



**RED WIGGLER**  
COMMUNITY FARM

# CSA Member Handbook

Farm Location:  
23400 Ridge Road  
Germantown, MD 20876

Mailing Address:  
PO Box 968  
Clarksburg, MD 20871

301-916-2216  
[csa@redwiggler.org](mailto:csa@redwiggler.org)  
[www.redwiggler.org](http://www.redwiggler.org)

# 2015

**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:**

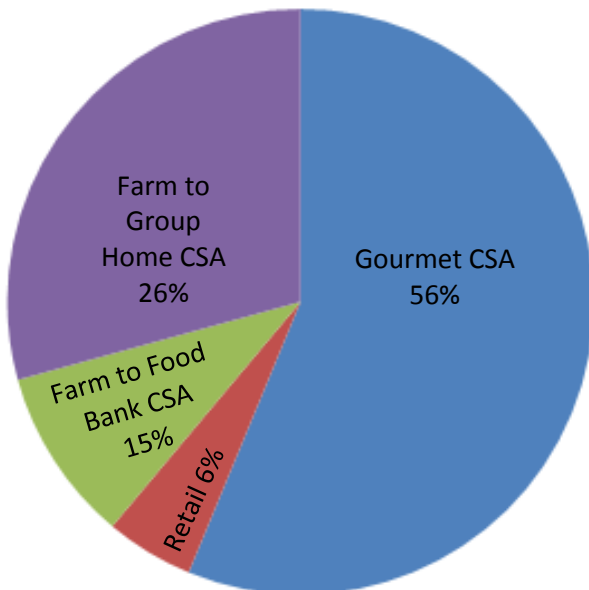
Red Wiggler was founded in 1996 to provide meaningful employment for adults with developmental disabilities. Our CSA program provides the framework for employment, volunteer and educational opportunities.

**About our CSA:**

Each farm designs their CSA to meet their specific needs and abilities. Here at Red Wiggler our CSA not only provides opportunities for individuals and households to bring home a bounty of fruits and vegetables each week but it also provides fresh and highly nutritious food to group homes, and low income families in our community.

About 95% of all produce grown at the farm is distributed within our CSA. The remaining 5% is sold at the farmers market at Leisure World, here at the farm and, occasionally, to local high quality grocery stores--another way we increase our impact and reach.

**Here’s what our distribution looked like last year:**



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## **The 3 parts of our CSA**

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

Broken into three seasons, the general public purchases 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.

# 2015 CSA Schedule

## **Spring**

Wednesdays from 2pm-5pm May 13th - June 24th

Saturdays from 9am-12pm May 16th - June 27th

## **Summer Share**

Wednesdays from 2pm-5pm July 8th - September 23th

Saturdays from 9am-12pm July 12th - September 26th

*\*No pick up the week of September 7th-12th*

## **Fall Share**

Wednesdays from 2pm-5pm September 30th - November 11th

Saturdays from 9am-12pm October 3rd - November 14th

### **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.

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## **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. Head over to the Pick Your Own to take advantage of the fresh herbs and flowers. See below for PYO instructions.
8. Bring your share home and enjoy!

**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!

## **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!

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## **Communication:**

**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).

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

## **Get involved - Volunteer!**

We welcome farm volunteers Monday through Friday 9am-2pm and Saturdays from 9am-12pm. If you are interested in volunteering, contact Katie 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.

## **Events:**

*Join us for our annual events and a few new ones. More details coming soon!*

### **Muffinluck - May 2**

A chance for CSA customers to see what we have planned this season and get information on this year's CSA program while enjoying some breakfast treats.

### **Field and Fork- June 20**

A unique evening of food and farmers, set in the fields of Red Wiggler.

### **Farm Tour- July 25**

Activities for the whole family, including walking tours of the fields throughout the day and the opportunity to purchase Red Wiggler produce at our farm stand.

### **20<sup>th</sup> Anniversary Harvest Celebration- September 12**

Our flagship event, the Harvest Celebration is an opportunity to come together with our friends and supporters to acknowledge the season's work.

### **Thanksgiving Market- November 18**

Stop by for our final market of the year! Open to all our friends and supporters, this is a chance to set your Thanksgiving table with Red Wiggler vegetables.

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# Red Wiggler Staff



## **Andrea Barnhart - Farm Manager**

Back for a seventh season, Andrea is out in the fields, making it all happen every day. From scheduling to tracking and all the planting and picking in between, Andrea works with the Growers and volunteers to make sure Red Wiggler vegetables get onto your table.



## **Kim Cauley- Grower and CSA Assistant**

In her third year as the CSA Assistant and fifth year at the farm, Kim enjoys setting up for the CSA each week and greeting customers with her bright smile. Kimberly loves animals and also works at 2 different nature centers feeding the animals.



## **Matt Gardine - Assistant Farm Manager**

Joining the team in 2012 as an intern, Matt is now responsible for all things tractor and keeps all equipment and facilities up and running.



## **Katie Junghans - Volunteer and Grower Coordinator**

This will be Katie's second season orienting and scheduling volunteers, and working with Growers and volunteers in the fields. Interested in volunteering as an individual or bringing a group? Contact Katie!

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**Molly McCracken- Education and Outreach Coordinator** In her first year at Red Wiggler, Molly is your main contact for the CSA. She is also responsible for getting groups of all ages to the farm to visit, learn and have memorable experiences.



**Melissa McLearn – Field and Facilities Manager** As the newest staff member, Melissa will spend this season absorbing the wisdom of the Red Wiggler Staff and Growers while working with everyone in the fields. Her responsibilities include equipment and facilities maintenance, as well as insect, weed, and nutrient management.



**Diane Ringel - Business Manager** Keeping the bills paid and the books up to date, Diane ensures smooth business operations here at the farm.



**Sam Sheehan- Grower and Education Assistant** In her eighth year at Red Wiggler, Sam is largely responsible for the increased accessibility and education in the Pick-Your-Own. She is always happy to share her wealth of knowledge about the farm and the produce. Sam especially loves driving the golf cart and has been perfecting her skills this past year!



**Woody Woodroof - Executive Director** Making sure everything runs smoothly, Woody oversees day-to-day operations. Woody founded Red Wiggler in 1996 and continues to 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.

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## **Growers**

Red Wiggler employs 16 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 are around the farm during CSA pick up. Please ask them for picking advice and any question you may have.

### **A few notes:**

1. When picking up your share, please drive slowly up the driveway and follow signs for CSA parking.
2. While we love our furry friends, in order to meet food safety standards, please leave your dogs, unless they are service dogs, at home.
3. We highly encourage you to bring your own bags to pick up your produce. If you forget, we will have a limited number of plastic grocery bags available.
4. Keep in touch! Please contact us with any questions, comments or concerns.

## **About Red Wiggler**

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.

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- Practicing environmental stewardship through ecologically sensitive best practices.



*Thanks for being a part of our 20<sup>th</sup> year!*

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