

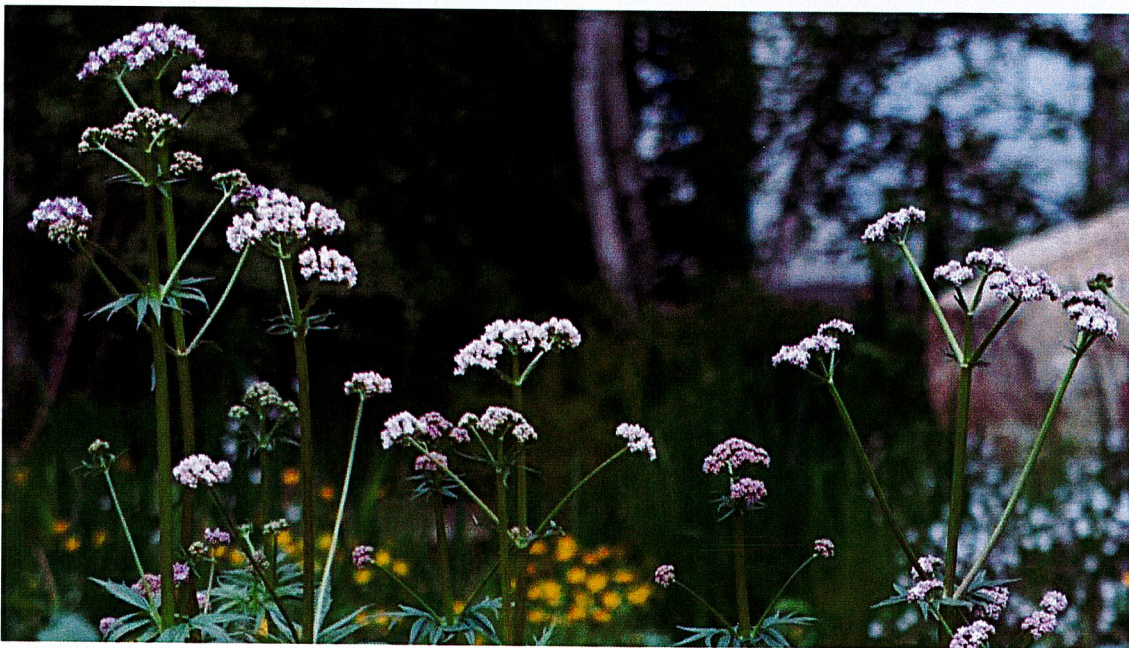
Between the Leaves, the monthly newsletter from  
Biodynamic Agriculture Australia

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# APRIL 2023



Hello Everyone

Autumn has arrived as can be felt from the cooler mornings and nights, but during the day the humidity remains high on the mid-north coast of NSW and we have been receiving just the right amount of rain needed for our gardens and land. We hope the weather has been kind to you.

In this issue of *Between the Leaves* we share biodynamic and organic stories and articles to inspire and encourage you to stay with it or to start biodynamics.



We missed International Women's Day and with many pioneering women around the world who focus on sustainability and farming regeneration, we felt it fitting to share the good things other women are doing.

John has been out of action for a few weeks as he recovers from receiving a new hip. ~~He is doing well but~~ <sup>he</sup> ~~has~~ <sup>has</sup> ~~kept~~ <sup>kept</sup> to return to the office and share his biodynamic findings. Medical mechanics have come along way, with artificial limbs and joints allowing people to remain pain-free and active.

Happy gardening and farming and all the best for April and May.

Kaz and John

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# In praise of valerian (507)

John Hodgkinson

Lately, I have found myself preoccupied with the Valerian preparation. Its stimulation of phosphorus availability in the sprayed environment is most intriguing, the Valerian flowers themselves being devoid of elemental phosphorus!

Valerian (507) is made by mashing Valerian flowers, preferably in a mortar and pestle, then diluting 40:1 with water, letting settle for a few days, then bottling without any air under the lid or stopper. Storage should be in a cool and dark place. The extract can be kept thus without loss of viability for at least three years

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

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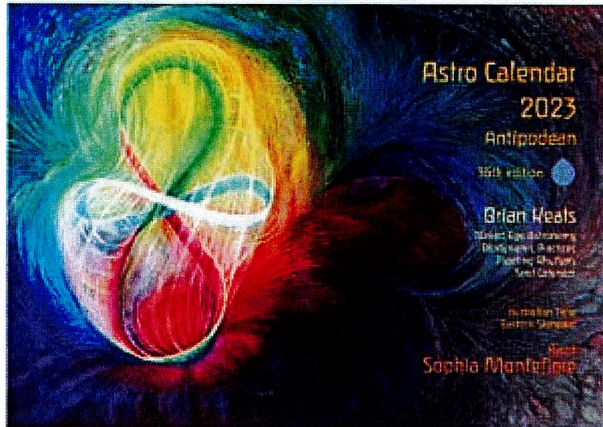
## How to hand pollinate pumpkin flowers

Here on the mid-north coast of NSW it's pumpkin time, but with much rain of late, sometimes the flowers don't get pollinated.

Kate from *A Real Green Life* explains how to self-pollinate pumpkin flowers, especially when there's lots of rain and not as many beneficial insects around to do the job for us.



read more here...



## Astro calendar 2023

With beautiful graphics and loaded with useful information, Brian Keats' Astro Calendar gives you the heads up of when and what to plant.

- purchase your copy
  - how to use the calendar
-





## Celebrating women in biodynamics

8 March was International Women's Day yet we need to support and celebrate pioneering, go getting women every day, such as the women in our office (picture above). We are five hard working women who are passionate about biodynamics and life.

From left to right: Sybil, Glenys, Kaz, Fiona and Wilany, all dressed up in our funky biodynamic cow head t-shirts, which creative Wilany designed. Since the photo Glenys has sadly retired. We all love what we do, forever encouraging others to use biodynamics to improve soil and plant health and to lead a happy and healthy life.

There are many women at the forefront of regenerative agriculture, sustainability, farming and gardening using biodynamics, organics and permaculture. They understand the importance of maintaining healthy, land, water, animals and people and spend countless hours to the cause.

~~A This +~~

view

The Biodynamic Association (UK) has a few interesting articles on women and their work with biodynamics.

<https://www.biodynamics.com/blog/celebrating-women-biodynamics>

[https://womengenderclimate.org/gjc\\_solutions/promoting-climate-resilience-for-women-through-biodynamic-farming-and-water-](https://womengenderclimate.org/gjc_solutions/promoting-climate-resilience-for-women-through-biodynamic-farming-and-water-)



[retaining-vegetables/](#)

<https://organicconsumers.org/celebrating-women-in-biodynamics/>

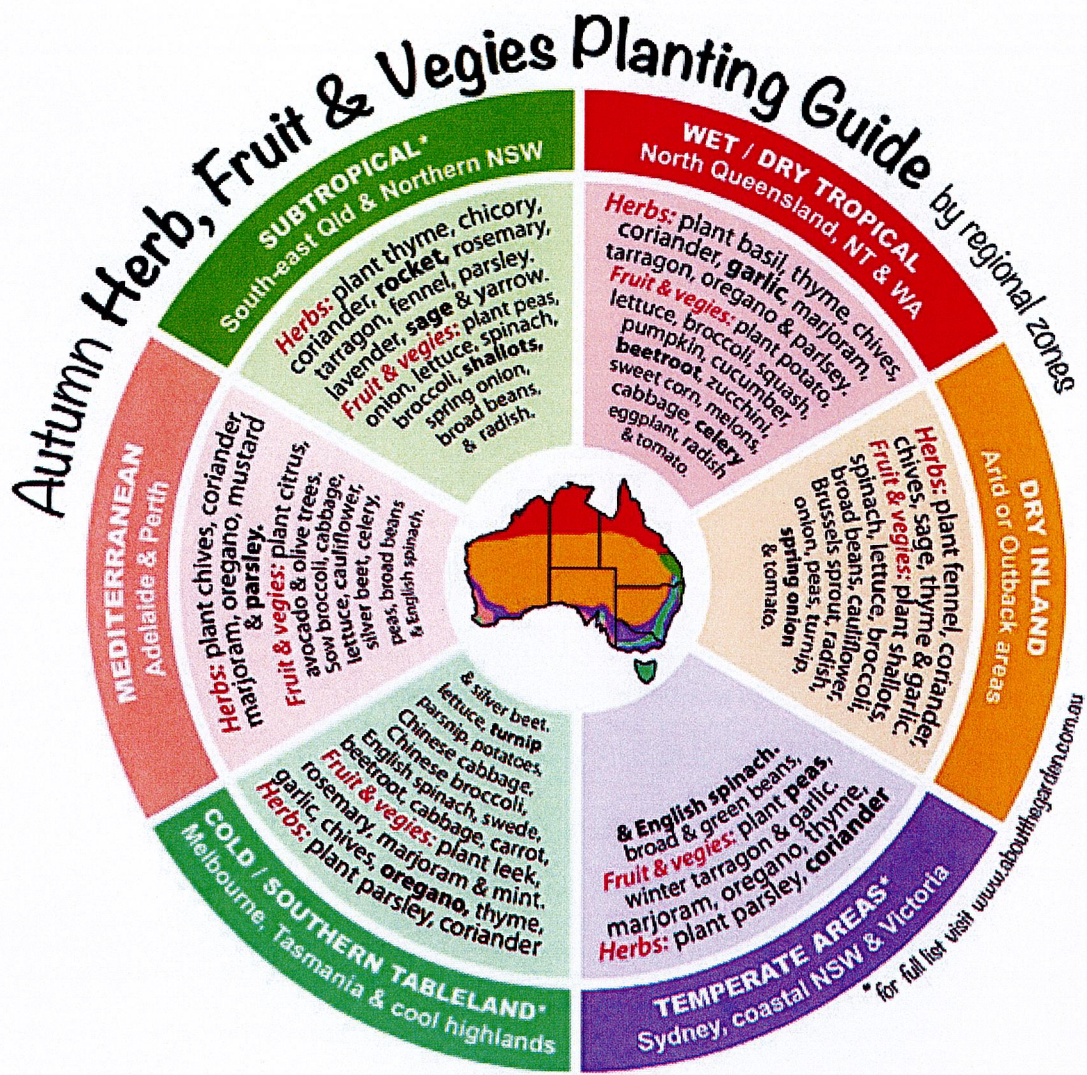


## Biodynamic principles and practices

The Biodynamic Association (UK) shares a wealth of valuable biodynamic information as shown here with their principles and practices of biodynamics.

[read more here...](#)







# 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 Liquid Soil Activator

You don't need a garden or farm to use this beneficial product to enliven your soil so plants grow to their full potential.

Biodynamic Liquid Soil Activator is perfect to use on seeds before you plant and potted plants in your home.



## Need to remove rats from your garden? Nutgrass annoying you? Cane toads taking over?

*Have you tried Biodynamic Peppers?*

Biodynamic Peppers are non-toxic and environmentally friendly.

Why not try our Rat Rid, Mouse Move-on, Possum Purge, Nutgrass Not-here or Cane Toad Take-Down to control these unwelcome pests and weeds in your garden?

To order contact: **Rohanne Young on 0418983203**

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

<https://thedelectablegarden.com.au/biodynamic-peppers/>

*50ml bottles available to control:*

- Rats;
- Mice;
- Cane Toads;
- Possums;
- Oxalis;
- Wandering Jew;
- Singapore Daisy;
- Nutgrass and many more!
- Your problem **NOT** on the list?
- Peppers also made to order!
- Contact Rohanne to discuss

From \$30 for ready-made peppers



## Become a member and receive the benefits

We're on a mission to encourage and inspire you further in biodynamics. Everyone has a busy life and there is a need for inspiration and support.

As a member you receive:

- *Benefits on products and workshops - ~~purchase of~~ products*
- *Quarterly News Leaf glossy coloured journal full of great stories, articles and other valuable information*



- *Biodynamic Handbook - everything you need to know to get started*
- *Sample of Biodynamic Soil Activator with instructions*
- *Encouragement, motivation, guidance and support*

If your membership has lapsed, we would love to see you back with us. It's easy to renew. Log into your account on our webpage and click on "subscriptions" then follow the prompts to update, alternatively ring our office.

Your membership assists us to create, share and promote everything biodynamic. It supports our not-for-profit organisation in making preparations and products, giving education, sharing information and spreading the good word.

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become a member

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Thanks for reading our newsletter

We are on this biodynamic journey together and shared experiences are invaluable. So don't be shy, send in your stories so we can share with our readers.

Office Hours: Mon-Tues 9am-3pm & Thurs 9am-12.30pm  
02 6655 0566 [bdoffice@biodynamics.net.au](mailto:bdoffice@biodynamics.net.au)



Email John or Kaz: [bdnewsleaf@biodynamics.net.au](mailto:bdnewsleaf@biodynamics.net.au)

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**LIKE and FOLLOW us on Facebook and Instagram**

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PO Box 54  
25 Nobles Lane  
BELLINGEN NSW 2454  
Ph: 02 6655 0566  
**[www.biodynamics.net.au](http://www.biodynamics.net.au)**  
ABN: 42 588 901 426

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