

# Super Duper SUMMER GUIDE

for co-op kiddos!



## 12 Things To Do This Summer

Keep the kids busy with FREE family events, hands-on activities, local farm visits and more! Pick up some snacks and sunscreen at the co-op and enjoy a day out with family and friends. Stay on the lookout for your favorite co-op at the Minneapolis farmers markets, Open Streets and Kid Fest!

### Music & Movies in the Parks Early June to late August



The Minneapolis Park and Recreation Board hosts free music and movies in our local parks. The MPRB summer concert season fills the air daily with music at five concert venues running Memorial Day through Labor Day. The mobile movie program takes place Monday through Saturday evenings and travels to more than 30 parks throughout the summer. Learn more at [www.minneapolis-parks.org/activities\\_\\_events/music\\_\\_movies/](http://www.minneapolis-parks.org/activities__events/music__movies/).



### Frogtown Farm Community Farm Nights Tuesday evenings (5–8 p.m.) 946 Minnehaha Ave. W., St. Paul

Come work on the farm with the Frogtown Farm field staff! The farm will provide supplies and guidance for visitors to try farming activities. These sessions are drop-in, suitable for almost all ages.

Children under 12 years need to be accompanied by an adult. Be prepared to work hard and get dirty! Sunscreen and bug repellent are recommended. All involved will sign a waiver to participate, and those under 18 years should have the waiver signed by an adult.

## Become a Co-op Explorers!

Kids age 12 and under are invited to join the Wedge and Linden Hills Co-op Explorers! Co-op Explorers is a FREE program that encourages healthy eating and especially fun visits to the co-op. As an explorer, you receive:

Official member card  
and fruit and veggie  
passport

+  
Special surprise for  
your birthday

+  
FREE piece of fruit  
from the Co-op  
Explorers cart and  
FREE grass-fed beef  
stick from the  
meat counter every  
time you visit the  
co-op

+  
Invites to fun family  
events

### Frogtown Farm Farmers Markets Saturdays (10 a.m.–1 p.m.) 946 Minnehaha Ave. W., St. Paul

Enjoy entertainment, food and farming demonstrations, and more! The market hosts farmers from Minnesota Food Association's new farmer program, as well as vendors, artists, kids' activities, cooking demonstrations, sampling and backyard gardening. The market accepts EBT, offers double market bucks and has free tokens for youth to do their own shopping.

### Music at Lake Harriet Bandshell Monday–Tuesday (7:30 p.m.), Thursday–Saturday (7:30 p.m.), Sundays (2 & 5:30 p.m.) 4135 W. Lake Harriet Pkwy Minneapolis

Come listen to live music next to beautiful Lake Harriet.

### Minneapolis Neighborhood Farmers Markets

We're proud to partner with the Kingfield, Fulton and Linden Hills Farmers Markets. Keep an eye out for our table at the markets while you shop and support local farmers!

### Linden Hills Farmers Market Sundays, May 20 to Oct 28 (9 a.m.–1 p.m.) 2813 West 43rd St.

### Kingfield Farmers Market Sundays, May 20 to Oct 28 (8:30 a.m.–1 p.m.) 4310 Nicollet Ave. S.

### Fulton Farmers Market Saturdays, May 19 to Oct 27 (8:30 a.m.–1 p.m.) 4901 Chowen Ave. S.



### Kid Fest

Saturday, June 16 (10 a.m.–1 p.m.)  
Lake Harriet Bandshell

Come find us at Kid Fest for live music with the Teddy Bear Band and The Bazillions, activities and entertainment with local community groups. This is a fun, free event hosted by *Minnesota Parent Magazine*.



### Co-op Farm Tour

Saturday, July 14 (10 a.m.–4 p.m.)

Explore your local farms as they open their doors for a day full of fun, learning and discovery brought to you by your local food co-ops. This year we'll have over 30 urban and rural farms on the tour with exciting new activities such as yoga on the farm, blueberry picking contests, and pick-your-own flower bouquets. It's a free, self-guided event, so no need to sign up! Visit [www.coopfarmtour.com](http://www.coopfarmtour.com) for more details.



### Land Stewardship Project Annual Potluck & Cookout Thursday, July 26

821 E 35th St, Minneapolis

Meet the members and staff of the Land Stewardship Project for a fun family event in their front yard. There will be food, music, a pie raffle and more!

### Open Arms Harvest Festival Saturday, September 8

(10 a.m.–1 p.m.)

Hope Farm, 860 Otto Ave.  
St. Paul

Join Open Arms for a family-friendly event at their urban farm in St. Paul. Enjoy veggie tastings, games, crafts and snacks, and learn how their garden provides fresh, organic produce for their clients. Please RSVP to Jennifer Bliss at [jenb@openarmsmn.org](mailto:jenb@openarmsmn.org).

