



RED WIGGLER COMMUNITY FARM

Creating fertile ground to nourish a healthy and inclusive community.
www.redwiggler.org

2022 CSA Member Handbook

This handbook contains essential information regarding your share, important dates, program guidelines and more.

Thank you for taking the time to review the contents of this handbook.

Please keep as a reference document throughout the season.

Farm Location (CSA Pick-up):
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 **C**ommunity **S**upported **A**griculture Program!

Red Wiggler is a sustainable farm where people with and without developmental disabilities come together to work, learn and grow healthy food. Founded in 1996, our CSA program provides the framework for our vision of creating fertile ground to nourish a healthy and inclusive community.

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 provide 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 make a commitment to support the farm throughout the season, assuming the costs, risks and bounty of growing food along with the farmer or grower. In return, the farm provides a healthy supply of fresh produce throughout the growing season.

About our CSA: Our unique CSA provides fresh and highly nutritious produce to the surrounding community in three distinct ways:

1. Traditional Share (this is you!):

The general public purchase shares in up to 3 CSA sessions—Spring, Summer and Fall. Members pay a lump sum at the beginning of the session, then come to the farm weekly throughout the season to pick up their share of vegetables, flowers and herbs.

2. Farm to Group Home (F2GH):

We partner with multiple organizations to provide fresh vegetables to residents of local group homes, many of whom also work at the farm. 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 local food aid organizations to provide fresh vegetables to families in need throughout the growing season. 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 to us or to your local food bank.

Dates to Remember

2022 CSA Schedule

Field Tour & MuffinLuck (Member Orientation): Saturday, May 14, 2022

Meet the famers, see what we have planned for the season, and learn more about our CSA

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 Garden, 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 Session (6 weeks)

Wednesdays, 2-5pm: May 18 – June 22

Saturdays, 9am-12pm: May 21 – June 25

**No CSA on June 29th or July 2nd*

Summer Session (8 weeks)

Wednesdays, 2-5pm: July 6 – August 24

Saturdays, 9am-12pm: July 9 – August 27

**No CSA on Aug 31st or Sept 3rd, 7th & 10th*

Fall Session (9 weeks)

Wednesdays, 2-5pm: Sept. 14 – Nov. 9

Saturdays, 9am-12pm: Sept. 17 – Nov. 12

Payment Balance Due Dates

Spring Session - May 1st

Summer Session - July 1st

Fall Session - September 1st



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.

MoCo Farm Tour – July 23, 2022

Harvest Celebration – Sept. 10, 2022

Other events & workshops – TBD



Understanding What's in Your Share

Being a part of Red Wiggler's CSA is a wonderful way to bring local, sustainable, 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 Gardens and Compost Program described below.

Vegetables

A weekly share of vegetables is made up of 4-6 items that vary each week. We always try to incorporate a lot of choice in the shares, as well as some unusual items, so members get plenty of their favorites, while also trying new things. As a small, organic farm, Red Wiggler is affected by weather, pests and disease. While we do our best to mitigate these risks, sometimes our favorite crops don't succeed. Instead, we have an opportunity to try something new!

Vegetables typically available by season (list not exhaustive)

Spring	Summer	Fall
Lettuce, Swiss Chard, Kale, Collards, Mustard Greens, Kohlrabi, Turnips, Radishes, Spring Onions, Garlic Scapes	Tomatoes, Sweet Peppers, Hot Peppers, Cucumbers, Summer Squash, Carrots, Potatoes, Garlic, Beets, Swiss Chard, Eggplant	Kale, Collards, Carrots, Swiss Chard, Beets, Turnips, Radishes, Garlic, Kohlrabi, Winter Squash, Sweet Potatoes, Asian Greens, Cabbage, Leeks

Pick-Your-Own Gardens (PYO)

The PYO is a part of your weekly share and includes seasonal flowers, herbs, and/or vegetables. To get the full value from your share, we encourage you to take 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 if you have them (but we'll have extras too).
- Bring a container—vase, small bucket, bag or basket—to contain 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 take advantage of our compost program. It's an easy process, and one of the simplest things you can do to reduce your impact on the environment. Instead of heading to a landfill or incinerator, your food waste decomposes at the farm—reducing methane and creating rich fertilizer. Sounds great, right? Here's how you can participate:

1. At your CSA pick-up, grab 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 our YES and NO lists.
4. Bring your full compost bucket with you to your next CSA pick-up, put it inside the wood and wire hutch outside of the barn (this keeps animals out of the buckets), retrieve a clean bucket and lid, and start the process over.
5. Pat yourself on the back, knowing you're helping the environment!

YES: raw or cooked vegetable & fruit scraps, nuts, grains, leaves, grass cuttings, dead flower arrangements, egg shells, coffee grounds (no filters, please), citrus rinds

NO: meat, bones, cheese, dairy products, 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. Read the weekly newsletter for share info, recipes, farm news, and other updates
2. Use caution when entering and leaving the farm; Ridge Road can get very busy, and there are no traffic-controlling measures in place at our intersection
3. Please drive slowly when approaching the Big Red Barn. The parking lot can get pretty busy with cars and pedestrians, so we appreciate your caution
4. Bring your reusable bag, box or basket into the Big Red Barn
5. Check in with the share holders' name at the check-in table
6. Check the white board for the share contents; follow the list as you choose your veggies
7. Ask us questions! We are always available to answer any questions about the vegetables, fields or anything else going on at the farm
8. While you're by the barn, swap out your full compost bucket for a clean one
9. Head over to the PYO Gardens to take advantage of the fresh herbs and flowers
10. Bring your share home and enjoy!

Communication

E-mail: All important CSA information will be e-mailed to members. The e-mails will automatically go to whomever completes the initial registration. To add others to the e-mail list please e-mail csa@redwiggler.org. During each session, members will receive a weekly email containing pertinent pick-up information and the weekly newsletter.

The 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 farm news. You can read it in your e-mail, or view it (along with an archive of past newsletters) online at our website.

Red Wiggler CSA Facebook Group:

This 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/>

Frequently Asked Questions

What if I can't pick up my share one week?

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.

What if I don't like a certain vegetable? We encourage you to try everything in your share, but if there is something you know you just won't use, don't be afraid to leave it behind. Anything left will be donated to someone who needs it.

Can I bring my pet? While we love our furry friends, in order to meet food safety standards, we ask that you leave your pets at home. Necessary service animals are allowed.

Do I need a bag? We highly encourage you to bring your own bag, box or basket 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 one week? Unfortunately, because of harvest constraints, we cannot accommodate the switching of pick-up days from 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. We appreciate your understanding.

I need help! During CSA pick-ups, we always have a staff member or volunteer available to answer questions. Take advantage of us! We can identify the vegetables you don't recognize and give you ideas for how to prepare them. At other times, email questions or comments to the CSA Coordinator at csa@redwiggler.org.

About Red Wiggler Community Farm

Red Wiggler is a sustainable farm where people with and without developmental disabilities come together to work, learn and grow healthy food. 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 & meaningful education of youth, adults & employees
- Building local food security for our community
- Being a catalyst for community collaborations and volunteerism
- Practicing environmental stewardship through sustainable farming practices and careful attention to watershed and habitat protection
- Conserving resources and reducing our carbon footprint through thoughtful decisions about our built environment, program development and energy use

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 remote computer projects, or have expertise in equipment or building maintenance. Contact volunteer@redwiggler.org.

Bring a group: There are Field Tours scheduled throughout the season (May-November), which CSA members can attend for free. If you have a large professional or civic group, you can also schedule a private tour or service learning opportunity, Contact volunteer@redwiggler.org for scheduling and information.

Donate: Red Wiggler is a non-profit entity 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 at www.redwiggler.org/donate/.

