



CSA Member Handbook

Farm Location:
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Germantown, MD 20876

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www.redwiggler.org

2013



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.

Creating fertile ground to nourish a healthy and inclusive community.

2013 CSA Schedule

Spring

Wednesdays from 2pm-5pm May 15th - June 26th

Saturdays from 9am-12pm May 18th - June 29th

Summer Share

Wednesdays from 2pm-5pm July 10th - September 25th

Saturdays from 9am-12pm July 13th - September 28th

**No pick up the week of September 1st-7th*

Fall Share

Wednesdays from 2pm-5pm October 9th - November 20th

Saturdays from 9am-12pm October 12th - November 23rd

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. Enjoy the Pick Your Own. 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!

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.

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!

Get involved - Volunteer!

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 to set up an orientation time. See www.redwiggler.org/volunteer for additional information.

Events

Field to Fork- Saturday June 15th

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

Yoga at the Farm- Saturday June 22nd

Join us for our own version of the 108 Sun Salutations traditionally practiced to celebrate the summer solstice.

Farm Tour- Saturday July 27th

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.

Harvest Celebration- Saturday September 7th

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- Week of November 25th

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.

Red Wiggler Staff:



Andrea Barnhart - Farm Manager

Back for a fifth 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.



Kara Desmond - Program Director

A volunteer intern turned staff member, Kara is your main contact for the CSA, volunteer and education opportunities. Feel free to contact her with any questions, comments or concerns!



Matt Gardine - Assistant Farm Manager

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



Liz Phelan - Outreach Coordinator

In her sixth season at the farm, Liz coordinates Red Wiggler events and communications and she is the source of the wonderful recipes and stories in *The Worm's Voice*!



Anna White - Development Manager

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



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 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 can 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.

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 at home.
3. We highly encourage you to bring you 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.

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.

