**  
Fast food American burger joint
- 25 **New Asia**  
Chinese cuisine
- 26 **Ngon Vietnamese Bistro**  
French-Vietnamese fusion restaurant and bar
- 27 **Pho Ca Dao**  
Vietnamese cuisine
- 28 **Popeye's Chicken**  
Louisiana fried chicken
- 29 **Que Nha Vietnamese Restaurant**  
Chinese/Vietnamese cuisine
- 30 **Saigon Restaurant**  
Chinese/Vietnamese cuisine

### LOCAL AREA RESTAURANTS (CONTINUED)

- 31 **Subway Restaurant**  
Fast food subs and salads
- 32 **Subway Restaurant**  
Fast food subs and salads
- 33 **Taihoa BBQ**  
Asian BBQ cuisine
- 34 **Tay Ho**  
Chinese cuisine
- 35 **The Best Steak House**  
Mediterranean style steak and chops
- 36 **The Muddy Pig Pub**  
American and Belgium restaurant and bar
- 37 **Trieu Chau**  
Chinese/Vietnamese Restaurant
- 38 **Trung Nam French Bakery**  
French/Vietnamese fusion bakery
- 39 **University Buffet**  
Asian, Chinese, Thai, and Sushi buffet
- 40 **Wendy's**  
Fast food burger and frozen desert joint
- 41 **White Castle**  
Fast Food burger and dairy desert joint

### GROCERY STORES

- 1 **A A Avenue Grocery**  
Grocery and convenience store
- 2 **Ashama Grocery & Meat**  
Grocery and meat market
- 3 **Chouleng Asian Foods**  
Oriental Asian grocery
- 4 **Dragon Star Oriental Foods Inc**  
Oriental Asian grocery
- 5 **Great Harvest Bread**  
Bakery chain with fresh baked-bread daily
- 6 **Ha Tien Grocery Store**  
Asian Vietnamese grocery
- 7 **Mississippi Market Natural Foods Co-op**  
Consumer-owned health and natural food market
- 8 **Shuang Hur Supermarket**  
Oriental Asian grocery
- 9 **St Paul Grocery**  
Grocery store
- 10 **St Paul Grocery & Halal Market**  
Halal market and other groceries
- 11 **Sun Foods**  
Oriental Asian grocery
- 12 **Vas Market**  
Grocery store

### GAS STATIONS & CONVENIENCE STORES

- 1 **BP**  
Gas and convenience store
- 2 **Speedy Dale**  
Gas and convenience store
- 3 **Tobasi Stop**  
Gas and convenience store
- 4 **Tobasi Stop 2**  
Gas and convenience store

### FARMERS MARKETS

- 1 **Hmong-American Farmer's Market**  
Parking lot of UniDale Shopping Center on weekends
- 2 **Hmongtown Market**  
200+ vendors year round

### LOCAL FOOD SHELVES

- ★ **Bill's Pantry**  
Supplemental grocery program
- ★ **Catholic Charities of St. Paul and Minneapolis**  
organization that remedies poverty
- ★ **Hallie Q Brown Food Shelf**  
Client choice model food pantry
- ★ **Sharing Korner Food Shelf**  
Serves residents of the frogtown area

### HEALTH & WELLNESS

- 1 **Ace Chiropractic Clinic**  
Chiropractic, acupuncture, and physiotherapy care
- 2 **Advance Medical Center**  
Medical care
- 3 **Bethel Care Center**  
Community center health care
- 4 **Bethesda Family Medicine Clinic- U of M**  
Full range family clinic
- 5 **Center for Integrative Healing**  
Chiropractic care
- 6 **Ciro Rehab Clinic**  
Physical therapy care
- 7 **Dr. Kou B Yang, DDS**  
Dentist
- 8 **Ezy Urgent Care Clinic**  
Emergency care clinic
- 9 **Frogtown Community House & Garden**  
Residential and spiritual reclamation organization
- 10 **Grand Health Chiropractic & Wellness Center**  
Chiropractic and wellness care
- 11 **Hallie Q Brown Community Center**  
Private, non-profit social service agency
- 12 **Hynan Chiropractic Clinic**  
Chiropractic care
- 13 **Julia Clowney, LICSW / Good Thinking Therapy**  
Holistic psychotherapy care
- 14 **Lifetrack Resources Inc**  
A non-profit human services organization
- 15 **Lor Dental Clinic: Lor Pase DDS**  
Dentist
- 16 **Minnesota Da'wah Institute**  
Islamic religious, education & social services organization
- 17 **Metropolitan Elderly Health**  
Medical care clinic
- 18 **MN Association for Children's Mental Health**  
Mental health care clinic
- 19 **O'Keefe Matz Chiropractic Clinic**  
Full service chiropractic and medical care clinic
- 20 **Oxford Community Center**  
Recreation and fitness center
- 21 **Quan Family Dentistry: Quan Toan DDS**  
Dentist
- 22 **Senior Dental Clinic**  
Dentist
- 23 **Scheffer Playground**  
Community park
- 24 **Selby Acupuncture**  
Traditional Chinese natural healing care
- 25 **Supportive Living Solutions - Arrigoni East**  
Supportive living rehabilitation for men center
- 26 **United Chiropractic Clinic**  
Chiropractic care center
- 27 **Yang Dental**  
Dentist
- 28 **Yone Health Center**  
Psychologist

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