



IN THE SHARE

“ / ” indicates a choice

- Kale
- Hakurei Turnips
- Spring Onions
- Lettuce
- Arugula

PICK-YOUR-OWN

Look for the **BLUE** flags on items ready to pick!

RED

Oregano
Chives
Tarragon
Thyme

ORANGE

Orlaya
Lamb's Ear
Sorrel
Parsley

PINK

Bachelor Buttons
Paintbrush Violas

YELLOW

Sage (leaves & flowers)

PURPLE

Fennel

NEED HELP?

Just ask any RWCF staff or volunteer. We're here for you!

Welcome to Red Wiggler's 2026 Spring CSA! We are thrilled to welcome so many old friends—and a few new faces—back to the farm for another season. In case you missed MuffinLuck or Monday's info email, check out our orientation presentation below for what to expect at CSA pick up this session.



UPCOMING COMMUNITY EVENTS

Saturday, May 30th: Join us for a tour of our fields and learn all about our history, care farming, sustainability, and more. Field Tours are always free for CSA members and their guests. The tour is rain or shine, from 10-11:30am. [<< Click here to register >>](#)

Friday, June 5th: Take yourself out to the ballgame, and support our farm at the same time! If you've never been to a Frederick Keys baseball game, you're in for a treat. And Red Wiggler gets a portion of ticket sales, so it's a win-win. The game starts at 7pm. There is a fireworks display after the game, as well as a chance for kids to run the bases. Bring the whole family for a night of fun! [<< Click here for tickets >>](#)

Thursday, June 18th: Red Wiggler Community Happy Hour from 4-7pm at [Waredaca Brewing Company](#) in Laytonsville. Join staff, volunteers and other community members at our monthly happy hour. This isn't a fundraiser, just a chance for our community to mingle and get to know each other better.

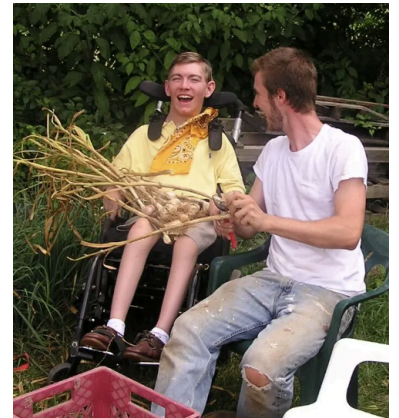
MEET OUR STAFF: SPENCER ELLSWORTH



We're thrilled to welcome Farm Production Manager, Spencer Ellsworth, to the Red Wiggler team. Spencer brings a rich background in community-centered farming, having worked at urban farms in DC and Illinois, where the mission was always about more than just growing food. From teaching neighbors to supporting adults in addiction recovery to helping at-risk youth learn employable skills, Spencer has spent his career combining hands-on farming with meaningful human connection.

Spencer has a personal history with Red Wiggler as well. Many years ago, he volunteered here as a caretaker for a friend with physical disabilities, and the experience left a lasting impression.

Seeing people of all abilities contribute meaningfully to a working farm was deeply inspirational, and Red Wiggler has held a special place in his heart ever since. As the Farm Production Manager, he is excited to help further our mission of cultivating well-being and belonging through care farming and community building.



When he's not farming, Spencer enjoys running along the streamside trails of Stoney Run, near his home in Baltimore. He also coaches Special Olympics basketball, loves sci-fi and westerns, and is a dedicated SNL fan (no small commitment for an early-rising farmer!).

Ask Spencer what farming looks like at its best, and he'll tell you: small-scale and sustainable, done alongside hardworking friends, and thoughtfully designed to nourish the neighbors nearby. We couldn't have said it better ourselves! We are lucky to have someone with his passion, experience, and vibrant spirit leading our farm production team. Welcome, Spencer!

**TOMATO SEEDLINGS
FOR SALE THIS WEEK!
LOTS OF VARIETIES TO CHOOSE FROM!**

A promotional banner with a yellow background. It features two illustrations of tomato plants with red tomatoes growing in pots of soil. The text is centered and reads: "TOMATO SEEDLINGS FOR SALE THIS WEEK! LOTS OF VARIETIES TO CHOOSE FROM!"

Spring Onion and Arugula Frittata with Herbs **GF Veg**

Greens and eggs are one of my favorite pairings, especially in the spring. I love how versatile this frittata is—enjoy it for breakfast, lunch or dinner; eat it hot or cold. You can really vary the flavors here with your choice of herbs. There are so many different herbs available in the PYO right now, and more coming soon! Adapted from [Cooking in my Genes](#).

INGREDIENTS

- 8 eggs
- ½ cup whole milk
- 3 tbsp extra virgin olive oil
- ½ cup ricotta cheese
- ½ tsp salt
- Ground pepper to taste
- **½ cup thinly sliced spring onions**
- **2 cups packed arugula**
- **¼ cup chopped fresh herbs**
- ⅓ cup shredded parmesan cheese



DIRECTIONS

1. Preheat oven to 350 degrees F. Place a 10” skillet on the stovetop.
2. Whisk eggs, milk, ricotta, salt and pepper in a medium bowl and set aside.
3. Heat olive oil in skillet. Once hot, add onions and cook for 3-5 minutes, stirring constantly.
4. Stir in the arugula and herbs and cook for about 1 minute—just long enough to wilt.
5. Pour the egg mixture into the pan and stir to incorporate the vegetables into the mixture. Cook until the edges of the frittata start to pull away from the pan, about 5-7 minutes.
6. Top with parmesan cheese and place in oven for 15-20 minutes to set. Once set (middle of frittata should spring back when pressed with a finger), pull from the oven and let cool for a few minutes before serving.

Crispy Chickpeas **GF DF Veg**

With a healthy dose of protein and fiber, and a satisfying crunch, these delicious little flavor nuggets are the perfect topping for all kinds of spring salads using Red Wiggler’s greens. Adapted from [Love & Lemons](#).

INGREDIENTS

- 1 ½ cups cooked chickpeas, drained and rinsed
- Extra virgin olive oil for drizzling
- Salt and spices to taste



DIRECTIONS

1. Preheat oven to 425 degrees F and line a large baking sheet with parchment paper.
2. Dry chickpeas on a clean kitchen towel, removing any skins that come loose in the process.
3. Transfer chickpeas to the baking sheet and toss with olive oil and salt
4. Bake for 20-30 minutes, or until golden brown and crisp.
5. Remove from oven, and while still warm, toss with spices, if desired. Suggestions: paprika, curry powder, chili powder, cumin.