



MAY 2025



Hello everyone,

Welcome to May, where the nights come sooner and the air is cooler (mid north coast NSW). Daylight saving has finished in New South Wales, Victoria, Tasmania, South Australia, and the ACT and we are once again on par with all states in Australia.

Finding it challenging to deal with pests in your garden? Maybe it's time to try weed and pest peppers? Stewart Lundy from the Josephine Porter Institute gives us the heads up on peppering, in our first article below.

Kaz and John

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## **Biodynamic pest management**

**Weed and pest peppers expanded (part 1 of 2)**

*Stewart K Lundy and Josephine Porter Institute, April 2025. Reprinted with kind permission.*

One less discussed aspect of biodynamics is “pest peppers” or ashing. The idea is relatively simple. You take weed seeds and burn them conscientiously in particular ways and at specific times so that you have no longer viable seeds but the antithesis of seeds: a powder that inhibits the reproduction rate in those specific weeds. This powder can be diluted and sprayed over specific areas to inhibit the reproduction of particular plants.

There is precedent for this approach. In the medieval agricultural text, the *Geoponika*, methods are described in which various pests “may be driven off by catching and burning one of their number.”<sup>1</sup> We are familiar with how other species are often far more sensitive to scents than we are, and many of us know how long the smell of burnt human hair lingers in the nostrils. There is something like this to pest peppers.

***[Click here to read more.....](#)***

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## Key biodynamic spray dates – May 2025

**Soil sprays (Biodynamic: Horn Manure 500, Soil Activator, Manure Concentrate)**

Descending Moon, 16 - 28 May

**Atmospheric sprays (Biodynamic Horn Silica 501, Equisetum 508, Casuarina):**

Ascending Moon, 2 - 16 May and 29 May - 12 June

**Moon opposition Saturn:** 8 May @ 2.10pm

**Sequential spraying dates to encourage rain:** 13 - 15 May

The Antipodean Astro Calendar has more information and can be found on our website.

[Click here to learn more...](#)

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## Soil contamination in home gardens

***Inedible gardening, soil health and garden safety. Sustainable Gardening Australia, March 2025. Reprinted with thanks.***

While growing your own food can be incredibly rewarding, it's important to be mindful of the soil quality in your garden. Soil contamination is an issue in some gardens, and it can pose significant risks to both the environment and human health. Contamination can occur in any garden but gardens set in older houses or in urban areas with an industrial past are more likely to be affected. The good news is that soil contamination needn't mean the end to your gardening journey; there are easy steps that you can take to garden and grow food safely.

### **How does soil become contaminated?**

Urban soils can be contaminated with a variety of heavy metals transported by air, soil or water. In urban areas past industrial activities, urbanisation, the use of lead paint and

transportation infrastructure have all left their mark on garden soil. Common contaminants include lead, arsenic, cadmium, chromium and zinc.

Lead contamination in particular is a significant concern, especially in areas with older buildings where lead-based paints may have been used. Lead can also be present in soil near roads where pollutants from seven decades of leaded petrol use may have become persistent in the environment. According to the EPA's GardenSafe initiative, soil in urban areas can also be contaminated by other pollutants from industrial activity, construction, or even past use of pesticides and fertilisers.

**[Click here to read more...](#)**

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## **Biodynamic Food, Flower Garden Elixir – a powerful vitaliser for your pots and patch**

### **NEW PRODUCT JUST LAUNCHED**

This powerful vitaliser for your pots and patch, enhances fertility and contains a wide range of soil food web stimulants, minerals and subtle energies. The elixir is designed for small scale use – mainly in garden settings – and is available in 100ml bottles only.

[Go to our webpage to learn more...](#)

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## **Wash your produce!**

It's important to wash your fruit and vegetables before consuming.

Here are three ways to effectively clean your produce:

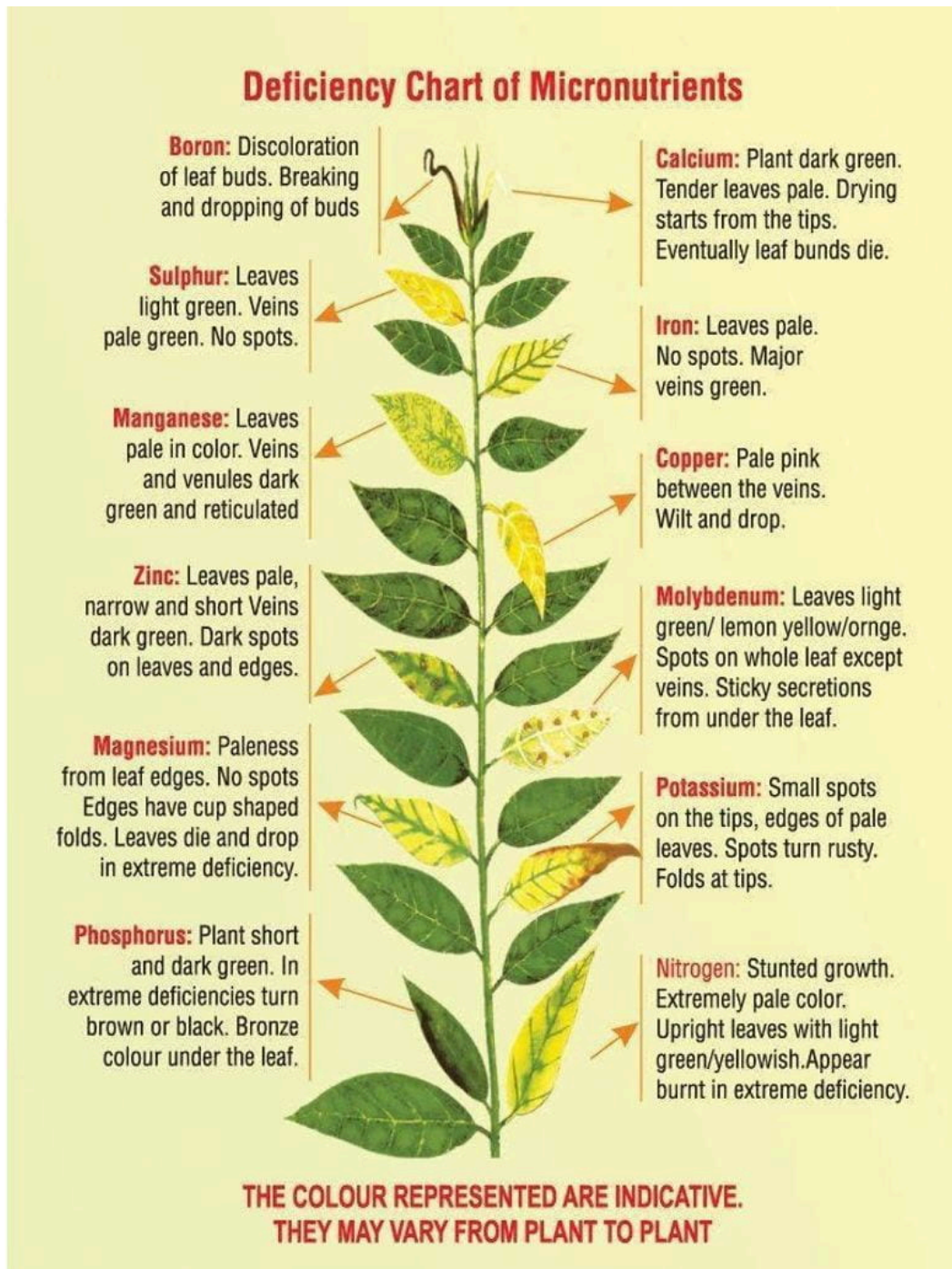
- > Soak in salt water using Himalayan salt or sea salt for 20 minutes. Rinse with water afterwards.
- > Use bicarbonate of soda(also known as bicarb and baking soda). Add one teaspoon of bicarb to two cups of water and soak for 15 minutes. Rinse with water afterwards.
- > Soak in vinegar (any type) and water for 20 minutes. You need to use one part vinegar to four-parts water, so 10ml of vinegar would need to be mixed with 40 ml of water.

Porous fruits such as berries may become soggy when soaked for too long.

Happy, healthy gardening and eating !

# Handy tips for soil deficiencies

Shared with thanks from *Plants Health* | Facebook



The colour of plant leaves show what is lacking and the above gives you a heads up on what's going on.

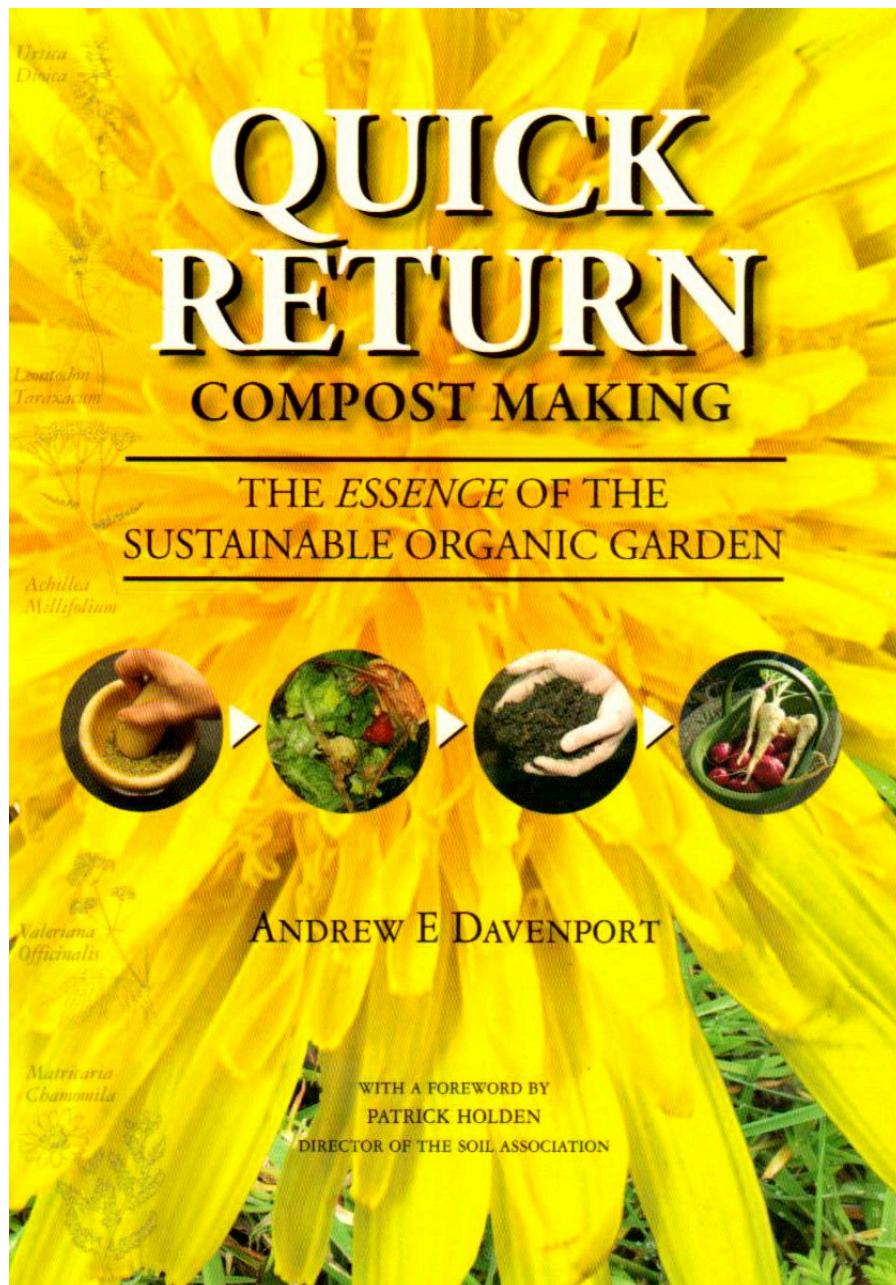
See below some additional tips from the late Hugh Lovel.

- Dwarf leaves in clover indicate zinc deficiency.
- Purpling of grass and clover indicates copper deficiency
- Yellowish-green vegetation indicates magnesium deficiency.

To read many useful articles from Hugh Lovel, go to: [quantumagriculture.com](http://quantumagriculture.com) and search "article archive".

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## BOOK REVIEW



### Quick Return Compost Making

**The Essence of the sustainable organic garden, by Andrew E. Davenport, QR**

**Composting Solutions Newcastle upon Tyne 2008.**

One of our wonderful members, Walter Stappung recommends anyone interested in making compost should read this book.

Click on above picture to learn more.

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## **The energy concept of biodynamics**

***Almar von Wistinghansen, Bio-Dynamics, Summer 1980. Reprinted with kind permission.***

At home we used to have a very big bible with many pictures. There God the Father was pictured as an old man with a great beard. Michaelangelo has painted the creation of the earth, showing the Creator as an old man with a large beard. Other artists have used the same motif. When a child or an adult looks at these pictures, one thing sticks in their minds: - the Lord is an old man with a large beard. Has an artist, or anyone else, ever seen the Lord with his physical eyes? The Lord is a spiritual being. The existence of a spiritual beings is something that one can divine, acknowledge or reject, but we certainly should not think that we can see them. We don't find the Lord if we picture him to ourselves as an old man with a beard and search for him in the likeness of this image.

Would it not be better to search for spiritual beings and the spiritual world by employing our spiritual faculties?

[Click here to read more...](#)

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## The Delectable Garden

BIODYNAMIC HOMEOPATHICS

Exciting  
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I am now making a range of potentised biodynamic preparations in homeopathic form: **Biodynamic Soil Activator; Horn Manure (500); Equisetum (508) and Oak Bark (505)**. Available in 50ml and 200ml bottles

### ***Have you tried my biodynamic peppers?***

#### **Need to remove rats from your garden?**

Nutgrass annoying you? Cane toads taking over?

Biodynamic Peppers are non-toxic and environmentally friendly.

Why not try our *Rat Rid*, *Mouse Move-on*, *Possum Purge*, *Nutgrass No More* or *Cane Toad Take-Down* to control these unwelcome pests and weeds in your garden?

Rats; Mice; Fox; Rabbit; Cat; Cane Toad; Cockroach;  
Brush-tail and Ringtail Possum; Nutgrass; Singapore Daisy; Slugs;  
Small Hive Beetle and many more!



Available in 50ml and 200ml bottles

#### **Your problem NOT on the list?**

#### **Peppers also made to order!**

Contact Rohanne to discuss: **0418983203**

**[r.young@thedelectablegarden.com.au](mailto:r.young@thedelectablegarden.com.au)**

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# BIODYNAMIC

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# CBR LOCAL REGEN Forum



DIRECT-to-MARKET Models  
for Regenerative Farmers

FORUM DATE: May 2, 2025 (9am-5pm)

VENUE: University of Canberra  
Anne Harding Centre



Booking  
through Humanatix



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PODCAST





# HEART



## SUMMIT 2025

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[www.eastwellfarms.com.au](http://www.eastwellfarms.com.au)

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# ARE YOU...



- ? Wanting to better understand your landscape?
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Carly & Grant Burnham  
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Psychotherapist



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web [www.eastwellfarms.com.au](http://www.eastwellfarms.com.au)

# Astro calendar now on sale @ \$39 including postage and handling.

Click on below picture to learn more...



# Biodynamic Liquid Soil Activator (LSA)

A potent living biodynamic soil spray that brings a healthy balance to the soil.

Contains biodynamic preparations: (500–508)

No stirring required – just dilute and apply.

## USES

### Broadacre

- pastures and crops, as both a soil and foliar spray
- via stock – pour into water troughs at recommended dilution so that stock can spread over large and/or inaccessible areas

### Gardens and Market Gardens

- as a soil spray prior to planting seedlings
- for vegetable gardens, flower beds and pot plants
- for green manure crops to aid breakdown when turned-in
- as a seed bath or root dip before transplanting
- add to liquid fertilisers such as biodynamic fish or seaweed concentrate
- add to water used in compost making
- add to septic tanks and composting toilets to cancel odours and improve microbial breakdown
- add to watering can and sprinkled over worm farm or home composting container

## DILUTION [dilution ratio: 1:100]

1 litre LSA in 100 litres water *is sufficient for 3ha*

330ml LSA in 33 litres water *is sufficient for 1ha*

100ml LSA in 10 litres water *is sufficient for 3000m<sup>2</sup>*

30ml LSA in 3 litres water *is sufficient for 1000m<sup>2</sup>*  
(quarter acre)

## METHOD

Shake LSA container, then add appropriate volume for the correct dilution, into sprayer/ spray tank water. Fish/seaweed products can be added at the same time and sprayed out together with LSA. Spray out in droplets for soil spray; mist for foliar spray. It is best to spray after about 3pm or after the heat of the day has subsided.

## FREQUENCY

Spray out monthly but at least twice a year at active growing times, especially after rain or during drought.

## STORAGE

Store in a cool dry dark place as far away as possible from electrical fields and appliances.



**Biodynamic Agriculture Australia Ltd**

**Order online: [www.biodynamics.net.au](http://www.biodynamics.net.au)**



## **Biodynamic farmer's and gardener's stories**

Biodynamic Agriculture Australia's homage to the Agriculture Course centenary is a series of six locally produced podcasts from a variety of Australian biodynamic practitioners, authentic, compelling and in some cases moving – made with love. Our board of directors initiated these podcasts. The intention of the dedicated team here at Biodynamic Agriculture Australia is that these podcasts will inspire you to continue with your production and regenerative practices.

**[Click here to read more...](#)**

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**If you haven't used biodynamic preparations on your garden or farm yet why not give it a go. You will increase your soil life, and grow healthier plants with less disease.**

**Have a wonderful month of gardening and farming**

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PO Box 54, Bellingen NSW  
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