



## CSA Member Handbook 2011

Red Wiggler Community Farm  
Community-Supported Agriculture (CSA)  
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## Welcome to the 2011 season!

Keep this packet of information handy so you can take full advantage of *your* farm this season. Here's what's included:

- \*On Farm pick up procedure
- \*Weekly share information
- \*Pick Your Own (PYO)
- \*Compost Buckets Exchange & Cartons
- \*Volunteering
- \*Safety at the Farm
- \*An introduction to your farm staff
- \*The Red Wiggler Community Farm Programs & Partnerships

### On Farm Pickup Procedure:

When you arrive at the farm, please follow signs for visitor parking, being mindful of all of our customers as we move about. Construction will impact our parking, so please be mindful and drive slowly.

Come on in to the big Red Barn and start at the check in table. You will find your name on the list of members and check your name off in the column for that particular date. Here you can also pick up a printed copy of the weekly newsletter and grab a recycled bag or two if you didn't bring one from home. We are happy to re-use your grocery bags, rubber bands and berry baskets, so if you have a stash to share, leave these on the table as well.

Look for the dry-erase board that will list the amounts you can take of each of the vegetables in your share that week. Each vegetable is laid out in quantities- feel free to pick the bag, bunch, or vegetable that looks most appealing to you. We harvest just the right quantity of each vegetable for each pick up, so please observe the quantities and check in at the swap box at the end of the pick up line if there is something you would prefer to substitute.

We always have a staff member or volunteer available to re-fill bins and answer questions. Take advantage of us! We can identify the vegetables you don't recognize and give you ideas for how to prepare them.

Also, please note that while we rinse the vegetables as they come out of the fields, we recommend that you take the time to wash all your produce thoroughly just before you use it. All Red Wiggler produce is Organic, but even organic soil isn't so tasty on veggies! Thanks!

**Can't make it to pick up your share?** Here are your options:

- 1) Send someone else to get it for you. This is a great chance for a friend or neighbor to find out what it's like to be part of the Red Wiggler Community. If they tell us they're picking up for you, we'll check off your name and help them out. You do **not** need to tell us in advance that someone else is picking up your share.
- 2) Let us donate your share. After the pick-up is through, we donate what remains to an agency that serves people who need it (see the section on Red Wiggler Programs for more details).

### **A word about refusing what you won't eat...**

Part of the fun of a CSA share is experimenting with those vegetables that are unfamiliar or not your favorites, and finding ways to take them from slightly intimidating to delectable culinary creation! Our staff is always available during CSA pick up to offer creative suggestions and our newsletter is a great source for recipes from week to week. At the same time, we all have those weeks when we're too busy to cook or we just don't know what to do with that vegetable we wanted to try but just don't like. **Don't be afraid to refuse what you won't eat-** if you know you won't eat them either take them and find a friend who will, or leave them here and we will send them on to those who can use them. Also, feel free to compost the vegetables you didn't eat in time—guilt-free. We compost vegetables all the time, and as far as we're concerned, it's a great way to return those goodies back to the microorganisms in the soil that helped us grow them in the first place.

### **Weekly Share Update**

We generally decide what will be in the week's share by Tuesday afternoon. Some of you might wish to know ahead of time what you should expect in your share. If so, you can check our Farm Notes page for a posting telling you what will be in our farm share that Wednesday through the following Saturday. There will be some variation between pick-up days in a given week, but we do our best to make sure everyone gets the same quantity and variety over time—and some surprises too!

Our website is a great resource for our CSA customers! Visit us at [www.redwiggler.org](http://www.redwiggler.org), and check out both the CSA page and the Farm Notes page, home to our blog posts.

### **Pick Your Own!**

Our Pick Your Own gardens are here for your enjoyment! Feel free to spend some time taking in the sights, sounds and smells of the PYO and the wildflower patch. Any flowers or herbs you see on the farm that are labeled with a hand-painted sign are always yours to pick. Please observe any posted requests to give specific plantings “a little more time” to mature before picking- this way we'll have happy plants and plenty to go around too!

During your pick up time, you'll likely find a staff member or volunteer somewhere in the PYO, tending the plantings and ready and willing to answer any of your questions! Please use this staff person- want to know what to do with thyme or how to best pick the basil? Just ask!

Clippers and rubber bands will be available for your use in a basket by the PYO signs. Feel free to bring your own if you like. You may also want to keep a jar stashed in the car for your fresh flowers bouquets. By harvesting the PYO consistently and respectfully, we ensure a season's worth of delights for all our customers!

### **Compost Bucket Exchange & Cartons**

If you have your own compost pile at home, great! If you would rather add to ours, you are welcome to take a large, lidded bucket home with you, fill it with your kitchen scraps (no meat, no dairy, no manufactured compostables- i.e. Sunchip bags, starch forks), and return it to us at your next CSA pickup. Exchange your full bucket for a clean one, and repeat! We will add your offerings to our piles where they will become the nutrient rich compost that will feed our fields this fall.

We will happily recycle the green fruit cartons that you will receive at some points throughout the season. This goes for egg cartons of all kinds as well. Stack them up and bring them to CSA pickup- we will be especially grateful!

### **Volunteering:**

We love to have volunteers here at the farm Monday through Friday, from 9 am to 3 pm. You can help with field chores and harvesting, working in with our crew of Growers! If you are interested, please talk to Kara, our Volunteer Coordinator, or visit our website for more information.

### **Safety at the Farm**

Having our CSA members here enjoying the farm during CSA pickup is one of our favorite things! In the interest of ensuring our safety so that we can all have a wonderful experience, please keep the following in mind:

- Our new Program Building is under construction! This will mean additional equipment moving about and ongoing changes in parking. Please be especially careful while driving and parking, and respect all construction boundaries at all times.
- You are welcome to bring visitors with you to gather your share. We ask that you take responsibility for showing them how to be respectful of our fields and produce.
- Friends of the four-legged variety are best left at home. If your dog visits with you, please keep pup safely in your vehicle during your visit.
- The lower part of our barn is home to our tools and equipment, and as such is off limits to all visitors. Please remind little ones of this and help us all stay safe.

### **This year's Red Wiggler Community Farm staff**

Loran Shallenberger- Farm Manager

Loran manages day-to-day operations in our fields- keeping an eye on soil fertility, crop rotation and cover crop, minding our organic certification, and maintaining the tractors and the like. He rejoins the Red Wiggler Staff after a few seasons of timber framing and poultry farming.

Andrea Barnhart – Program Manager

Back for a third season, Andrea is out in the fields, making it all happen every day. She now manages the Grower Program as well as the Farm to Group Home and Farm to Food Bank Programs!

Kara Desmond- Volunteer & Education Coordinator

If you are looking to spend some extra curricular time here at Red Wiggler, Kara is your contact! A volunteer intern turned staff member, Kara is also a great source of information in the PYO.

Liz Phelan- Outreach & Special Events Coordinator

In her fourth season at the farm, Liz steps into a new role taking Red Wiggler into the community and organizing our events. You'll hear from her in the weekly newsletter.

Beth Van Leer- Operations Manager

The one who keeps us all on track, Beth will be around to make sense of your organizational questions. She has been an integral part of the Red Wiggler team for 11 years.

Woody Woodroof- Executive Director

Our fearless leader, Woody founded Red Wiggler Community Farm 16 years ago and it has kept him busy ever since. With our long-awaited Program Building under construction, Woody's work is never done, though you'll likely find him hanging around the barn, catching up with old and new friends during CSA pickup.

We are also fortunate to have interns and volunteers who stop in to lend a hand at various points in the season, so please introduce yourself to new faces!

## The Red Wiggler Community Farm Programs & Partnerships

While we love growing great food, we are more than just a vegetable farm here at Red Wiggler. We define ourselves by our vision: *Creating fertile ground to nourish a healthy and inclusive community.*

As a non profit community farm that cultivates healthy food, our **Mission** is to support:

- Meaningful employment for adults with developmental disabilities.
- A Community Supported Agriculture (CSA) program that provides fresh, locally-grown produce.
- Educational and service learning opportunities for youth and adults.
- Environmental stewardship.

Your \$50 tax-deductable Program Fee supports all of our Programs here at Red Wiggler. Know that your support helps us to provide meaningful employment for 14 adults with developmental disabilities and subsidizes the 20 shares of produce that are distributed to those in need through our Farm to Group Home and Farm to Food Bank programs (each of which receive 10 shares of our harvest weekly). By building local food security for our community in the context of a small, organic farm, we also create a space to provide educational and service learning opportunities for hundreds of youth and adults throughout the season and demonstrate how sustainable farming practices can positively influence our environment



We are very excited about all of the wonderful things happening here at the farm this season! We are always interested to hear your thoughts and hope you will keep in touch throughout the season, both in person and by connecting with us online through our website and our facebook page. See you at the farm!