



# 2017 CSA Member Handbook

Farm Location:  
23400 Ridge Rd.  
Germantown, MD 20876

Mailing Address:  
PO Box 968  
Clarksburg, MD 20871

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

# Welcome to Red Wiggler Community Farm's Community Supported Agriculture Program!

Our mission at Red Wiggler is to be a sustainable farm where people with and without developmental disabilities come together to work, learn and grow healthy food. Founded in 1996, the CSA program proved the framework for employment, volunteer and educational opportunities. Please refer to page 8 to learn more about Red Wiggler's mission, programs and opportunities.

We are so glad you will be joining us this season. You play a crucial role in the mission of our farm and we truly hope you enjoy your experience!

## About our CSA:

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. Our 3 part of CSA consists of:

### 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. (This us you!)

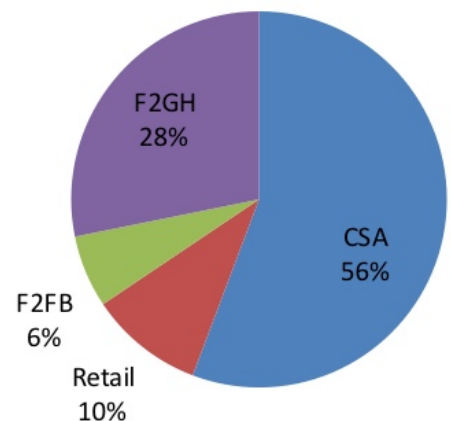
### 2. Farm to Group Home:

Red Wiggler partners with multiple group home agencies who purchase shares of food for their residents. These shares are "staple shares" and have less variety and more quantity.

### 3. Farm to Food Bank:

MANNA Food Center purchases staple shares that are delivered regularly throughout the season and distributed to families in need.

## FY16 Distribution



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 (like Dawson's Market)--another way we increase our impact and reach.

## **Dates to Know**

### **2017 CSA Pick-up Schedule**

*\*Please note, we have adjusted the CSA schedule slightly this year to better align with the MCPS schedule and to accommodate more planning time on the farm. There are now two 2-week breaks during the season, one following the Spring session and one following the Summer session.*

#### **Muffinluck Orientation Sat., May 6th 10am-12pm**

Join us in the Big Red Barn for breakfast treats, a field tour, and a chance to get to know Red Wiggler's staff and other CSA members. We will also further explain the PYO, compost programs and distribution philosophy.

#### **Spring (7 weeks)**

Wednesdays 2-5pm May 10 – June 21

Saturdays 9am-12pm May 13 – June 24

*\*2 week break June 28 – July 8*

#### **Summer (9 weeks)**

Wednesdays 2-5pm July 12 – Sept. 6

Saturdays 9am-12pm July 15 – Sept. 9

*\*2 week break Sept. 13 – 23*

#### **Fall (8 weeks)**

Wednesdays 2-5pm Sept. 27 – Nov. 15

Saturdays 9am-12pm Sept. 30 – Nov. 18

## **Red Wiggler Events**

**Farm to Fork Dinner – June TBA** A unique evening of food and farmers set in the fields of Red Wiggler.

**Montgomery County Farm Tour – July 22** Tours, music, games and farm stand.

**Harvest Celebration & Silent Auction – Sept. 16** Our flagship event is an opportunity to come together with our friends and supporters to acknowledge the season's work while raising funds for the coming year. Food trucks, local wine and beer, lawn games and live music make this a very fun event!

**Thanksgiving Market – Nov. 22\*\*** Open to the public, this is a chance to set your Thanksgiving table with Red Wiggler produce. \*\*Weather dependent

## **Important Information**

### **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 (don't forget your bags!)
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.
8. Bring your share home and enjoy!

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

**What it is:** The PYO is 7 beds on the farm planted with herbs and flowers for you to pick. The beds are indicated with a tall colored flag. The list of what is available each week is included in the weekly newsletter and is also posted in the barn. We also have maps of each of the beds that we are happy to hand out. You have pre-paid for \$4-7 in the PYO, depending on the season.

**What to pick:** Herbs and flowers that are ready for picking are marked with a small blue flag. Please only pick from these areas. Each plant is also marked with a sign describing how to pick and use it. If there is ever any confusion, please don't hesitate to ask. A good rule of thumb is to stick with 1 medium bouquet of flowers and 1 bunch of herbs per visit. We will let you know when there is enough for you to pick more.

**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 herbs and flowers.

### **Composting**

All CSA members are encouraged to use our compost system. It's an easy process and is one of the simplest things you can do at home to reduce your environmental impact. Your food waste decomposes to create fertilizer for plants- feeding next year's crops and cutting back on the waste headed to landfills and incinerators.

We try our best to make composting as simple as possible. Here's the deal:

1. At your CSA pick-up, retrieve a clean compost bucket and lid (test to be sure it fits!) from the barn. Buckets flipped upside down are clean. If you can't find one just ask!
2. Take it home and leave it in your garage, patio or backyard.
3. Toss your compostable materials in the bin. See below for the YES and NO list of what to compost.

4. Bring your full compost bucket with you the following week, set it in front of the barn and retrieve a clean bucket and lid.

That's it! We take care of the rest!

**YES:** raw and cooked vegetable & fruit scraps, nuts, grains, leaves, grass cuttings, dead flower arrangements, egg shells, newspaper, coffee filters, coffee grounds, citrus rinds.

**NO:** meat, bones, plastic, fruit stickers, rubber bands, printer paper, paper towels, pet food & waste, twisty ties, cooked or raw eggs.

## **Communication**

**E-mail:** All important information for CSA members will be e-mailed to members. The e-mails will automatically go to whoever completes the registration. To add others to the e-mail list please e-mail [csa@redwiggler.org](mailto:csa@redwiggler.org). If you believe you should be receiving e-mails and are not, please look in your junk mail and if it is not there, let us know. We do occasionally have problems with different e-mail providers.

**Worm's Voice:** Each week we publish the Worm's Voice, Red Wiggler's CSA Newsletter. It contains the contents of your share, recipes and news from the farm. You can read it in your e-mail, view online ([redwiggler.org/csa-newsletters/](http://redwiggler.org/csa-newsletters/)), or grab a hard copy when you pick-up your share.

### **Red Wiggler CSA Facebook Group:**

The private forum is a place for CSA members to share recipes, pictures or ask questions. It's there for you to use! Search "Red Wiggler CSA" and request to join. We will approve the request within 48 hrs. Please note, this is separate from the Red Wiggler Community Farm Facebook page.

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

**Website:** We do not use the website to post information midsession for CSA members. However, on the website, you can access old newsletters, more information about the compost program and CSA FAQ's. [www.redwiggler.org/csa/](http://www.redwiggler.org/csa/).

## **Policies/ Questions**

### **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 in need.

**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.

**Pet Policy:** While we love our furry friends, in order to meet food safety standards, please leave your dogs, unless they are service dogs, at home.

**Bags:** 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.

**Can I switch my pick-up day:** Unfortunately, because of the size of the CSA, we cannot accommodate the switching of days week to week. If you are interested in switching your pick up day for the remainder of the session, let us know and we'll see if there is room. If you cannot pick up your share on a given week, refer above to the "Can't make it to pick up your share? Here are your options". We appreciate your understanding.

## Your CSA Staff

Molly McCracken  
Edu. & Outreach



Kimberly Cawley  
CSA Assistant



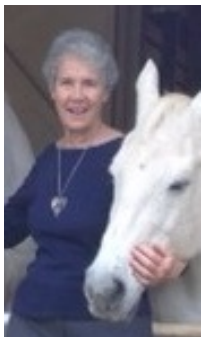
Iya Snowber  
CSA Assistant



David Ruch  
PYO Specialist



Connie Graff  
CSA Workshare



Madeline Woods  
CSA Workshare



Marianna Polinski  
CSA Workshare



## **About Red Wiggler Community Farm**

Our vision is to create fertile ground to nourish a healthy and inclusive community through:

1. Meaningful employment for adults with developmental disabilities.
2. Community Supported Agriculture program, delivering food to the community.
3. Education and service learning opportunities in an inclusive setting to youth and adults with and without developmental disabilities.

### **Our 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

### **Get More Involved**

**Volunteer:** Work alongside our Growers in the field seeding, tending and harvesting.

We also have occasional needs for individuals who can do special computer projects remotely or have expertise in equipment or building maintenance.

Contact: [volunteer@redwiggler.org](mailto:volunteer@redwiggler.org)

**Bring a group:** There are Field trip opportunities for both youth with and without developmental disabilities from April – November. There are also opportunities for adult groups to take tours with our Education Coordinator or Executive Director.

Contact: [molly@redwiggler.org](mailto:molly@redwiggler.org)

**Red Wiggler is a non-profit that relies on individual donations and grants:** Make a donation or come to an event! Federal employees can support our programs through your CFC giving. Our number is 34399.

Donate: [www.redwiggler.org/donate/](http://www.redwiggler.org/donate/)

Come to an event: [www.redwiggler.org/events/](http://www.redwiggler.org/events/)

### **Red Wiggler Core Staff**



#### **Andrea Barnhart - Farm Manager**

Back for her ninth 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.



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

Katie is responsible for 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!





**Molly McCracken- Education and Outreach Coordinator** Molly is your main contact for the CSA. She keeps the CSA engaging, educational & community oriented. Molly also manages field trips and recruit's students with and without disabilities to visit the farm. Have an idea for a workshop or want to bring your group to the farm? Ask Molly!



**Melissa McLearen – Field and Facilities Manager**

Among the many things Melissa does on the farm, she makes sure our tractors are working, fields are getting irrigating and our soil is good and healthy. If you have questions about compost or want to do a big drop off of leaves, she's your contact.



**Diane Ringel - Business Manager**

Keeping the bills paid and the books up to date, Diane ensures smooth business operations here at the farm.



**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.

**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. A few Growers work at the CSA each week, greeting customers, restocking, answering questions, and assisting in the PYO.

**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.



***Have a great season!***