DISCOVER MSP:
2022 Intern Guide

Make the Most of Your MSP Intern Experience
A PLAYLIST
of local artists by The Current

Naeem, Swamp Dogg, Justin Vernon - Simulation
Love You Till Friday - The Replacements
Bad Habit - Your Smith
NOFOODINMYTUMMY - papa mbye
Otis Meets the Devil - Charlie Parr
WHATEVER IT IS - Yam Haus
Everybody (feat. Jenny Lewis) - The Cactus Blossoms
Wolf - Now, Now
It Ain’t Me Babe - Bob Dylan
On the Brink - Mason Jennings
Alive - POLICA
Wonderment - Chastity Brown
Walkman - Bad Bad Hats
1999 (2019 Remaster) - Prince
About Damn Time - Lizzo
Vulnerable Hours - Night Moves

Listen on Spotify!
Recipe provided by Alicia Hinze, owner of The Buttered Tin.

INGREDIENTS

Crust:
1 cup of crushed graham crackers
1/2 cup sugar
4 oz butter (1 stick)

Cheesecake:
1 lb of cream cheese
1 can of sweetened condensed milk
1/3 cup key lime juice or freshly squeezed limes

PREPARATION

Crust:
Mix the graham and sugar together, add melted butter and mix until all combined. Press the graham cracker mixture all the way around a mini muffin tin. Bake for approximately 8 minutes at 350 degrees or until lightly golden.

Cheesecake:
Beat the room temperature cream cheese until smooth. While mixing, slowly add the condensed milk until combined and then slowly add the juice. Beat until smooth and combined.

Once the graham crust has cooled, pour the cream cheese onto the crust. Place the cheesecake into the fridge and let set for at least 2 hours.


**A Minnesota State Fair Favorite:**

**Heirloom Tomato & Sweet Corn BLT**

The layered flavors in this BLT will knock your socks off. A hit at the Minnesota Farmers Union booth at the Minnesota State Fair, the Heirloom Tomato and Sweet Corn BLT left food critics and state fair goers singing its praises far and wide. The Sweet Corn Chipotle Coulis and Sunny Seed Pesto sauces can be used to jazz up any number of dishes, and both keep well in the fridge. Yields: 8 sandwiches.

**INGREDIENTS**

**BLT:**
- 16 slices bread
- 2 pounds thick-cut bacon slices, cooked
- crisp lettuce leaves
- 2-3 heirloom tomatoes, sliced
- sweet corn chipotle coulis (instructions below)
- pesto mayo (instructions below)

**Sweet corn chipotle coulis:**
- 3 small ears of corn, grilled and cobbed (2 cups of corn)
- 1/3 cup heavy cream
- 1/3 cup coconut milk
- 2 small dehydrated chipotles, rehydrated in water
- salt, to taste
- pepper, to taste

**Sunny seed pesto:**
- 1 1/2 cups basil leaves, packed and rough chopped
- 1/2 lemon, zest and juice scant
- 3 tablespoons garlic cloves, rough chopped
- 1/3 cup sunflower seeds, toasted and cooled
- 2/3 cup Parmesan, shredded
- salt, to taste
- pepper, to taste
- 3/4 cup sunflower oil

**Pesto mayo:**
- 1/2 cup sunny seed pesto (instructions below)
- 1/2 cup mayonnaise
- salt, to taste
- black pepper, to taste

**PREPARATION**

**Sweet corn chipotle coulis:**
In a sauce pot mix corn kernels with heavy cream, coconut milk, and chipotles. Heat slowly over low heat; stop cooking when mixture reaches a soft rolling boil. Purée with an immersion wand or food processor until corn mixture is thicker and spoonable. Add salt and pepper, to taste.

Leftover sweet corn chipotle coulis makes a fabulous dip for corn chips or stirred into mayonnaise or soups.

**Sunny seed pesto:**
Roughly chop basil with a knife. Add basil to a food processor or blender and briefly blend with lemon juice, zest, and garlic. Add sunflower seeds, Parmesan, salt, and pepper together until coarsely blended. Stream in oil until pesto is thinned and ingredients are thoroughly combined. Taste and correct seasonings with salt and pepper.

**Pesto mayo:**
Use a whisk to mix ingredients together.

**To assemble:**
Toast bread, then spread 1-ounce sweet corn chipotle coulis on each of eight slices. Top each with 2-3 lettuce leaves, 2-3 bacon slices and 2 tomato slices. Spread 1 ounce pesto mayo on each of the remaining slices of bread and place atop the sandwiches.
DOWNLOADABLE ZOOM BACKGROUNDS

Download a Zoom background that highlights various Minneapolis and St. Paul landmarks!

Find more here!
VIRTUAL TOURS OF MSP
Explore MSP from the comfort of your couch!

Medical Alley Tour
MSP’s Global Medical & Health Care Hub

Financial Tour
Browse top employers in MSP

The Startup Scene
Entrepreneurial community tour

It’s Techier Here
Tech community tour

It’s Outdoorsier Here
The Get-Out-And-Go Tour

It’s Sportier Here
The Ultimate Fan Tour

It’s Artier Here
The Culture Vulture Tour

It’s Homier Here
The Neighborhood Sampler Tour

It’s Splashier Here
The MSP Beach Tour

Biz Is Bigger Here
The Business Roundup Tour

Food & Ag Careers Here
The MSP Food Career Tour
MSP TRANSFORMING is a 4-part digital series that explores sweeping changes in how we think about race and equity, jobs and opportunity, the spaces and places in our region and the relationship of work with the rest of our lives.

TRANSFORMING TOPICS:

Driving Growth
Reimagining Place
How We Work
Advancing Racial Equity

CLICK EACH TOPIC ABOVE FOR A CORRESPONDING VIDEO!
Meet the faces of MSP in Color:

BRITTANIE
Brittanie (she/her) is a passionate disability justice advocate who loves MSP's diversity and access and is working to empower the most marginalized in her community.

MORE >

SASHA CASSADINE
Sasha (he/she) found a welcoming home and appreciation for her talents when she moved to MSP and became a star of our vibrant drag scene.

MORE >

HODON ASHOOR
Hodon is a mom and passionate teacher. As a child, she fled her worn-torn country and in recent years was welcomed by MSP’s sizable Somali community.

MORE >
HOW TO VOLUNTEER & BE IMPACTFUL WHEREVER YOU GO

A Brief Overview:

HandsOn Twin Cities (HOTC) believes that the most powerful force in the world is the individual who has realized their power to do good. With more than 100 years of experience, HandsOn Twin Cities is a leader in connecting nonprofits, volunteers, and companies. With a mission to inspire, equip, and mobilize people to provide impact to solve the most pressing challenges in our communities, we work across sectors to connect individuals to volunteer opportunities at nonprofits, customize hands-on and pro bono volunteer programs for companies, and act as a thought-leader on the trends of volunteerism both locally and globally as part of the Points of Light Network.

Why Volunteer?

Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. Volunteering can benefit you as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, advance your career, and boost your social skills while bringing fun and fulfillment to your life!
Find a volunteer opportunity near you through the Points of Light Global Network or through Volunteer Match. If you’re in the Twin Cities, check out HandsOn Twin Cities for thousands of ways to get involved.

Consider both hands on ways to give back and pro bono, or skills-based volunteerism. Pro bono volunteerism is the donation of professional services (i.e., technology, human resources, marketing, strategy, legal) benefiting organizations working to improve society. It’s a great way to build skills and enhance your resume!

Civic life today encompasses a lifetime of actions, large and small, that add up to significant societal impact.
There's nothing quite like Mill City Summer Opera. Nowhere else will you find world-class opera in a non-traditional outdoor venue. Their innovative performances attract a more diverse audience—made even more special by our outreach to youth that may not regularly have access to these types of programs. Founded in 2012 with a vision to provide second-to-none opera in an unmatched setting that's accessible to all, the Mill City Summer Opera has delivered on that vision every year since.

The Walker Art Center is a catalyst for the creative expression of artists and the active engagement of audiences. Focusing on the visual, performing, and media arts of our time, the Walker takes a global, multidisciplinary, and diverse approach to the creation, presentation, interpretation, collection, and preservation of art. Walker programs examine the questions that shape and inspire us as individuals, cultures, and communities.

Inspiring wonder through the power of art. The Minneapolis Institute of Art enriches the community by collecting, preserving, and making accessible outstanding works of art from the world's diverse cultures.

Recognized as one of the U.S.'s leading not-for-profit performing arts centers, the Ordway is home to a wide variety of performances that encompass the finest in Broadway musical theater, music, dance, and vocal artists in its Music Theater and Concert Hall.

Built in 1910, the Fitzgerald Theater is Saint Paul's oldest standing theater space. Originally the “Sam S. Shubert Theater,” its design was inspired by the famous Maxine Elliot Theater in New York. The Shubert Theater sought to be “the handsomest, the most safe, the most hygienic and most comfortable in the Northwest.” The robust acoustics afforded by the theater’s ornate architecture were ideal for vaudeville productions, and the biggest stars of the day graced its stage.

Public Art Saint Paul (PASP) is a private, non-profit organization working in partnership with the City of Saint Paul to imagine and create a more just, sustainable, and beautiful city. By placing artists in leading roles, PASP helps shape public spaces, improve city systems, and deepen civic engagement.

The museum presents and interprets works of art, offering exhibitions that place art within relevant cultural, social and historical contexts. Several major exhibitions are offered each year, as well as organized letters, symposia, tours and special events focused upon educational themes. In its 70-year history, the museum has worked with more than fifty departments, presenting the ideas of a great university in multi-disciplinary and widely collaborative projects.

Hennepin Theatre Trust advances the cultural and economic vitality of Minnesota through leadership of a dynamic arts district in downtown Minneapolis and educational programming that reaches every area of the state. Their historic theatres — Orpheum, State and Pantages — light up Hennepin Avenue with the best of Broadway and diverse, top-tier entertainment.

Minnesota Opera, led by President and General Director Ryan Taylor, combines a culture of creativity and fiscal responsibility to produce opera and opera education programs that expand the art form, nurture artists, enrich audiences, and contribute to the vitality of the community.
### SEE MSP (cont.)

<table>
<thead>
<tr>
<th><strong>Jungle Theater</strong></th>
<th>Arts</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Jungle Theater creates courageous, resonant theater that challenges, entertains, and sparks expansive conversation. As a neighborhood theater with national impact, the Jungle focuses on telling stories that matter, with deep care and attention to detail.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Mixed Blood Theatre</strong></th>
<th>Arts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Using theater to illustrate and animate, Mixed Blood changes attitudes, behavior, and policy by paying positive attention to difference. The company’s predictably unpredictable work addresses injustices, inequities, and cultural collisions, providing a voice for the unheard—on stage, in the workplace, in the company’s own Cedar Riverside neighborhood, and beyond.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Penumbra Theatre</strong></th>
<th>Arts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Penumbra Theatre creates professional productions that are artistically excellent, thought provoking, relevant, and illuminate the human condition through the prism of the African American experience.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Guthrie Theatre</strong></th>
<th>Arts</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Guthrie Theater engages exceptional theater artists in the exploration of both classic and contemporary plays, connecting the community to one another and to the world. Through its extraordinary artists, staff and facility, the Guthrie is committed to the people of Minnesota and, from its place rooted deeply in the Twin Cities, influences the field as a leading 21st-century arts organization.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>MN Orchestra</strong></th>
<th>Arts</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Minnesota Orchestra's mission is to enrich, inspire and serve our community as an enduring symphony orchestra internationally recognized for its artistic excellence.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Minnesota Historical Society</strong></th>
<th>Culture</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Minnesota Historical Society preserves Minnesota's past, shares our state's stories and connects people with history in meaningful ways, for today and for tomorrow. Because history matters!</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Bell Museum</strong></th>
<th>Culture</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Bell Museum is Minnesota's official natural history museum and planetarium. Their new home on the University of Minnesota's Twin Cities campus in St. Paul features a digital planetarium, high-tech exhibits, famous wildlife dioramas, outdoor learning experiences and more.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Science Museum of Minnesota</strong></th>
<th>Culture</th>
</tr>
</thead>
<tbody>
<tr>
<td>Science Museum of Minnesota is an American museum focused on topics in technology, natural history, physical science, and mathematics education.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Valley Fair</strong></th>
<th>Entertainment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valleyfair is a 125-acre amusement park in Shakopee, Minnesota, United States. Owned by Cedar Fair, the park opened in 1976 and now features over 75 rides and attractions including eight roller coasters.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>First Avenue</strong></th>
<th>Entertainment</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Avenue and 7th St Entry is a live music lover’s dream and a treasure of the music industry. With two separate performance spaces in one building, the historic venue offers something for everyone. The Mainroom, a 1550-person capacity live music venue hosts over 200 concerts a year, while 7th St Entry, a 250-capacity venue hosts over 350 concerts annually.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Como Zoo</strong></th>
<th>Entertainment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Como Zoo &amp; Conservatory is free and open to newcomers and frequent visitors alike all year long.</td>
<td></td>
</tr>
</tbody>
</table>
Brave New Workshop ................................................................. Entertainment
For over 20 years, Brave New Workshop has harnessed the power of transformative laughter to deliver customized, human-focused solutions that activate audiences to change their mindset and behavior.

Chanhassen Dinner Theater ..................................................... Entertainment
Performance & dining venue pairing musical theater & cabaret shows with classic American meals.

MPR .................................................................................... Entertainment
Minnesota Public Radio, is a public radio network for the state of Minnesota. With its three services, News & Information, Classical Music and The Current, MPR operates a 46-station regional radio network in the upper Midwest.

CONNECT MSP

St. Paul Area of Commerce ..................................................... Networking

Minneapolis Regional Chamber ............................................. Networking

Young Professionals of Minneapolis ...................................... Networking
YPM is both a personal and professional development organization connecting Minneapolis, Saint Paul, and its surrounding communities.

Bloomington Chamber of Commerce ................................... Networking

Fueled Collective ................................................................ Networking
Fueled Collective is a destination for growing businesses. Our mission is to inspire and enable entrepreneurs and small business owners to grow their ventures and bring prosperity to our community.

The Coven ............................................................................ Networking
The Coven is so much more than a workspace. The Coven is a vibrant, welcoming community of women, non-binary, and trans individuals. Their new membership plans are designed for a range of needs.

Make It. MSP. - MSP Hello ................................................ Make It. MSP.

Make It. MSP. - Professionals of Color ................................. Make It. MSP.

Make It. MSP. - Tech ............................................................ Make It. MSP.

Forge North Coalition ........................................................ Make It. MSP.
Led by a growing coalition of entrepreneurs, investors, corporate innovators, entrepreneurial support organizations and others, Forge North is a movement to make Minneapolis-Saint Paul the best place to start and scale ventures that build wealth by solving global challenges.
| **PLAY MSP** |
|---------------------------------|-----------------|
| **Minnesota Timberwolves & Lynx** | Sports |
| **Minnesota Twins** | Sports |
| The Minnesota Twins are an American professional baseball team based in Minneapolis, Minnesota. The Twins compete in Major League Baseball as a member club of the American League Central division. |
| **Minnesota United** | Sports |
| Minnesota United FC are an American professional soccer club based in Saint Paul, Minnesota that plays in the Western Conference of Major League Soccer. |
| **Saint Paul Saints** | Sports |
| The Saint Paul Saints are an American professional baseball team based in Saint Paul, Minnesota. |
| **Minnesota Wild** | Sports |
| The Minnesota Wild are a professional ice hockey team based in Saint Paul, Minnesota. They compete in the National Hockey League as a member of the Central Division of the Western Conference. |
| **Minneapolis Parks & Rec** | Outdoors/Fitness |
| **Saint Paul Parks & Rec** | Outdoors/Fitness |
| **Outdoor Afro** | Outdoors/Fitness |
| Outdoor Afro has become the nation's leading, cutting edge network that celebrates and inspires Black connections and leadership in nature. They help people take better care of themselves, our communities, and our planet! |
| **Minnesota Department of Natural Resources** | Outdoors/Fitness |
| Minnesota Opera, led by President and General Director Ryan Taylor, combines a culture of creativity and fiscal responsibility to produce opera and opera education programs that expand the art form, nurture artists, enrich audiences, and contribute to the vitality of the community. |
| **Paddle Share** | Outdoors/Fitness |
| Paddle Share is a collaborative program developed to increase opportunities for people to get on the Mississippi River. Although the river passes through the Twin Cities, it is rarely utilized for recreation. Paddle Share was established to encourage kayaking on the river and to reduce the need to own a boat or a vehicle to have an on-water experience. It is the first of-its-kind system in a national park, the Mississippi National River and Recreation Area. |
| **Vertical Endeavors** | Outdoors/Fitness |
| Vertical Endeavors operates some of the largest indoor climbing facilities in the nation with multiple locations throughout the Midwest. People of all ages and abilities can challenge themselves and have a blast. Routes are available for all skill levels from first-timers to advanced climbers and offer a great workout both physically and mentally. |
EAT & DRINK MSP

The Growler .................................................................................. Breweries
Minnevangelist .............................................................................. Food
MSP Mag ..................................................................................... Food
Eater Twin Cities ............................................................................ Food

PLAY MSP

Meet Minneapolis .......................................................................... Tourism
Visit Saint Paul ............................................................................ Tourism
Bloomington CVB ........................................................................ Tourism
Explore Minnesota .......................................................................... Tourism
City of Minneapolis ....................................................................... Government
City of St. Paul ............................................................................... Government
Metropolitan Council ..................................................................... Government
Metro Transit ................................................................................ Transportation
Nice Ride Bike ................................................................................ Transportation

MAKE IT. MSP.
Powered by the GREATER MSP Partnership