



APRIL 2024



Hello Everyone,

Ah, autumn, season of mellow fruitfulness, and one of the best times in the year to spray out a soil spray (on a descending moon or at Moon opposition Saturn - see below). And horn silica (501) later in the month during moon ascending, or immediately following the Moon op Saturn soil spray above.

As trying as the heat waves and intense rain events have been so far this year, with La Nina now the chief weather influence, at least the heat will soon be gone. We can only hope for an even spread and intensity of rainfall for a good

May you find the energy required to cope with all the rampant early autumn plant growth, or alternatively (in the west) to cope with the unseasonal dry.

Kaz and John

Biodynamic Soil Activator

- **a wonderful way to boost your garden, market garden, vineyard, orchard or farm**
- **particularly effective at remediating severely degraded or out-of-balance areas**
- **can be sprayed out regularly as a powerful substitute for horn**



The importance of mounding

Dennis Klocek

A garden marked off in permanent, twenty-foot beds seems to gain vitality from the very act we undertake in mounding the earth. From the Neolithic Seip mounds of North America, to the sophistication of the old and new world pyramids, mounds have long been a recognised method for attracting and amplifying basic earth energy. The raised and mounded shape of the mound concentrates and enhances the etheric activity of Nature's processes.

In order to give direction to the complex activities of intensive gardening it is advantageous to establish permanent [mounded] garden beds. The accepted

dimensions for each bed are approximately 1.1m wide by 0.9m long. Rainfall runoff stays in the paths, making the beds accessible much sooner and retaining much of the runoff. Raised beds encourage air circulation and put the roots of the plants into a zone of increased etheric activity. Established beds become the gathering and spawning place for large quantities of earthworms. They leave their fertile, balanced castings all over the beds during the entire winter, if a protective mulch is put down in the fall. Permanent beds with well-defined pathways allow children, animals and adults to enter the garden and enjoy the plants without compacting the soil of the growing area or damaging seedlings. Small children can be easily taught to follow the path.

Bio-Dynamic Literature, 1983, pp. 9-10, with thanks. *A Bio-Dynamic Book of Moons*, reproduced from D. Kloeck.

If a mound is composed of the remains of plants and animals mixed with soil and kitchen wastes, the concentrated earth energy converts these into humus. This mound is then a compost heap.

The 2024 Antipodean Astro Calendar is now \$27 including postage

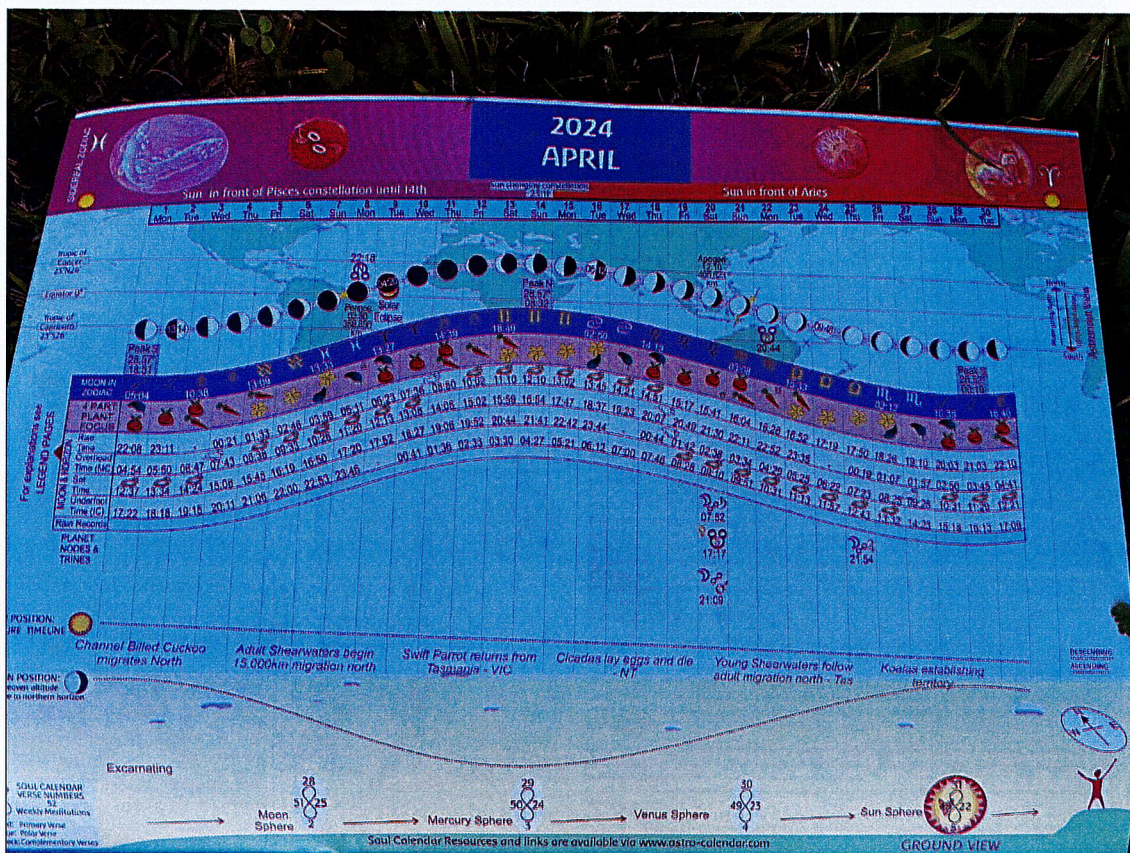


The 2024 Astro Calendar is a resource worth having and now selling for half price at \$27.

This calendar is more than just a tool for tracking dates; it's a comprehensive guide for biodynamic planting, helping you align your garden activities with the natural rhythms of the cosmos.

The Astro Calendar is now available for purchase online. Secure your copy today with a simple click [here](#) and embark on a harmonious gardening journey.

[Click here to learn more](#)



Useful Moon dates for spraying - April 2024

Moon opposition Saturn – April 20th 7.52am

[Note that this strongly vitalising influence is "in orb" for up to 12 hours either side of the opposition time. It is believed that spraying out biodynamic soil preparations (late afternoon) and atmospheric preparations (subsequent early morning) back-to-back reinforces the balance between the Moon's calcium influence and Saturn's silica influence, giving pasture and crops greater resilience to weather extremes, diseases and pests.]

Moon descending period – April 2nd-13th and April 29th-May 10th

[This is the best time to apply our Bio-dynamic Soil Activator and Liquid Soil Activator. It is the recommended/usual soil spraying time, when the Moon's influence is working below the soil surface.]

Moon ascending period – April 14th-28th

[Apply Horn Silica 501 during this time. It is the recommended/usual time to spray out the atmospheric preparations, when the Moon's influence is more above the soil.]

WORKSHOPS



Biodynamic Workshop

Transitioning a Conventional Farm to Biodynamic Methods

Umbiella and Glen Alice Station, Capertee Valley
Saturday 27 April - 9:45am to 3pm

Join us in the beautiful Capertee Valley for a rare opportunity to learn first-hand the processes involved in transitioning a conventional working cattle farm to regenerative biodynamic practices.

Working **WITH** the environment (rather than against it). 'Changing our minds' as custodians of the land rather than controllers of our environments. Examples of biodynamic and regenerative practices related to soil, water, plant, and animal care that are transforming previously degraded land into biodiverse flourishing pastures and relaxed animal herds.

BOOK ONLINE | \$130 per family

Sat 27 April
 Capertee Valley

\$130 per family

**SYDNEY
 Rudolf Steiner
 COLLEGE**

Book Online at sydneyrudolfsteinercollege.com | e: admin@sydneyrudolfsteinercollege.com | Ph: 02 9261 4001

Biodynamic conference Sydney

Good news is that there will be a public conference in Sydney on 11 & 12 May this year, with international speakers.

There will be a painting exhibition during April and May at Rudolf Steiner House by eight Sydney artists, professionals and students.

The exhibition will be open during the opening hours of **Rudolf**

For enquiries please contact biodynamicssydney@gmail.com.

To find out more and to view the program click on following link.

<http://www.biodynamicssydney.org/>

Regenerate Health Summit

Sunday 21 April 2024

The REGENERATE Health Summit is coming to Melbourne!

Six pioneering speakers. An iconic Melbourne venue. One inspiring day. Time to learn, connect and thrive!

Three Pillars of REGENERATE are:

- 1. Circadian & quantum biology*
- 2. Carnivore & ancestral diets*
- 3. Regenerative farming*

REGENERATE is a holistic health summit exposing the causes of modern disease that have accompanied our collective disconnection from our natural environment and naturally evolved foods. They offer a solution, reconnect with nature and the origins of your food! These events bring together likeminded souls from the world of nutrition, regenerative agriculture, circadian health and lifestyle optimisation.

For more information go to: <https://www.regenerateaus.com/>

What Is an Anthroposophic Diet?

Elizabeth Kelly

report, <http://www.humanityandhealth.com/anthroposophic-diet>

An anthroposophic diet can take many forms, but there are certain general guidelines to follow.

Rudolf Steiner defined anthroposophy, the spiritual movement he established in the late 19th century, as "a scientific exploration of the spiritual world." This movement focuses on the development of humankind's physical, etheric (pertaining to life forces), astral (pertaining to soul), and spiritual capacities and serves as a foundation for many areas of study, such as [Waldorf](#) schools, biodynamic agriculture, and anthroposophic medicine, that are practiced around the world today.

Here are 10 aspects of an anthroposophic diet that Rudolf Steiner discussed in his lectures and written works.

1. Your diet is unique to you - Steiner emphasized that individuals must come to their own spiritual knowledge through their own inner work. This also applies to his nutrition-related directives. Individuals have specific genetic predispositions, live in diverse areas of the world with varied food choices, and have unique intentions for their lives. Therefore, as everyone has different dietary needs, there is not one anthroposophic diet per se. Steiner stated specific elements of one's diet that could help or hinder health and spiritual development, but did not prescribe what foods to eat or avoid. We must decide what to eat based on our own inner work and free will.

2. A plant-based diet can help you develop inner strength.

3. Milk may provide strength.

4. Build your diet around whole grains.

5. Eat roots, stems, leaves, and fruits daily.

6. Eat potatoes in moderation.

7. The environment in which food is grown plays an important role.

8. Be mindful of how your food is processed, prepared, and presented.

9. Consume carbohydrates, fat, and protein in proper amounts.

10. Consider the effects of **coffee**, tea, and alcohol.

Steiner discussed nutrition's effect on humanity's spiritual development at length in several lectures.

If you're interested in learning more about the anthroposophic diet, "[Nutrition and Health \(Lectures I and II\)](#)" and "[Problems of Nutrition](#)" are great places to start.

Keep reading: "[4 Nutrition Tips to Manage Anxiety](#)"

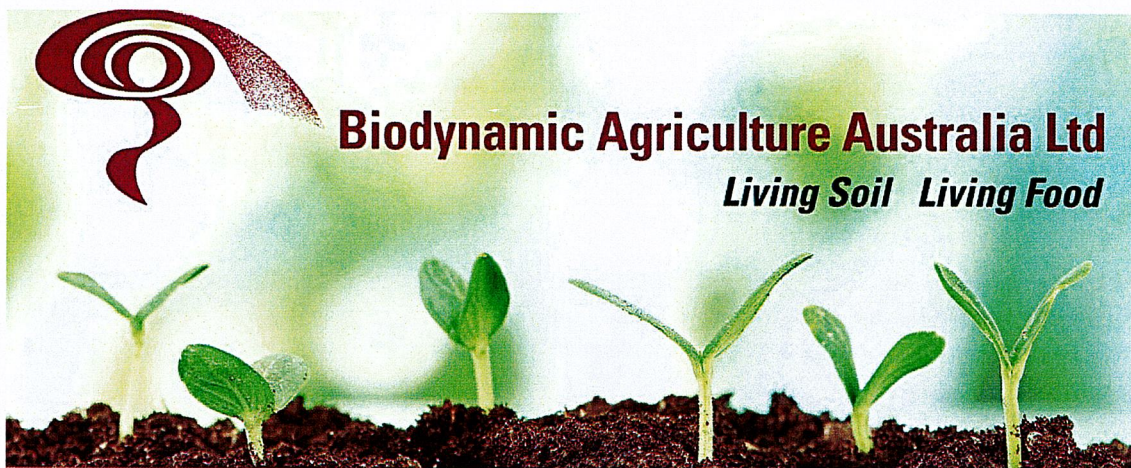
Biodynamic peppering

A method unique to biodynamic farming is peppering. No, it's not the use of pepper, but the use of ashes (produced after a method) that is sprinkled over affected areas in the farm like pepper.

Peppering is a way of eradicating some weed species (does not work well with blackberries or tussock), and repelling insects, rodents and other animal species both native and exotic. Because peppering is quite powerful, we only use it as a last resort. This is because it completely eradicates/replaces something from a treated area, and that area then has to establish an interdependent ecosystem. There is also the karmic consideration: what right do we have to control native species?

What is peppering?

Peppering excludes a specific pest from the area you treat by collecting some of the pest, burning it and putting it back over that area.



Thanks for reading our newsletter

We're on a mission to encourage and inspire you further in biodynamics. Our online newsletter gives you a small window of many wonderful biodynamic articles and information we share in our *News Leaf* journal sent to members every season.

Become a member and receive:

- Benefits on products and workshops - more information below
- Quarterly *News Leaf* coloured journal full of stories, articles and information
- Biodynamic Handbook - everything you need to know
- Sample of Biodynamic Soil Activator with instructions
- Encouragement, motivation, guidance and support

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. We are on this biodynamic journey together and shared experiences are invaluable. We would love to hear your stories to share with members.

Click here to view our products range

If you need any help our team are here for you Monday and Tuesday 9am-3pm and Thursday 9am-12.30pm.

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Go one step further

Access support to achieve:

- chemical free biodynamic organic systems
- land rehabilitation
- regenerative agriculture
- soil stability for erosion control
- habitat for biodiversity

Work in synergy with nature:

- reduce input costs
- achieve ethical environmental management
- enhance soil biology, increase water holding capacity, quality of food and resistance to disease and



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