



2021 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 provided 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 parts 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.

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 purchase shares and come to the farm weekly throughout the season to pick up their share of vegetables, flowers and herbs. Customers pay a lump sum at the beginning of the season.

2. Farm to Group Home (F2GH):

We partner with multiple group homes agencies to deliver staple vegetables to group homes. The cost is covered by a mix of funding from group home agencies, grants, and individual donors.*

3. Farm to Food Bank (F2FB):

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



*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

2021 CSA Schedule

Field Tour & Orientation May 15, 2021

Meet the famers and see what we have planned and planted for the season.

Specific topics that will be covered include:

- Our distribution philosophy and your role in it.
- 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!

Spring (6 weeks)

Wednesdays 2-5pm May 19 – June 23

Saturdays 9am-12pm May 22 – June 26

**1 week break June 30 – July 3*

Summer (9 weeks)

Wednesdays 2-5pm July 7 – Sept. 1

Saturdays 9am-12pm July 10– Sept. 4

**1 week break Sept. 8 –Sept 11*

Fall (9 weeks)

Wednesdays 2-5pm Sept. 15 – Nov. 10

Saturdays 9am-12pm Sept. 18 – Nov. 13

Payment Balance Due Dates

Spring- May 1st

Summer- July 1st

Fall- September 1st

Early Bird Deadline: March 1st – Sign up for all 3 seasons and pay in full to receive a \$25 discount.

Red Wiggler Events

Farm events give us all an opportunity to connect, learn, and celebrate with our community. Events are open to the public, though some may require tickets or pre-registration. Visit redwiggler.org/events for dates and more details for events, markets, tours, and workshops.

Farm Tour – July 2021. Date & Time TBD.

Harvest Celebration – Sept. 11, 2021



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, enjoy a farm visit 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.

Vegetables: A weekly share of vegetables is made up of 5-6 items 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:
*Lettuce, Swiss Chard, Kale, Collards, Mustard Greens, Kohlrabi, Turnips, Radishes, Spring Onions, Garlic Scapes,	*Tomatoes, Sweet Peppers, Hot Peppers, Cucumbers, Zucchini, Summer Squash, Carrots, Potatoes, Sweet Potato Greens, Garlic, Beets, Swiss Chard, Eggplant	*Kale, Collards, Carrots, Swiss Chard, Beets, Turnips, Radishes, Garlic, Kohlrabi, Winter Squash, Sweet Potatoes, Asian Greens, Cabbage, Leeks.

**All of these items are highly dependent on weather, pest and disease pressure. Sometimes our favorite crops don't succeed, and we see that as opportunity to become more familiar with something new.*

Pick-Your-Own (PYO): The PYO is a part of your weekly share and includes flowers, herbs, and/or vegetables depending on the season. To get the whole value of your share we recommend you take full advantage of the PYO every week.

- PYO items are marked with a blue flag if they are available for picking. Please pick only from these plants.
- Signs next to plants will tell you how to pick and use each item.
- Bring your own clippers or scissors. We'll provide extras in case you don't have your own.
- It is also a good idea to bring some sort of container, vase, bag or basket to collect your herbs and flowers. When we have vegetables to pick, we'll give you a container that's the right size for that vegetable.

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- creating rich fertilizer for plants 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!).
2. Take it home and leave it in your garage, patio or backyard. It is helpful to line your bucket with a few pages of black and white newspaper.
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, put it inside the wood and wire hutch (this keeps animals out of the buckets) 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, 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.

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 in with the share holders' name at the check-in table.
4. Check the white board for this week's share contents and follow the list as you select your vegetables.
5. Ask us questions! We are always available to answer any questions about the vegetables, fields or anything else going on at the farm.
6. While you're by the barn, swap out your full compost bucket for a clean one.
7. Head over to the Pick-Your-Own to take advantage of the fresh herbs and flowers.
8. Bring your share home and enjoy! Read the weekly newsletter for recipes, storage tips, and farm news.

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. During each session a weekly email includes pertinent pick-up information and the weekly newsletter.

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, or view it online (redwiggler.org/csa-newsletters/).

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. 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 mid-session 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-stock 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 your own bags to pick up your produce. If you forget, we will have a limited number of 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.

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: darlene@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/

Have a great season!

