

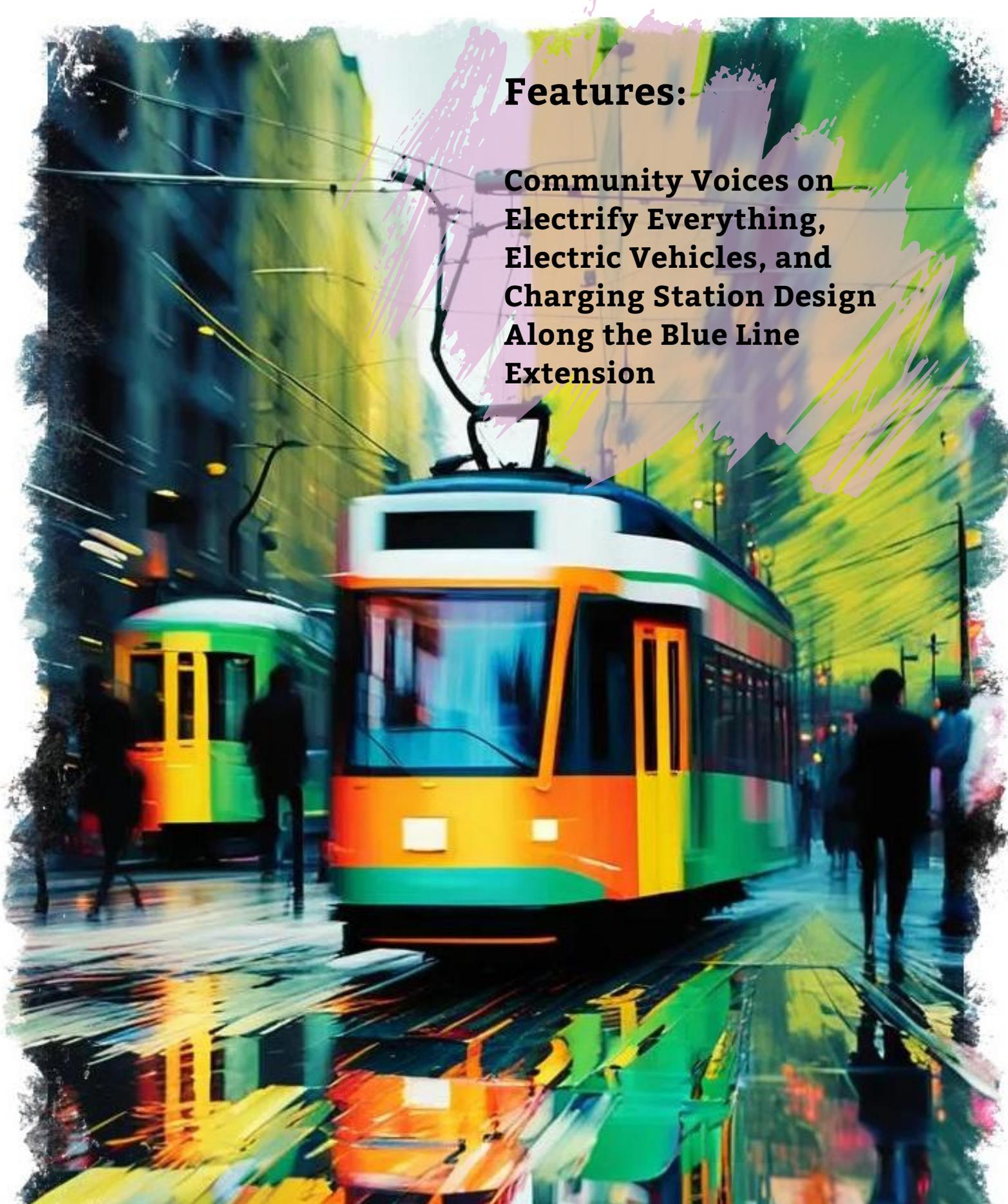


BICULTURAL ACTIVE LIVING LIFESTYLE E-MAGAZINE

MARCH, 2026 | VOLUME 3 | ISSUE 2

Features:

**Community Voices on
Electrify Everything,
Electric Vehicles, and
Charging Station Design
Along the Blue Line
Extension**



Project SUPPORT

Table of Contents

02~03	Introduction
04~12	Nutrition
13~21	Physical Activity
22~24	Project SUPPORT Events
25~28	Upcoming Events
29	Contact

INTRODUCTION



Project SUPPORT (Supporting Under-served through Produce Prescription, and Opportunities to Recreation-activity & Technical-assistance), is led by Asian Media Access (AMA), collaborated with Multi Cultural Community Alliance (MCCA), Project SUPPORT is a cross-cultural, cross-generational, and cross-sectoral initiative, aims to improve health, prevent chronic disease, and reduce health disparities among all members, with a special focus on Black, Indigenous, and People of Color (BIPOCs) who face the highest risk, and bear the highest burden of chronic disease, named: African American/Black, Asian American and will put a special focus on young people from the two poorest but most diverse neighborhoods in MN – North Minneapolis, and Midway St. Paul.

Supported by CDC's REACH funding, AMA will leverage our extensive network of trusted community partners who provide subject matter expertise and have a history of successful engagement with the respective cultural and geographic communities. All partners have been involved in co-designing this Initiative – Project SUPPORT through below 2 culturally tailored strategies to promote Bicultural Healthy Living, especially for immigrant and refugee communities:

- **Nutrition:** Increase healthy cultural food access by implementing Food Service Guidelines (FSG) at area Asian Temples and Black Churches, and establishing Produce Rx at area clinics/hospitals.
- **Physical Activity:** Increase policies, plans and community designs through North Minneapolis Blue Line and St. Paul Sears Redevelopment to better connect residents with activity friendly routes to everyday destination to live/learn/work/play, and provide safe, culturally based places for increasing physical activities.

Please check the Project SUPPORT updates through our Bicultural Active Living Lifestyle (BALL) website, weblog, Facebook, and e-Magazine:

- BALL Facebook at – <https://www.facebook.com/ballequity/>
- BALL Monthly eMagazines: <https://ballequity.amamedia.org/project-support/>
- BALL Website: <https://ballequity.amamedia.org/>
- BALL Web Blog: <https://www.behavioralhealthequityproject.org/>

For More Information: 612-376-7715 or amamedia@amamedia.org



NUTRITION



STRATEGY INTRO: Increase healthy cultural food access by implementing Food Service Guidelines (FSG) at least one Asian Temple, establishing Produce Rx at three clinics/hospitals.

NOURISHING BODY, COMMUNITY, AND EARTH

Policy Recommendations For Hindu Temples

ABOUT THE FSG ASSESSMENT

These policy recommendations were developed following a four formal assessments effort conducted by Dr. Jenyu Lai of Rochester Clinic with diverse Hindu Temples at different congregated dining events. Dr. Lai applied the Federal Food Service Guidelines (FSG) – a national framework promoting healthier food and beverage options in institutional and community settings – as the evaluative foundation for this review. Drawing on those guidelines, Dr. Lai analyzed the cultural dietary components specific to the Hindu community, examining traditional ingredients, preparation methods, meal patterns, and nutritional profiles. The assessment identified opportunities to strengthen food safety practices, improve nutritional outcomes, and reduce environmental impact while preserving the cultural and religious integrity of the Temples' food traditions. The three policies below represent Dr. Lai's final recommendations, tailored to the Hindu Society of Minnesota's unique community context.

When families gather at the diverse Hindu Temples in MN for weekly meals and

festivals, food is more than sustenance – it is an expression of devotion, culture, and community. The Society has developed three interconnected policies toward safer, healthier, and more sustainable food service, without displacing the traditions that make shared meals meaningful. Dr. Lai also proposed an Advisory Committee to be established to oversee and monitor implementation across all three policy areas.



Photo Courtesy: Hindu Temple of Minnesota

POLICY 1: FOOD SAFETY & HYGIENE

Clear, enforceable standards apply to all staff, volunteers, and vendors involved in food preparation or service. Key highlights:

- Consistent handwashing before preparation, after raw ingredient handling, and after any contamination risk.
- Proper temperature control maintained for all hot and cold foods throughout service.
- Gloves or utensils required when handling ready-to-eat items; allergen information clearly communicated.
- Multilingual safety signage posted in kitchens and serving areas to reflect community diversity.
- Quarterly volunteer training on safe handling, cross-contamination prevention, and personal hygiene – tracked annually.
- Periodic kitchen audits by temple management and the Advisory Committee to ensure ongoing compliance.



POLICY 2: HEALTHY MENU & NUTRITION STANDARDS

Nutritional quality will improve gradually and respectfully, with phased targets that honor cultural tradition. Key highlights:

- At least 50% of grain-based dishes to use whole grains (brown rice, whole wheat) within 6 months, progressing toward 80%.
- Deep-fried items limited to no more than 20% of menu offerings; baking, steaming, and air-frying are preferred.
- Sugar in traditional desserts reduced where feasible; fresh fruit offered alongside sweets at large events.
- Ghee and dairy moderated thoughtfully – tradition respected, with plant-based alternatives encouraged where appropriate.
- Vegetables and legumes targeted in 50–70% of dishes; water freely available; sugary beverages minimized.
- Advisory Committee to conduct annual review of measurable indicators: whole-grain adoption, fried item rates, sugar reduction, and vegetable inclusion.



POLICY 3: ENVIRONMENTAL SUSTAINABILITY & WASTE MANAGEMENT

Rooted in the Hindu principle of environmental stewardship, this policy reduces the footprint at all food service events. Key highlights:

- Clearly labeled bins for compost, recyclables, and landfill trash placed at all events with guiding signage.
- Partnership with a local composting facility to divert food waste from landfill – especially impactful at large festivals.
- Recyclable or compostable serviceware to replace single-use plastic (which many temples already implemented); bulk purchasing to reduce packaging waste.
- Volunteer training on proper waste sorting procedures at every event.
- Advisory Committee to monitor waste diversion rates periodically and implement continuous improvement strategies.



Photo Courtesy: Hindu Temple of Minnesota, Temple volunteers helped prepare food for hundreds of devotees – carrying forward a legacy of seva (selfless service) and togetherness.

ADVISORY COMMITTEE & OVERSIGHT

A dedicated Advisory Committee will play a central role in bringing these policies to life. The Committee will coordinate volunteer training, conduct kitchen and event audits, review annual progress data, and make recommendations for ongoing improvement. By providing structured oversight across all three policy areas, the Advisory Committee ensures that good intentions translate into lasting, measurable change – and that the community's voice remains central to how these policies evolve over time.

Together, these three policies offer a holistic, values-driven framework that is both ambitious and achievable. None demands the abandonment of tradition – each asks the community to hold its traditions with greater intentionality, ensuring that food is safe, nourishing, and prepared with awareness of its environmental impact. With phased targets, trained volunteers, and an engaged Advisory Committee guiding the process, the Hindu Society of Minnesota has taken deliberate steps to ensure the temple kitchen remains a place of both nourishment and meaning – now and into the future.



Photo Courtesy: Hindu Temple of Minnesota



Holi Dinner Menu

Veg Biryani

Poori

Paneer Mutter Masala

Gujiya

Gajar Ka Halwa



Preface: Last January, the Northside Prescription Advisory Committee resumed biweekly meetings, focusing on two critical food access initiatives for North Minneapolis. The Committee is planning a potential Produce Prescription project while simultaneously designing train-the-trainer sessions on food resources. These coordinated efforts specifically target improved access to fresh fruits and vegetables for the Northside's immigrant and refugee communities. Both initiatives fall under the SankofaPOWER framework, an approach centered on decentralized food access and community empowerment, restoring power to community members to shape their own food security solutions.



Zongxee Lee Author Photo



Back row, left to right: Lindsey Miller, May Lee, Alex Crum.
Front row, left to right: Natalie Hoidal, Zongxee Lee

ROOTS THAT ENDURE

The Importance of Hmong Herbal Traditions and the Community that Kept it

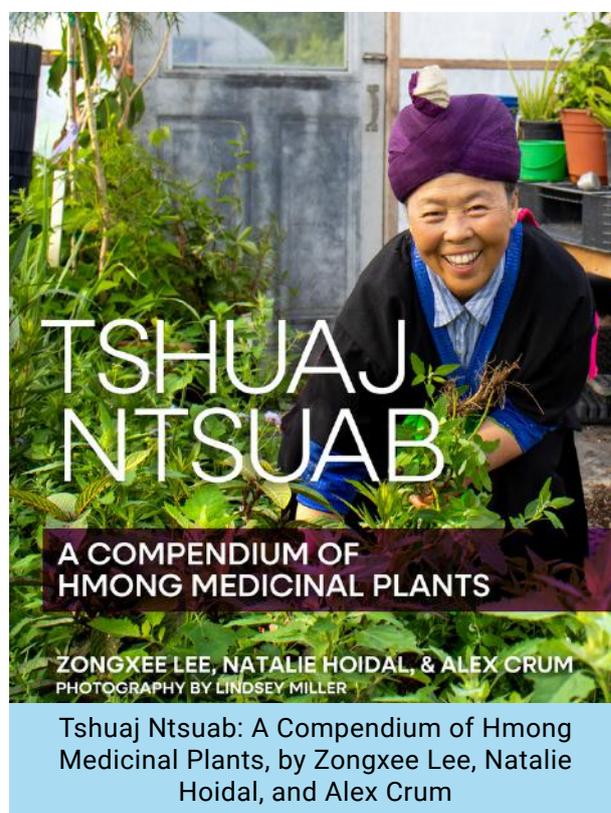
Long before there were pharmacies on every corner, before clinical trials and pharmaceutical patents, there were gardens. For the Hmong people, those gardens were medicine cabinets, cultural archives, and acts of survival all at once. The herbs they grew – known collectively as tshuaj ntsuab – carried generations of healing wisdom passed down through memory, practice, and trust. That knowledge almost disappeared in the chaos of war and displacement. Instead, a community carried it across oceans and replanted it in Minnesota soil. Working with Northside Prescription Advisory Committee, Asian Media Access has brought the story to life - what was saved, why it matters, and who made it possible.

WHAT IS TSHUAJ NTSUAB

Tshuaj ntsuab, which translates roughly as "green medicine" or "medicinal herbs," is

the broad Hmong term for a living pharmacopoeia of plants used for centuries to treat illness, support recovery, strengthen the body, and maintain spiritual and physical balance. These are not remedies invented in isolation. They represent thousands of years of observation and refinement – an intergenerational body of ecological intelligence as sophisticated in its own way as any laboratory science. Hmong herbal medicine is deeply holistic. It treats the person, not just the symptom. Warmth, rest, specific foods, and targeted plants work in combination. Postpartum care, for example, centers on restorative broths made with particular herbs and chicken to support circulation, warmth, and recovery after childbirth. Elders prescribed aromatic leaves for sore muscles, specific roots for pain and inflammation, and carefully timed preparations to restore balance after illness or injury.

For Zongxee Lee – Hmong American nurse, researcher, cultural educator, herbalist, and author – understanding this was a turning point. As a nurse, she witnessed Hmong patients misunderstood in clinical settings: postpartum mothers questioned for drinking only warm water, families whose practices seemed mysterious to providers who had no framework to interpret them. She recognized that the problem was not the practices themselves but the lack of documentation and cross-cultural translation. Hmong herbal medicine was real, it was functional, and it was invisible to the systems meant to serve those who relied on it.



FROM LAOS TO MINNESOTA: SEEDS THAT SURVIVED A WAR

When Hmong refugee families fled Laos following the Vietnam War and began arriving in Minnesota in the late 1970s and 1980s, they brought very little with them. But some brought seeds. Zongxee Lee arrived in Saint Paul as a one-year-old, the daughter of a Vietnam War veteran. Her earliest memories include walking grocery store aisles with her parents, searching shelves for vegetables and herbs they recognized. There were none. No familiar bundles of tshuaj ntsuab. Only lemongrass – a single thread of the entire tapestry of Hmong botanical knowledge – was available in American stores at the time. Her mother did not accept substitution.



The Lee family at the cucumber farm, c. 1988

She rented garden plots and learned to grow Hmong herbs in Minnesota's soil, which was nothing like the soil of Laos. She saved seeds like they were precious commodities, sharing cuttings with other Hmong families. Plants moved through community networks the same way stories did – from household to household, garden to garden, generation to generation. What began as necessity slowly became an act of cultural preservation. This pattern repeated itself across the Twin Cities. Hmong families planted in backyards, community gardens, and rented farmland. They adapted growing techniques to a colder climate and shorter seasons. They maintained dual plant names, Hmong and Latin, in their own memories even as American institutions had no record of what they were cultivating.



COMMUNITY AS THE FOUNDATION OF RESILIENCE

The preservation of Hmong herbal medicine did not happen in a university lab or through a government program. It happened because a community decided, collectively and quietly, that this knowledge was worth carrying forward – even under the most difficult circumstances. Hmong herbal medicine is not simply a cultural curiosity or a relic of the past. It is an active, living system of care that serves real health needs in the present. For communities with limited access to conventional healthcare, language barriers in clinical settings, or historical experiences of being misunderstood or dismissed by medical institutions, traditional plant-based practices often fill critical gaps. When healthcare providers lack knowledge of these practices, patients are sometimes discouraged from following postpartum traditions that support recovery, or subjected to cultural misunderstandings that erode trust and reduce the quality of care. Documentation and cross-cultural education – the kind Zongxee Lee has spent her career building – directly address this gap. When providers understand why restorative broths matter, why warmth is central to postpartum healing, and what specific herbs are being used and why, care improves.

LOOKING FORWARD

Such work of preservation of Hmong Herbal Medicine is also the work of public health. And it is why the community that preserved these practices deserves recognition not just as cultural stewards, but as partners in healthcare, and should be part of AMA's Produce Prescription program to let more members see the cultural diets are part of the healing. *"Tshuaj Ntsuab, A Compendium of Hmong Medicinal Plants"* book by Zongxee Lee will be launched in April 2026. It is, by any measure, a landmark publication – the first of its kind, decades in the making, and rooted in the quiet determination of families who carried seeds across a river and planted them in a new land. But the book is also a beginning. It opens a door for younger generations to connect with ancestral knowledge on their own terms, supported by both scientific validation and cultural pride. It invites non-Hmong readers, healthcare providers, and researchers into a tradition that has always been sophisticated, intentional, and alive, and should be integrated into modern healthcare practices.



Educational Article

TSHUAJ NTSUAB, A COMPENDIUM OF HMONG MEDICINAL PLANTS



For more information, please visit : <https://shop.mnhs.org/products/tshuaj-ntsuab-a-compendium-of-hmong-medicinal-plants>

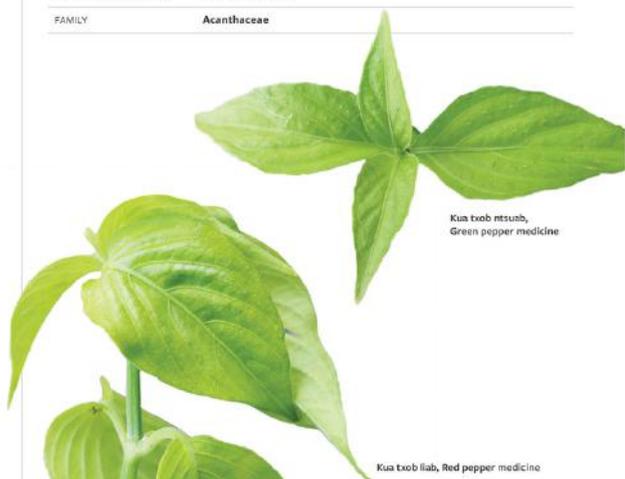
56 TSHUAJ NTSUAB

PART IV A COMPENDIUM OF HMONG MEDICINAL HERBS 57

Kua txob liab & Kua txob ntsuab

Dicliptera chinensis

HMONG NAME	Kua txob liab Kua txob ntsuab	[/kua 1/ /tsɔ 1/ /liab 1/] [/kua 1/ /tsɔ 1/ /ndzua 1/]
ENGLISH TRANSLATION	Red pepper medicine Green pepper medicine	
ENGLISH COMMON NAME	Chinese foldwing	
FAMILY	Acanthaceae	



Kua txob ntsuab,
Green pepper medicine

Kua txob liab, Red pepper medicine

MAY LEE'S NOTES

Kua txob liab and kua txob ntsuab are very closely related plants that belong to the same species and are generally treated as the same in most literature. May distinguishes between the two plants by leaf shape, and by placing them into hot water. Kua txob liab turns the water a purplish-red color, and kua txob ntsuab turns the water green.

The two herbs are used for nearly identical purposes, but May cultivates them both. Kua txob ntsuab (green pepper medicine) is more commonly used and grown than kua txob liab (red pepper medicine). These herbs are not typically used in the chicken soup diet unless someone is having blood clots, as they are known to thin the blood. They are considered to be very potent, especially when combined with other herbs, so May uses only 2-3 leaves at a time, and only when needed. They are supposed to stimulate energy and blood flow, reduce swelling, and detoxify the blood while relieving indigestion.

Beyond chicken soup, kua txob ntsuab and kua txob liab are used to relieve menstrual cramps and to treat cough, diarrhea, and fever.

May combines the green variety with suv ntsim in a tea to bring down fevers. Specifically, she mashes the herbs, adds them and hot water to a cup, and then covers it, allowing it to cool and pouring the condensation back into the cup, then administers the tea at room temperature. This practice helps to collect volatile compounds that would otherwise be lost in the steam from the tea.

May uses the red variety to help the body regulate after a bad reaction to food. This is distinct from an allergic reaction, which this plant will not cure.



58 TSHUAJ NTSUAB

PART III RECIPES 29

Amulet for Protection

HERBS FOR AMULET

Dried slices of qhiv daj (page 106)
Dried slices of vas khoos (page 158)
Siv toj (page 125)
Ko taw os liab (page 50)
Zej ntsuab ntuag (page 164)

OTHER SUPPLIES

Red cotton cloth
Red thread and sewing needle

MAKING THE AMULET

Finely chop the herbs and mix together.

Use red fabric to sew a small triangle bag.

Cut two triangular pieces of red fabric. Sew them together on two sides and half of the third side, double stitching at either side of the opening. Using the open section, flip the pouch inside out to enclose the raw edges.

Stuff chopped herbs through the opening and sew the bag closed.

Sew a red string through one of the points of the triangle, forming a loop. Hang the amulet anywhere you need protection, such as above a doorway, over a child's crib, or on a child's car seat.



PHYSICAL ACTIVITY



STRATEGY INTRO: Increase policies, plans and community design changes through China Garden, Minneapolis Open Streets and St. Paul Sears Redevelopment to better connect residents to everyday destination to live/work/play, and provide safe, culturally based places for increasing physical activities.

REIMAGINING THE SEARS SITE AS AN ACTIVE TRANSIT HUB

A New Hub for Walking, Biking & Community Connection in Saint Paul

The former SEARS Site in Saint Paul's Capitol area stands at a crossroads – both literally and figuratively. Situated between residential neighborhoods, the State Capitol, and major transit corridors, this sprawling property represents one of the most significant opportunities for active transportation improvement in downtown Saint Paul in a generation. From summer 2025 to now, Alta Planning + Design, in partnership with MnDOT, conducted a comprehensive active transportation planning assessment of the site along with Asian American Business Resilience Network (AABRN), Asian Media Access (AMA), and Frogtown/Rondo Black Church Alliance (FRBCA). **KEY FINDING:** The SEARS site has immense potential to improve walking and biking connections in downtown Saint Paul – but today, high-speed roads and missing infrastructure create serious barriers for pedestrians, cyclists, and people with mobility challenges.

WHAT WAS DONE

The planning team held stakeholder kickoff meetings in summer 2025, launched an online community survey in Fall, and conducted walk and bike audits of the site and surrounding streets. Crash data from 2020-2024 and an equity analysis using

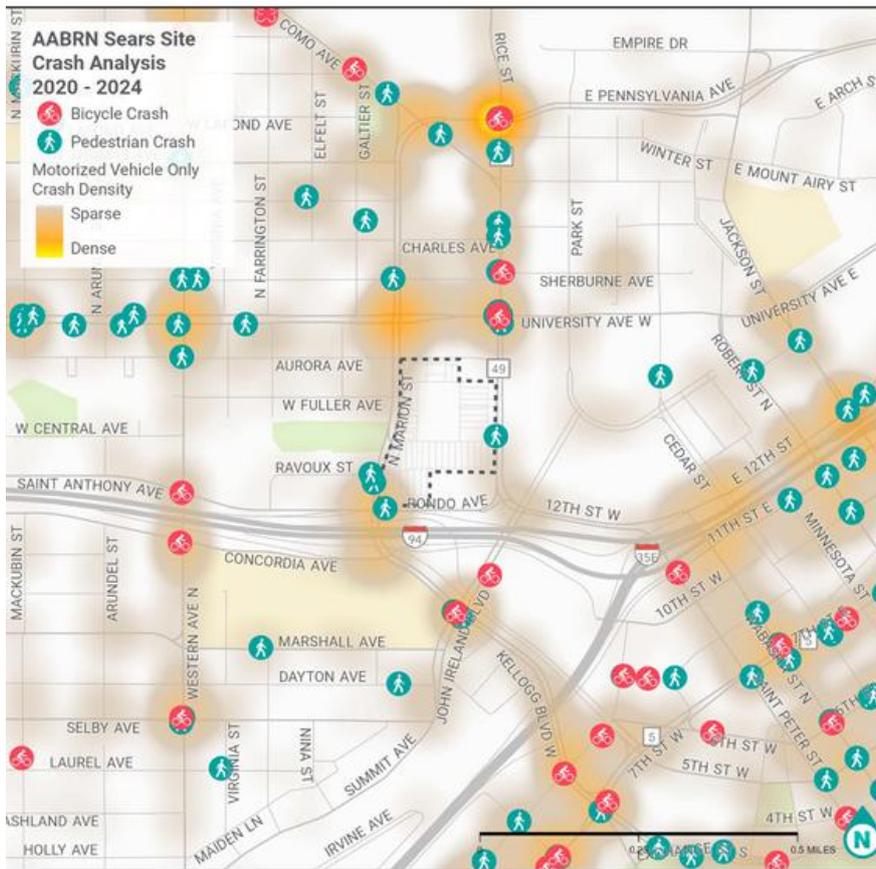
MnDOT's Priority Areas for Walking Score tool helped map where the greatest needs and opportunities lie. These efforts built on existing plans, including the Capitol Area Architectural and Planning Board (CAAPB) 2040 Comprehensive Plan and the Capitol Rice Development Framework along with community engagement works done by AABRN, AMA and FRBCA.



WHAT THE AUDITS FOUND

The walk and bike audits uncovered a series of specific conditions that must be addressed as redevelopment moves forward:

- Marion Street (west boundary): Sidewalks are severely deteriorated, with vegetation-cracked pavement making wheelchair navigation hazardous. One auditor observed a wheelchair user riding in the street. Cycling infrastructure is absent on this fast-moving road.
- Rondo Avenue (south boundary): With 3-4 one-way lanes serving I-94 traffic, this corridor is among the most hostile for non-drivers. Access to the SEARS Site is blocked by a hotel-owned service strip – which may need to acquire to unlock southern site access.
- Rice Street / Rondo / John Ireland intersection: A confusing, high-speed, multi-crossing intersection that is difficult to navigate safely on foot or bike. A redesign is planned for 2027 as part of the Rice Street Capitol Area Reconstruction project.
- West Fuller Avenue: A historically important east-west connector is currently severed by the SEARS building itself, with no crosswalk linking to the Capitol Mall.
- Como Avenue (northeast approach): Despite painted bike lanes, truck traffic and road debris – much of it from a nearby waste facility – make conditions stressful for cyclists. A buffered, sidewalk-level bikeway is recommended.
- Charles Avenue bike boulevard: While designated and signed, stop signs at every intersection undercut the route's effectiveness. Giving bikes the right-of-way or adding traffic circles could make it far more functional.
- Urban heat and lighting: The SEARS site lacks tree canopy and shade, making it unpleasant to walk on warm days. Participants from prior audits also flagged a need for better pedestrian-scale lighting at night.



OPPORTUNITIES AHEAD

Although the MnDOT Hwy 94 project has faced resistance from neighboring communities, the audit nevertheless highlighted several encouraging reasons for optimism. Several major infrastructure investments are already in motion that will dramatically improve the site's active transportation context:

- Rice Street Capitol Area Reconstruction (Spring 2027): This project will add a shared-use path and a two-way cycle track along Rice Street – the SEARS Site's eastern edge – and redesign key intersections at Como Avenue, Aurora Avenue, and John Ireland Boulevard.
- Capitol City Bikeway Extension: The Wabasha Street bikeway extension will connect to the Rice Street improvements via 12th Street, linking the SEARS Site into Saint Paul's broader downtown bike network.
- Metro Transit G Line aBRT: A planned arterial bus rapid transit station near the Central Avenue corridor will bring high-frequency transit right to the SEARS site's edge.
- Western Sculpture Park: Existing park paths to the west create a natural greenway gateway. Connecting the site through to the Capitol Campus via a redesigned Central Avenue could create a landmark active transportation corridor.

- **Marshall Avenue:** Already well-equipped with bike infrastructure all the way to the Mississippi River, Marshall Avenue offers a ready-made cycling connection westward, including links to Minneapolis via Lake Street.



FOUR PRIORITY RECOMMENDATIONS

1. **West & South Gateways With Rice Street improvements** underway, focus future efforts on improving Marion Street to the west and Rondo Avenue to the south – the two most challenging and neglected edges of the site.
2. **Internal Street Design with AMA and CAAPB** must jointly decide how internal streets are designed – whether every street accommodates all modes, or whether certain corridors (like Central Avenue) prioritize walking and biking, with potential demo project in 2026 to test ideas.
3. **Continued CAAPB Coordination** The CAAPB 2040 Comprehensive Plan and Capitol Rice Development Framework are essential guides. AMA should use these documents as the foundation for dialogue with regulators, ensuring any redevelopment vision meets planning requirements.
4. **Continued the On-going Community Engagement with Neighbors** who live and work near the site hold crucial knowledge about how they travel, where crossings are most needed, and what they want from a redeveloped SEARS Site. Targeted outreach should follow to answer key planning questions.

The former SEARS Site does not need to be a gap in Saint Paul's urban fabric. With the right vision, coordinated planning, and community investment, it can become a landmark destination that connects people – on foot, by bike, by bus, and by rail – to the heart of Minnesota's capital city.

Source: Alta Planning + Design, MnDOT AT Planning Assistance - Sears Site Memorandum and Walk & Bike Audit Findings. Contact: MnDOT Active Transportation Division.

COMMUNITY VOICES ON ELECTRIFY EVERYTHING, ELECTRIC VEHICLES, AND CHARGING STATION DESIGN ALONG THE BLUE LINE EXTENSION

WHAT PEOPLE ARE SAYING AT THE TABLE

As the Blue Line Extension moves into 90% design by summer 2026 and approaches right-of-way acquisition, the integration of EV infrastructure into station area design is among the live decisions still to be shaped. This article distills what communities have said at monthly DREAM meeting at UROC and other AMA's outreach events across the corridors.

The Blue Line Extension will serve one of the most diverse transit corridors in Minnesota. The project area in Minneapolis includes roughly 18% Black or African American residents, 9.9% Hispanic or Latino, and 5.2% Asian residents. Brooklyn Park, the northwestern terminus, is a city where approximately 60% of residents are people of color and 20% are recent immigrants. These communities have high rates of transit dependence, lower rates of vehicle ownership, and a disproportionate share of residents living in rental housing – all factors that shape BLE station areas will or will not work for them.

AMA Staff Stephen Lu has reported that EV charging had not previously been part of the conversation along the Blue Line station design. Participants at the West Broadway and Penn/21st Avenue DREAM Sessions noted that station area planning materials focused heavily on land use and anti-displacement, but rarely mentioned what kind of transportation infrastructure – beyond the rail line itself – would be integrated into the station area designs, like bike lane connections and other Active Transportation. When EV charging was introduced as a topic in the recent community meetings, resident response was immediate and substantive.

--- *"This is the first time anyone asked us about electric cars."* ---

--- *"I can't afford an electric car, so why should I care about charging stations in my neighborhood?"* ---

This was among the most common reactions at outreach events along the corridors, including at Ebenezer Community Church in Brooklyn Park and at UROC in North Minneapolis. Residents in communities with median household incomes well below

the metro average consistently named vehicle cost as the primary barrier. Residents who raised this concern were not dismissing electrification — they were naming a mismatch between how charging infrastructure is typically planned (around private vehicle ownership) and how transportation actually works in their lives (around transit, carshare, and short-distance travel on foot or bike).

HOURCAR's community outreach for the EV Spot Network in MN — which conducted over a year of engagement in neighborhoods identified as areas of concentrated poverty — found the same thing. The most valued EV infrastructure in these communities was electric carsharing, not private charging, and what residents most wanted was lower costs and the ability to access vehicles without a credit card or smartphone. Planners integrating EV infrastructure into Blue Line station areas should design first for carshare and multi-modal charging, not primarily for private commuter EVs.



Photo Courtesy: HOURCAR

--- "Do this in Hmong, Somali, and Spanish — not just English." ---

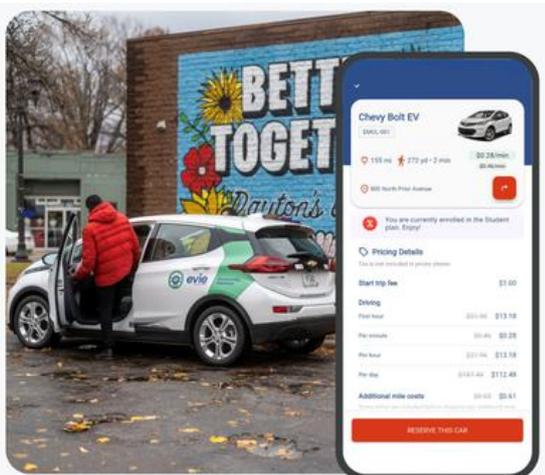


Photo Courtesy: HOURCAR

This feedback came consistently, at nearly every outreach event along the corridor, for every aspect of Blue Line planning — and EV infrastructure is no exception. At the Brooklyn Park Hmong New Year event hosted as a Blue Line community engagement touchpoint, and at other outreach sessions, residents have always asked that any materials be available in languages actually spoken around the corridors.

WHAT CHINA'S EV EXPANSION TEACHES US ABOUT TRANSIT STATION DESIGN

While corridor communities have been voicing their needs at outreach tables in Minneapolis and Brooklyn Park, cities on the other side of the world have already

been building the model they are describing. AMA Staff Stephen Lu has suggested to look into China's EV success, especially all UBER systems using the EV in China. China's electric vehicle expansion – now the largest in the world, with 14.4 million public charging points serving over 31 million EVs as of mid-2025 – offers planners a concrete, proven example of what it looks like when EV charging infrastructure is designed around transit stations from the START, not retrofitted as an afterthought.

The concept is called Park-Charge-Ride (PCR). It is a natural evolution of the traditional park-and-ride model, adapted for the age of electrification. Here is how it works: a commuter drives their electric vehicle to a metro or light rail station in the morning, parks it in a charging-enabled station area, boards the train for their commute downtown, and returns in the evening to a car that has been charging all day on grid power – often at lower off-peak electricity rates. By the time they drive home, the vehicle is fully charged. The charging station at the transit hub is not a convenience add-on. It is the logical completion of the daily commute loop.



Photo Courtesy: CNTE Shanghai Kangqiao East Road Smart BESS EV charging station

Shanghai has implemented this model at scale. The city has deployed tens of thousands of charging ports, many strategically co-located with metro stations, integrating EV charging directly into station area design as a core component of urban mobility infrastructure – not as parking lot furniture. In Beijing, public urban parking lots with integrated charging now account for nearly half of China's public EV charging revenue, reflecting the depth of demand for transit-connected charging hubs. And in a notable innovation in early 2026, Beijing deployed 1,000 overhead robotic charging units across 150 parking lots – units mounted on ceiling rails that travel automatically to parked EVs, eliminating the need for drivers to compete for specific charger-equipped spaces. Every parking spot becomes a potential charging spot, at a fraction of the infrastructure cost of wiring individual stalls.



The research confirms the value of this approach. A 2026 global study covering 153 urban areas across the United States, Europe, and China found that integrating EV charging into metro park-and-ride facilities significantly enhances the viability and attractiveness of public transit for EV owners – particularly in suburban and lower-density areas where car use remains high but commuters are willing to shift to transit for the urban leg of their journey. Researchers described this as a context-dependent but highly effective tool: PCR is most powerful

precisely in corridors like the Blue Line Extension, where suburban stations in Brooklyn Park, Crystal, and Robbinsdale serve residents who drive to the station and then ride into Minneapolis.

For example, a commuter in Brooklyn Park who owns or shares an electric vehicle today has no reason to drive to the Blue Line Extension station if there is nowhere to charge when they arrive. They will drive the whole way. But if the station area includes reliable, affordable EV charging alongside parking – so that the car is charging while its owner is on the train – the transit trip becomes the rational choice. The EV charging infrastructure does not compete with the transit investment. It completes it.



Nic Cruz Patane
@niccruzpatane

In China, some parking garages have roof-mounted EV chargers on motorized tracks that automatically travel to your parking spot so you can charge.



For example, a commuter in Brooklyn Park who owns or shares an electric vehicle today has no reason to drive to the Blue Line Extension station if there is nowhere to charge when they arrive. They will drive the whole way. But if the station area includes reliable, affordable EV charging alongside parking – so that the car is charging while its owner is on the train – the transit trip becomes the rational choice. The EV charging infrastructure does not compete with the transit investment. It completes it.

The Blue Line Extension is entering its 90% design phase. The architectural, lighting, and landscaping decisions being made now will define what these stations look and feel like for decades. China built its PCR infrastructure into stations from the ground up. Minneapolis has the opportunity to do the same – but only if the decision is made now, while the design is still open. Waiting until after construction to retrofit EV charging into station areas will cost more, serve fewer people, and miss the transit ridership multiplier effect that integrated charging creates.

The Blue Line Extension has been shaped by more community engagement than almost any transit project in Minnesota history. The voices of corridor residents – gathered at hundreds of events across five cities over five years – represent a genuinely extraordinary public investment in participation. The question for planners and policymakers now is whether that investment will be honored in the final designs, including in the infrastructure decisions that are still to be made. EV charging at Blue Line station areas is one of those decisions. If we make EV as a visible, functional expression of the equity values the project has committed to.

REFERENCES

- ACEEE, "Innovative Utility Strategies Expand Equitable Access to EV Charging" (January 2026): aceee.org
- Anti-Displacement Coordinated Action Plan: yourblueline.org/coordinated-action-plan-overview
- Asian Media Access, METRO Blue Line Extension Project: ww1.amamedia.org/metro-blue-line-extension/
- Asian Media Access, \$10 Million State Investment Powers Blue Line Cultural Placekeeping (June 2025): ww1.amamedia.org/asian-media-access-involvement-in-the-cultural-placekeeping-initiative-along-the-blue-line-extension-2/
- China EV Charging Infrastructure Market Report, Mordor Intelligence (2025): mordorintelligence.com
- China Overhead Rail EV Charging Robots in Parking Garages, Electrek (February 2026): electrek.co/2026/02/23/china-overhead-rail-ev-charging-robots
- Global Park-Charge-Ride Study, ScienceDirect (2026): "A global insight into integration of metro and electric vehicle charging stations" – covering 153 urban study units in the U.S., Europe, and China: sciencedirect.com/science/article/abs/pii/S2210670726001046
- HOURCAR/Clean Energy Resource Teams, "HOURCAR Centers Equity in Outreach for New Electric Vehicle Service" (2022): cleanenergyresourceteams.org
- MnDOT Electric Vehicle Infrastructure Needs Assessment (EVINA), 2024-2025: dot.state.mn.us/ev-infrastructure/evina.html
- Nature Communications, "Equity and Reliability of Public Electric Vehicle Charging Stations in the United States" (June 2025): nature.com/articles/s41467-025-60091-y
- Resources for the Future, "Leveraging Investments in EV Charging Stations to Maximize Public Benefits" (2024-2025): resources.org
- Shanghai as a Model: EV Charging Infrastructure Development, MDPI Sustainability (2025): mdpi.com/2071-1050/17/1/91

For more information, contact Asian Media Access: 612-376-7715 | amamedia@amamedia.org | ww1.amamedia.org

PROJECT SUPPORT EVENTS

February 07

WOMEN IN STEM DAY

Asian Media Access and Pan Asian Arts Alliance joined the Science Museum of Minnesota to celebrate girls and women in STEM Day. AMA and PAAA offered a mix of cultural group performers and healthy lifestyle information.



February 21

TAIWANESE LUNAR NEW YEAR CELEBRATION

Asian Media Access joined the Taiwanese Lunar New Year Celebration at the University of Minnesota, where community members gathered to enjoy traditional performances, cultural activities, and festive experiences. AMA tabled there to share the information about Produce Prescription benefits, City of Mpls Fruit and Veggie Voucher programs and Electrify Everything at Home to support the bicultural healthy living.



February 21 & 22

MOA LUNAR NEW YEAR CELEBRATION

Asian Media Access and Pan Asian Arts Alliance joined the Lunar New Year celebration at Mall of America, where live performances, cultural presentations, interactive activities, and festive decorations brought the community together to welcome the lunar new year. AMA's ED Ange Hwang has hosted the lion dance segments to wish community members all a prosperity Fire Horse Year.



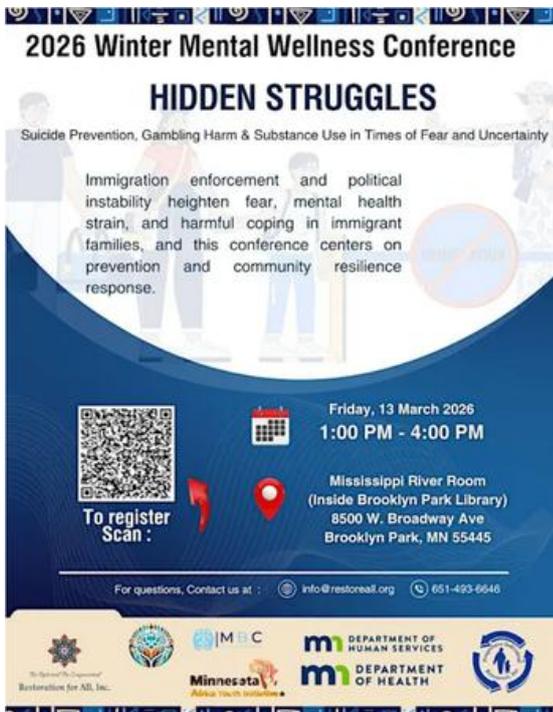
March 07

AFRICAN AMERICANS IN STEM DAY

Asian Media Access and Frogtown Rondo Black Church Alliance joined the Science Museum of Minnesota to celebrate African Americans in STEM Day. The event highlights the contributions of Black professionals in STEM. AMA tabled there to share the information about Produce Prescription benefits and Electrify Everything at Home to support the bicultural healthy living.



UPCOMING EVENTS



WINTER MENTAL WELLNESS CONFERENCE

DATE/TIME: Friday, March 13, 2026, 1:00pm-4:00pm

PLACE: Mississippi River Room (inside Brooklyn Park Library), 8500 W. Broadway Ave Brooklyn Park, MN 55445, [register here](#)

Periods of immigration, political instability, and community fear increase psychological distress and maladaptive coping. The conference addresses the silent rise of suicide ideation, alcohol misuse, cannabis dependence, opioid exposure, and gambling harm among immigrant families. The focus is on prevention, protective factors, and strengthening communal resilience during uncertain times.

REKINDLING INDIGENOUS KINSHIP AND FOODWAYS

DATE/TIME: Wednesday, March 18, 2026, 12:00pm ET/9:00am PT

PLACE: Online, [register here](#)

Our recent issue of the [Cultural Survival Quarterly](#) brings our focus to Indigenous foodways and kinship with plants, animals, and ecosystems, which are central to the resilience and regenerative lifeways of Indigenous Peoples and are informed by cosmovisions, knowledge systems, and languages.

Rekindling Indigenous Kinship and Foodways
Indigenous foodways and kinship with plants, animals, and ecosystems are central to the resilience and regenerative lifeways of Indigenous Peoples. Indigenous leaders are building strong movements to revitalize communities and foodways and rekindle kinship, knowledge, and trade routes that contribute to the web of life.

JOIN THE CONVERSATION!

WEDNESDAY, MARCH 18, 2026
12 ET/ 9AM PT

Register Today: tinyurl.com/kinship318

UROC BRAIN HEALTH FAIR

DATE/TIME: Saturday, March 21, 10:00am-1:00pm

PLACE: UROC, 2001 Plymouth Ave N, Minneapolis, MN 55411, register:

<https://www.eventbrite.com/e/uroc-brain-health-fair-registration-1982468430442>

Explore how brain health supports well-being at every stage of life at the Brain Health Fair. Learn practical strategies for healthy aging, child development, and managing stress, and gain insight into overcoming trauma, understanding pain, and breaking addiction through science-based approaches



SENIOR SOCIALS AT THE LOPPET

DATE/TIME: Fridays, March 27, May 29, September 4, December 4, 2026, 10:00am-2:00pm

PLACE: The Trailhead, 1221 Theodore Wirth Pkwy, Minneapolis, MN 554422



FIRST-TIME HOMEBUYERS EDUCATION WORKSHOP

DATE/TIME: April 15, 2026, 5:30pm-7:30pm

PLACE: Alliance Francaise, 227 Colfax Avenue N Minneapolis, MN 55405

This interactive workshop will provide practical, step-by-step guidance on the homeownership process and help participants understand how to prepare financially, build strong credit, and successfully navigate the real estate and mortgage systems.

LAO NEW YEAR 2026

DATE/TIME: Saturday, May 2, 2026, 6:30pm–12:00am

PLACE: Unison Banquet Hall, 1800 White Bear Ave, Maplewood, MN 55109

This annual celebration brings together families, youth, elders, and community members to welcome the Lao New Year with traditional dance, music, fashion, and cultural performances. Our talented student dancers, ages 4–18, will showcase classical traditional and folk dances that reflect the beauty, grace, and history of Laos.



Contact Us

Email

ball@amamedia.org

Telephone

612-376-7715

Address

2418 Plymouth Ave N
Minneapolis, MN 55411



Partnering with

