

RED WIGGLER COMMUNITY FARM

CREATING FERTILE GROUND TO NOURISH A HEALTHY AND INCLUSIVE COMMUNITY

Pre-Field Trip Lesson

Red Wiggler Community Farm (RWCF) is a **non-profit**, certified **Organic** farm located in **Montgomery County**, Maryland. We farm seven acres of vegetables, herbs, and flowers.

We employ 16 adults with **developmental disabilities**, along with several **staff members** and hundreds of **volunteers**, to produce food for our 100-member **Community-Supported Agriculture (CSA)** Program.

Community-Supported Agriculture means that customers purchase membership in the program at the beginning of the year and receive a weekly share of vegetables throughout the farming season (May through November). By investing in our CSA, members are also investing in the sustainability of small-scale farming, local food, community, and our programs here at Red Wiggler.

Red Wiggler's overall **vision** is to *create fertile ground to nourish a healthy and inclusive community*. Within that vision, we run four main **programs**:



1. Meaningful employment for adults with developmental disabilities
Our employees use their hands and minds at work every day, contributing significantly to their greater community.
2. Educational opportunities through service learning for area youth and adults
This includes field trips with students like you!
3. Environmental stewardship
We actively preserve the soil, water, and wildlife habitat on and around our farm by using sustainable farming methods.
4. Community-Supported Agriculture
This allows us to involve the local community in our activities, fulfilling our vision for a healthy and inclusive community.

Pre-Field Trip Test

Don't worry about not knowing the answers, just do your best!

1. Have you ever visited a farm before?
2. Take a guess: What is a Red Wiggler?
3. In what way is Red Wiggler Community Farm an *inclusive* community?
4. In your own words, what does it mean to be an environmental steward?
5. After reading the background information on the previous page, what is one question you have about the farm?

For questions 6-8, circle all that apply.

6. What techniques do organic farmers use to grow healthy foods?

- spreading compost
- spraying fungicides
- removing harmful pests by hand

7. Brassicas, like kale, collards, broccoli and cabbage are high in what nutrient(s)?

- Vitamin A
- Beta-Carotene
- Calcium

8. Which of these methods reduces pollution and helps to make our environment healthier?

- Composting
- Burning trash
- Purchasing items with less packaging
- Reusing items

9. Label the tomato plant to the right with all of the different plant parts.

