



2018 CSA Member Handbook

This handbook contains important information regarding your share, important dates, our programs and more.

Thank you in advance for taking the time to review the contents of the handbook!

Farm Location:
23400 Ridge Rd.
Germantown, MD 20876

Mailing Address:
PO Box 968
Clarksburg, MD 20871

301 916 2216
www.redwiggler.org
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.

Community Supported Agriculture (CSA) is a mutual commitment between a farm and a community of supporters that provides a direct link between the production and consumption of food. Supporters cover an integral part of a farm's yearly operating budget by purchasing a share of the season's harvest before it is grown. CSA members, including recipients of all three portions of our CSA (see below), make a commitment to support the farm throughout the season, and assume the costs, risks and bounty of growing food along with the farmer or grower. Members' payments help cover costs for seeds, water, equipment maintenance, labor, etc. In return, the farm provides, to the best of its ability, a healthy supply of fresh seasonal produce throughout the growing season. At Red Wiggler, our goal is to deliver an additional 15% over what you paid each week.

About our CSA: Our unique CSA provides fresh and highly nutritious food to the surrounding community in 3 ways:

1. Gourmet Share (this is you!):

The general public purchases share and come to the farm weekly throughout the season to pick up their share of food, flowers and herbs. Customers pay a lump sum at the beginning of the season which comes out to \$30/week.

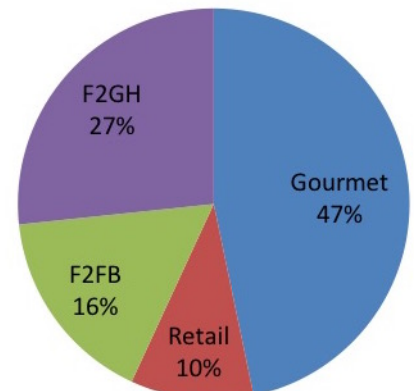
2. Farm to Group Home (F2GH):

We partner with multiple group home agencies to deliver "staple shares" to group homes which have less variety and more quantity. This is paid for by group home agencies and supplemented by grants and individual's donations. *

3. Farm to Food Bank (F2FB):

Red Wiggler partners with a handful of food banks, including Manna Food Center, to deliver staple shares regularly throughout the season to families in need. This is paid for by food banks, grants and individual donations. *

FY17 Distribution



*To support these programs which make healthy food accessible to low income members of our community, we encourage you to make a donation.

Dates to Know

2018 CSA Schedule

Muffinluck Orientation Sat., May 12th 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.

Specific topics that will be covered include:

- Our distribution philosophy and your role in that mix.
- Overview of how to pick up your share
- Tour of the Pick-Your-Own and info on how to best take advantage
- How to compost with us
- What to do when you need to miss a pick-up

This is also a great time to ask your own questions!

Can't attend the Muffinluck or need a refresher? Contact csa@redwiggler and we'll be happy to find a time to meet with you individually.

Spring (6 weeks)

Wednesdays 2-5pm May 16 – June 20

Saturdays 9am-12pm May 19 – June 23

**2 week break June 27 – July 7*

Summer (9 weeks)

Wednesdays 2-5pm July 11 – Sept. 5

Saturdays 9am-12pm July 14 – Sept. 8

**2 week break Sept. 12 – 22*

Fall (7 weeks)

Wednesdays 2-5pm Sept. 26 – Nov. 7

Saturdays 9am-12pm Sept. 29 – Nov. 10

Red Wiggler Events

Breeze Thru The Trees 5k- June 3 A family friendly fundraiser to benefit Red Wiggler held at Ruppert Landscape in Laytonsville, MD.

Farm to Fork Dinner – June TBA A unique evening of food and farmers set in the fields (or the historic barn if bad weather is predicted) of Red Wiggler.

Montgomery County Farm Tour – July 28 Tours, music, games and farm stand.

Harvest Celebration & Silent Auction – Sept. 16 Live music, food trucks, local wine and beer and lawn games make this our annual fundraiser a fun event for all!

Thanksgiving Market – TBA Open to the public and weather dependent.

Understanding What is in Your Share:

Being a part of Red Wiggler's CSA is a wonderful way to bring seasonal produce into your home, have an excuse to visit a farm each week, and support our mission. We hope you enjoy and value all aspects of your share including the Pick-Your-Own and Compost program described below.

Value: The lump sum you pay at the beginning of each season breaks down to \$30/week. We aim to deliver an additional 15% each week. On top of that, free seconds are often made available. Our prices are on-par with other farm-fresh organic vegetable retailers in the area. We work hard to serve all of our customers, in all 3 categories as well as possible and are proud that we have very minimal vegetable waste on our farm.

Vegetables: \$28-\$32 of your share is made up of vegetables and varies slightly each week. For those of you who aren't so crazy about greens and root crops, but can't live without summer squash and tomatoes (or vice-versa), we have structured our membership options to allow you to choose your produce seasonally. Though not exhaustive, what follows is a list of crops typically available by season:

Spring:	Summer:	Fall:
Baby Lettuce, Head	Tomatoes, Sweet	Arugula, Braising Mix.
Lettuce, Spinach, Swiss	Peppers, Hot Peppers,	Kale, Collards, Sweet
Chard, Kale, Collards,	Cucumbers, Zucchini,	Peppers, Swiss Chard,
Mustard Greens,	Summer Squash, Carrots,	Beets, Turnips, Radishes,
Kohlrabi, Beets, Turnips,	Onions, Potatoes, Sweet	Garlic, Kohlrabi, Winter
Radishes, Spring Onions,	Potato Greens, Garlic,	Squash, Sweet Potatoes,
Garlic Scapes, Green	Beets, Swiss Chard,	Asian Greens, Cabbage.
Garlic	Beans, Eggplant	

**All of these items are highly dependent on weather, pest and disease pressure. If one crop does poorly, we make up that loss on delivering a greater quantity of something else and lowering the value of that item. Many know that onions have done particularly poorly for the last few years.*

Pick-Your-Own: Your PYO share is valued at \$2-\$7/week depending on the season and the quantity available. The list of what is available is always listed on the left side of your newsletter. Highlights are noted on a sign in the barn. To get the most value of your share we recommend you take full advantage of the PYO.

- **What it is:** The PYO is 7 areas on the farm planted with herbs and flowers for you to pick. The beds are indicated with a tall colored flag (Red, Green, Orange, Pink, Brown, Yellow). The Red area right outside the barn. The Green area is just outside the fence to the main fields and the rest are just inside the fence. All areas can be seen from the barn.

- **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.

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!

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. 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/), 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! Visit <https://www.facebook.com/groups/RWCFCSA/> 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: While no crucial CSA information is delivered over social media, following our Facebook, Twitter or Instagram will give you a deeper understanding of our programs.

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. <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



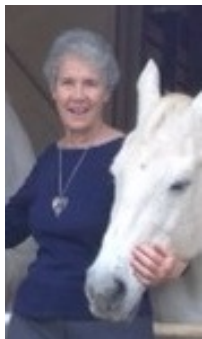
Iya Snowber
CSA Assistant



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

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

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/ Come to an event: www.redwiggler.org/events/

Red Wiggler Core Staff



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 McLearn – Field and Facilities Manager

Among the many things Melissa does on the farm, she makes sure our tractors are working, fields are getting irrigated 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!