

After five years, a Farmers Market in North Minneapolis

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While some Minneapolis neighborhoods enjoy a bountiful supply of healthy foods, many others do not. The Minneapolis Urban League and the Institute of Agriculture and Trade Policy (IATP) are bringing the Mini Farmers Market Project, and with it fresh fruits and vegetables, into the heart of North Minneapolis. Particularly in the North Minneapolis neighborhoods, where the rates of obesity and malnutrition are disproportionately higher than the rest of the area. For the past five years, the Minneapolis Urban League has been developing a strategy to get healthier food options to the community, and the IATP's Mini Farmer's Market project is the perfect vehicle for getting the right food in the right hands.

The Mini Farmer's Market is a small-scale weekly event which started last Tuesday, September 21 and will continue every Tuesday afternoon from 2:30-5 pm through November, as weather permits. The Minneapolis Urban League Mini Farmer's Market primarily serves housing complex residents, people from the surrounding neighborhoods, commuters on their way home and employees of the nearby agencies such as Northpoint Health Services and the University of Minnesota's UROC. The market is located on the east end of the large parking lot at 2001 Plymouth Avenue North. Hand washing and restroom facilities are made available to market shoppers, just across the street at the Minneapolis Urban League's headquarters inside the Glover-Sudduth building.

Tim Page, an African-American farmer and North Minneapolis, resident was the first participant in this pilot program. Page offers ethnic-centered foods as a healthy alternative to the usual fast fried and factory processed options. Like all the Mini Farmer's Markets, unsold food at the end of the day will be donated to a local food shelf.

For the past 84 years, the Minneapolis Urban League has linked African descendants and other people of color to opportunities that result in economic success and prosperity and effectively advocated for policies that eradicate racial disparities.