

Welcome to

Red Wiggler Care Farm CSA

Member Orientation · 2026 Season

Cultivating belonging and well-being through care farming and community-building.

About Red Wiggler

Red Wiggler Care Farm is a certified organic farm where neurodiverse people come together to work, learn, grow, and share food. Our staff and volunteers cultivate organic vegetables, then sell or donate the harvest to nourish our community.

Our Harvest Share Model

50% of our produce goes to CSA members like you. The other 50% is distributed to local food banks, group homes, and elementary school programs.

Your CSA Includes:



Organic
Vegetables



Pick-Your-Own
Gardens



Compost
Program

Your Weekly Share



Organic Vegetables

4–6 items each week. Familiar favorites plus new things to try! Modified choice CSA: we decide on some items, you get choices on some items; depending on availability.

Extra veggies usually available for purchase. Availability and prices will be listed at each item station. Bring extra produce up to the register for payment.



Pick-Your-Own Gardens

Part of your share value each week, so take advantage! Flowers, herbs, and more! See PYO slide for how it all works.

We have scissors available, but feel free to bring your favorite snips/clippers if you like. We recommend jars, vases or a small buckets to harvest into and to transport your flowers/herbs home in.



Compost Program

Part of your share value each week, so take advantage! Drop off your food scraps each week in the large green bins near the barn.

We can accept a lot more items than you can put in your home compost, so even if you compost at home, take a look at the compost slide for more info.

How to Pick Up Your Share

1

Read the weekly newsletter for share info and recipes. Wednesday members typically receive the newsletter on Tuesday afternoons; Saturday members typically receive it on Friday mornings.

2

Drive slowly down the driveway and into the parking lot — watch for people! Park near the barn or up by the greenhouse.

3

Bring a reusable bag, box, or basket to gather your share (we do have bags available if you forget). We also suggest you bring a jar, vase, or small bucket for PYO.

4

Check in at the Big Red Barn using the primary shareholder's name.

5

Check the whiteboard for share contents, then follow the prompts at each station to gather your share.

6

Drop off your compost at the green bins near the barn, then wash your bin at the wash station. Get a new liner, if desired, in the barn.

7

Head to the Pick-Your-Own Gardens for flowers, herbs, and other seasonal offerings.

8

Ask us anything! We're always here to help!

Can't Make Pick-Up? No Problem.



Send Someone in Your Place

A friend, neighbor, or family member can pick up for you — no advance notice needed. Just let them know they should check off your name on the sign-in sheet, and we'll take care of the rest.



Let Us Donate Your Share

If your share goes unclaimed, we'll donate it to a local agency serving people in need. Your veggies won't go to waste!



Request a One-Time Day Switch

If possible, email Rachel at least 3 days ahead that you'd like to switch your pick-up day for the week. Please be aware that, due to harvest or seasonal constraints, we occasionally have to say no. But it usually works out! This option is meant for occasional use only.

The Compost Program

Composting food scraps diverts waste from landfills and returns nutrients to the soil. It's one of the simplest things you can do to reduce your environmental impact. Our compost program is included in your CSA member fee. Here's how it works:



Get a Bin & Liner

Grab a compost bin from the farm if you need one — but we encourage you to bring your own container from home. Pick up a compostable liner (small or large, depending on the size of your container) at the check-in table inside the barn.



Collect at Home

Place your lined bin somewhere convenient. Small containers can sit right on your counter; larger ones might work under your kitchen sink, in your pantry, or in your garage. Add your compostables to the bin throughout the week.



Drop It Off

At your next CSA pick-up, dump your bag of food scraps (yes, the liner goes in there too!) into the large green bins in front of the barn. Rinse/scrub out your container at the compost wash station nearby.

If you dump your compost first, please wash your hands before gathering your share!



Repeat!

Grab a fresh liner and do it again every week. You'll be amazed at how much more slowly your trash can fills up!

Download the full list of compostable materials: compostcrew.com/the-list

Pick-Your-Own (PYO) Gardens

The PYO value is part of your member fee, so use it every week to get the full value from your share!



Look for blue flags and info plaques — they mark crops that are ready to pick. Read the plaque for info on the plants, plus tips on harvesting.



We provide scissors for you to use, but you are welcome to bring your own, if you like.



We suggest bringing a vase, jars, or a small bucket for your flowers and herbs. Fill your container with cool water, and get your cuttings into it as quickly as possible.



Remember: the PYO is shared amongst all the CSA members. Be thoughtful about how much of any one herb or flower you take, and please respect limits if and when we have to set them.

A Few Farm Policies



Leave Pets at Home

We love animals, but food safety standards require pets stay home. Required service animals are always welcome.



Bring Your Own Bag

Please bring a bag, box, or basket to gather your share. We have a limited supply of bags at the farm if you forget.



Kids Are Welcome!

Children are always welcome on the farm — just keep them close and with their guardian at all times.



Respect the Equipment

Please don't climb on tables, wagons or farm equipment. Help us keep everyone safe!

Get the Most Out of Your Share



Read The Worm's Voice

Our weekly newsletter has share info, recipes, farm updates and more. Add rachel@redwiggler.org and csa@redwiggler.org to your contacts so you don't miss it!



Use the Recipe Index

All the recipes from over a decade of newsletters! Come here to find inspiration for every vegetable. Have a favorite recipe? Send it to Rachel — we love member submissions!



Hang Out at the Farm

Members are welcome to hang out at the farm during pick-up windows. Bring lunch, a blanket, a book — whatever helps you slow down and enjoy the quiet of the farm.



Bring Friends to a Tour

Free Saturday farm tours for CSA members and their guests, all season long. Sign up on our website.



Use the Compost Program

Divert your food scraps from the landfill and do something good for the earth. And reduce your trash output. Everyone wins!



Browse the Lending Library

Located at the back of the barn, our lending library contains books on gardening, food justice, climate, cooking, and more. Feel free to borrow a book, anytime — just write your name on the sheet and return it before season's end.

We're Here for You!

*Got a question during CSA? Ask a staff person or volunteer.
We can identify vegetables, suggest recipes, and answer any question about the farm.*

**Got a question any other time?
Contact Rachel Armistead, Distribution Manager**

 csa@redwiggler.org

 301-916-2216

 redwiggler.org/csa

*Thank you for being part of the Red Wiggler community.
We're so glad you're here!*