



**RED WIGGLER**  
COMMUNITY FARM

# CSA Member Handbook

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2012



**Welcome to Red Wiggler Community Farm’s Community Supported Agriculture program.** We are so glad you will be joining us this season. This handbook will be your go-to-guide for information concerning the farm and your share of food.

### **History of Red Wiggler:**

Red Wiggler was founded in 1996 to provide meaningful employment for adults with developmental disabilities. Our CSA program provides the framework for employment, volunteer and educational opportunities.

### **About our CSA:**

Red Wiggler’s CSA is a 3 part program:

#### **1. Gourmet Share:**

Broken into three seasons, the general public purchase these shares and come to the farm weekly throughout the season to pick up their share of food.

#### **2. Farm to Group Home:**

Red Wiggler partners with multiple group home agencies who purchase shares of food that are delivered regularly to the agencies and their group homes. These shares are called staple shares because they have less variety and more quantity.

#### **3. Farm to Food Bank:**

MANNA Food Center purchases staple shares that are delivered regularly throughout the season.

Through these 3 programs, 25% of Red Wiggler produce is delivered to low income households.

Like many CSA farms, Red Wiggler also participates in a Farmer’s Market during the height of the growing season at Leisure World in Silver Spring, MD.

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# 2012 CSA Schedule

## **Spring**

Wednesdays from 2pm-5pm May 16th - June 27th

Saturdays from 9am-12pm May 19th - June 30th

## **Summer Share**

Wednesdays from 2pm-5pm July 11th - September 5th

Saturdays from 9am-12pm July 14th - September 8th

## **Fall Share**

Wednesdays from 2pm-5pm September 19th - November 14th

Saturdays from 9am-12pm September 22nd - November 17th

### **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.

### **Need help?**

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.

### **Not interested in part of your share?**

We encourage you to try everything in your share, but if there is something you just won't use, don't be afraid to leave it behind. Anything left will be donated to someone who needs it.

## **How to pick up your share!**

1. Please drive slowly when entering the farm. The parking lot can get pretty busy, so we appreciate your caution.
2. Come on into the Big Red Barn.
3. Check off your name at the check-in table.
4. Pick up a newsletter (or read it online).
5. Check the white board for this week's share contents and follow the list as you walk around and weigh/select your vegetables.
6. Ask us questions! We are always available to answer any questions about the vegetables, fields or anything else going on at the farm.
7. Enjoy the Pick Your Own. See below for PYO instructions.
8. Bring your share home and enjoy!

## **Pick Your Own (PYO)**

**What it is:** Red Wiggler's PYO is here for you! It is a chance for you to get your hands dirty and pick the herbs or flowers you will use that week.

**What to pick:** Herbs and flowers that are ready for picking are marked with a red flag. We ask that you only pick from beds that are marked with a red flag to ensure everything has a chance to grow.

**What to bring:** We have clippers and scissors, but feel free to bring your own. It is also a good idea to bring some sort of container, bag, or basket to collect your goodies!

## **Additional Information About Your Share**

**Washing your vegetables:** We rinse the vegetables as they come out of the fields, and you should always wash your produce thoroughly just before you use it.

**Bag Policy:** This year we will have a limited number of plastic bags available for use. We ask that you bring your own reusable bags. This practice is better for the environment and safety of your food.

**Composting at Red Wiggler:** We welcome all your food and veggie scraps (anything left over from chopping etc, but please no meat or dairy)! Just take an empty bucket home from the farm and bring it back when it is full. We do all the dirty work!

## **News from the Farm**

**Worm's Voice:** Each week we will publish the Worm's Voice, Red Wiggler's CSA Newsletter. It will contain the contents of your share, recipes and news from the farm. It will be available at pick up, or you can see it online (we try to have it posted by Tuesday evening) at [www.redwiggler.org/csa](http://www.redwiggler.org/csa).

**Facebook and Twitter:** Follow us on facebook and twitter for regular pictures and updates about what we have going on and the progress of all your vegetables!

## **How to Get Involved**

**Volunteering:** We welcome volunteers Monday through Friday 9am-3pm and Saturdays from 9am-12pm. If you are interested in volunteering, contact Kara at [volunteer@redwiggler.org](mailto:volunteer@redwiggler.org) to set up an orientation time. See [www.redwiggler.org/volunteer](http://www.redwiggler.org/volunteer) for additional information.

**Field Walks:** We will hold regularly scheduled field walks throughout the season and invite you and your friends to join us to see what is growing in the fields. Check the website for up to date information.

## **Events at the Farm**

**Farm Tour:** This year's Montgomery County Farm Tour will be held on July 28th. Join us at Red Wiggler for tours, hay rides, kids' activities, music and more!

**Harvest Celebration:** Our Annual Harvest Celebration and Silent Auction will be on September 15th. We look forward to celebrating with all of you. We are always looking for creative auction items and tasty treats!

**Feedback:** In addition to our regular surveys, sent throughout the season, we welcome your feedback, questions and concerns at any point. Feel free to talk with Kara at your pick up or email her at [csa@redwiggler.org](mailto:csa@redwiggler.org).

**Chickens and Eggs:** Our flock is in a transition year and therefore there will be a limited number of eggs available. Please feel free to visit the chickens in the field!

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# Red Wiggler Staff



## **Andrea Barnhart - Farm Manager**

Back for a fourth season, Andrea is out in the fields, making it all happen every day. She is the task manager, making sure we all know what needs to get done in the fields. She also manages the Grower Program as well as the Farm to Group Home and Farm to Food Bank Programs!



## **Kara Desmond - Education Manager**

A volunteer intern turned staff member, Kara is your main contact for the CSA, volunteer and education opportunities. She will be staffing the CSA along with interns, growers and volunteers. During the day, Kara is in the fields facilitating school groups, volunteers and growers-in-training.



## **Angela Fatula - Business Manager**

In her first season at Red Wiggler, Angela oversees the operational aspect of the organization, ensuring billing and finances are all in check.



## **Liz Phelan - Outreach Coordinator**

In her fifth season at the farm, Liz runs our Annual Auction and Harvest Celebration and is the source of the wonderful recipes in the newsletters.



### **Anna White - Development Manager**

Tasked with the momentous job of fundraising, Anna works to secure grants, donations and supports the events held at Red Wiggler.



### **Washington White - Field and Facilities Manager**

Joining us this year, Washington is responsible for overseeing our 7 acres of certified organic fields, greenhouse and vegetable production and ensures that all the tractors are well maintained and operating properly.



### **Woody Woodroof - Executive Director**

Making sure everything runs smoothly, Woody oversees day to day operations. Woody founded Red Wiggler in 1996 and continues keep busy with all aspects of Red Wiggler. Many of the photos you will see of the farm and people at RW are his work.

## **Growers**

Red Wiggler employs 15 adults with developmental disabilities. Our growers are out in the fields planting, cultivating and harvesting the vegetables for your share and facilitate the CSA pickups.

## **Interns and Volunteers**

We have many dedicated interns and volunteers working hard in our fields on a daily basis. Often, they can also be found in the PYO during CSA pickups and are there for you! Please ask them for picking advice and any question you may have.

*Creating fertile ground to nourish a healthy and inclusive community.*

Red Wiggler Community Farm creates fertile ground to nourish a healthy and inclusive community through:

1. Meaningful employment for adults with developmental disabilities.
2. Educational opportunities through service learning
3. Community Supported Agriculture program.
4. Environmental Stewardship.

### Core Values

- Reconnecting people with the source of their food and the local community.
- Creating an environment of respect, cooperation, integrity, and innovative thinking.
- Ensuring purposeful work and equal treatment for all stakeholders.
- Fostering opportunities for outreach and meaningful education of youth, adults, and employees.
- Building local food security for our community.
- Being a catalyst for community collaborations and volunteerism.
- Practicing environmental stewardship through ecologically sensitive best practices.

