



AUGUST 2026

Hello everyone

What a long growthy season we are enjoying up and down the east coast of NSW. We were still picking beans and tomatoes in July, which is most unusual; and citrus is beginning to flower.... at least a month earlier than normal.

Hoping you are well energised for all your late winter garden chores. Don't forget to prune and paste.

John and Kaz



Key biodynamic spray dates

This is the recommended/usual soil spraying time, when the Moon's influence is working below the soil surface.]

August 1st - 9th & 23rd - 31st

Moon ascending periods

August 10th - 22nd

Moon opposition Saturn

August 17th. 2.27am

Sequential spraying dates to encourage rain

[To encourage rain, consider buying a *Rain Plus Kit*. A series of four soil and atmospheric sprays are put out over three successive days when the Moon is in a water sign and preferably near Full Moon.]

August 2nd - 5th

Order your preparation purchases in plenty of time to allow for delivery and please allow seven days for postage.



The 2026 Antipodean Astro Calendar

Discover the best times to plant and spray out preparations with the Brian Keats Antipodean Astro Calendar containing beneficial information and beautiful illustrations.

Now on sale @ \$35 including postage and handling.

[Click here to learn more.](#)

Sufi teacher Ibu Arabi (1165-1240)

My heart is a pasture for the gazelles
and a convent for Christian monks;
a temple for idols and the pilgrim's Ka'aba,
the tables of the Toah and the book of the Qur'an.

I follow the religion of LOVE.

Whatever way Love's camels take,
that is my religion and faith





Biodynamic vortical stirring

Q: What is biodynamic vortical stirring?

A: The principle behind biodynamic vortical stirring is, putting water and tiny doses of biodynamic preparations through repeated vortexes, chaos and reversals, the water becomes highly charged with the energies contained in the substances. These energies might appear to be subtle but are actually very powerful. The quantity of preparation is minuscule compared with the volume of water. For instance 85g of horn manure or 2g of horn silica in 34 litres of water per hectare is a very high dilution.

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



Silicon in the spotlight

The latest episode of ABC *Landline* (26 July 2026) shows the huge agricultural promise of ultra-fine ground-glass (bottles, made of amorphous silica). Either direct drilled into crops or broadcast over extensive areas, this recycled and abundant source of silica releases unavailable phosphorus, potassium and trace elements in the soil. Pest and drought resistance increase during the growing season, and so does yield, quality and shelf life of produce. Application rates are 15kg/ha (direct drill, using a prilled/granulated product, or 50-100kg/ha broadcast (sprayed out as a suspension in water).

In biodynamics, for over 100 years we have been using micro-doses of finely ground crystalline silica to achieve similar benefits to the much heavier applications of ground glass – at only 2g per hectare!

The “secret” of biodynamic horn silica (501) is that the one hour’s vortical stirring in water at high dilution creates a magnificent marriage between the water as a receptor of memory and a carrier of messages, and the silica, also a consummate instrument of memory (as in computer chips), plus a light-bearer which intensifies photosynthesis in the plants to which it is applied. Although used as an atmospheric spray, horn silica also strongly affects soil nutrient availability when taken in by plants.

Although recycling and reuse of glass bottles is an admirable gesture towards sustainable food growing, it is arguable from the above that our biodynamic horn silica is a far cheaper and more efficient way to apply silicon and gain its benefits to farming and gardening.

[Click here to view film](#)



The lowdown on stirring horn silica, especially regarding the chaos effect

[Editors note: When we biodynamically stir - that is, with alternating vortexes – we create chaos at each reversal. Unbeknown to most biodynamic practitioners, it is chaos where the energising magic happens, not so much the vortex. This excerpt from Dennis Klocek's 2013 Sacred Agriculture – the alchemy of biodynamics, provides the rationale for stirring in this way, and highlights the importance of the practice.]

Rudolf Steiner's use of silica is to take a silica crystal and render it down to a small particle size, probably somewhere in the nano level, so that the surface becomes larger than the mass. It is then put in water. Basically, it has a crypto-crystalline form. As a crystal, it has a highly flexible inner form in the creation of inner planes. The inner planes arise as energetic portals within water when it is moved. When water moves, the energetic surfaces within the water begin to be organized in a crystalline form; moving water is a fluid crystal. Then, into that fluid crystal, we place silica that has been brought down to the nano level and has achieved a huge surface area; the highly reactive surfaces of the silica particles interact with the inner surfaces of the water to transfer a high level of order into the liquid crystal. This is the process of stirring biodynamic preparation 501.

[Read more...](#)

Biodynamic Horn Silica 501



Horn Silica 501 is the original biodynamic atmospheric spray and is made from ground clear quartz crystal and buried in cow horns over summer. Horn Silica aids photosynthesis and increases the quality of the final product, its ripeness, sweetness, flavour, fragrance, shelf life and dry fibre content. This atmospheric spray needs to be alternated with at least two soil sprays per year to get the maximum biodynamic effect



Getting stirring fatigue? We now have a pre-stirred version (as below) -Biodynamic Liquid Atmospheric Activator (BLAA).



Biodynamic Liquid Atmospheric Activator (BLAA)

Our zero stirring, pre-potentialised Biodynamic Liquid Atmospheric Activator consists of Horn Silica (501), Summer Horn Clay and Equisetum (508).



The Horn Silica (501) increases photosynthesis, root exudation, and dry matter weight, it also reduces insect and disease problems and improves brix and ripening.

The summer horn clay enhances sap flow and the equisetum balances moisture in the atmosphere minimising effects of fungal attack. Best used in a leaf sign (refer to the Astro Calendar) and it can be used on its own prior to harvest and ripening.



We recommend two atmospheric sprays per year in spring and autumn

For best results use with Biodynamic Liquid Soil Activator



Biodynamic Agriculture Australia Ltd

www.biodynamics.net.au

Living Soil Living Food



Best vegetables to grow for beginners

[Ed: DREAM: The Sydney Botanical Gardens goes biodynamic... even if only in their compost making]

You don't need a green thumb or large space to grow veggies at home or on your balcony. Vegetables are some of the easiest plants to grow – all you need is good soil, containers, drainage, fertilisers and of course sunshine!

Growing your own plants and veggies can be extremely rewarding. It can save you money and it's good for your health and wellbeing.

'Getting started - To grow any good plants and vegetables you have to set yourself up for success. You will need...

Good soil: The best soil mix for vegetable gardens is organic that includes compost, or well rotted manure, rock dust and sea minerals. When creating the best organic soil mix for a vegetable garden, determination of soil pH is recommended before adding any soil amendments. A slightly acid pH between 6.0 and 6.8 is optimal to grow most vegetables. Adding one or more types of organic matter helps create the healthiest soil to support vegetable growth and development.

Container or earth: There are many different ways to plant your veggies – garden beds, plots in the ground, planters, pots, vertical gardens and more. Whatever space you have you can grow veggies. Just remember if you are growing in a container you must have holes in the bottom of each – up to four holes is good. No plants like soggy bottoms.

Biodynamic Food and Flower Garden Elixir



A powerful fertility enhancer containing a wide range of soil food web stimulants, minerals and subtle energies. The elixir is designed for small scale use, mainly in garden settings .

Available in 100ml bottles. Dilution: 1:100



What to plant in late winter

Autumn is normally the perfect time to plant hardy brassicas, root vegetables, and leafy greens. However, winter plantings are generally OK if you can get seeds to germinate; or use seedlings. In temperate and cool regions (Sydney, Melbourne, Adelaide), focus on **broccoli, cabbage, snow peas, and spinach**. For tropical and subtropical areas (Brisbane, Darwin), you can also sow summer produce like **tomatoes and capsicum**.

A highly-rated selection of winter crops and flowers to plant right now are:

- **Vegetables and herbs:** broad beans, garlic bulbs, silverbeet, kale, and winter herbs like parsley, thyme, and sage.
- **Root vegetables:** carrots, radishes, turnips, and beetroot.
- **Colour and flowers:** pansies, snapdragons, sweet peas, and poppies for winter colour.

The below image is our lovely, healthy patch of peas with Mizuna growing at base. Wilany has been lovingly tending these over the last month using Biodynamic Horn Manure 500 and Horn Silica 501. They are now coming into flower and will soon be covered in delicious pods.





Biodynamic farming: How and why

Tim Thompson, 2022

Tim chats with Simon from *GooliGulch Biodynamic Farm*. They discuss using soil, sequential farming and biodynamics to generate profit. Simon is a traditionally educated farmer with a background in commercial systems who has moved to biodynamics with a production mindset. Now he focuses on soil, carbon and natural sequences for profit.

[Click here to find out about his journey and what he does](#)



Magnesium - The master mineral

Graeme Sait – Nutri-Tech Solutions P/L, 28 February 2009. Reprinted with thanks.

Proactivity is not a recognised feature of the symptom-treating, modern medical machine and we are all paying the price for this lack of foresight. 70% to 80% of us are **deficient** in a mineral that is directly linked to most of the degenerative diseases that plague us.

There are literally hundreds of published papers that quantify these links and yet this widespread deficiency remains and the nutrition neglect continues. Magnesium is profoundly linked to heart health, mental health and disease protection and it is often the mineral most missing in the wellness equation. In this article I will look at the reasons for the shortage, the symptoms of magnesium deficiency, the multiple roles of this mineral and exciting new technology to speed the delivery of magnesium and reduce the time it takes to reclaim optimum levels of this critically important mineral in our bodies.

[Read more...](#)



The essence of biodynamic agriculture

John Hodgkinson

Many people are unaware that biodynamic and organic agriculture are viable alternatives to conventional (chemical) agriculture and many do not know what differentiates them from each other. While organics may involve the importation of many farm fertility inputs, biodynamics is based on a farm being as much a closed system as possible.

The reason biodynamics works so well is that every aspect of the method, based on well tried, traditional understanding, meticulous experiments and extensive field trials, is focused on **building and protecting essential soil life**, the collective function of which in Nature is to convert organic matter and any free soluble elements into stable humus. This feeds plants as Nature intended, sun-driven, not indiscriminately through the soil water charged with soluble fertilizers. The biodynamic preparations are **powerful stimulators of biological activity in the soil** and when combined with associated biological agricultural practices, enable farmers and gardeners to produce food of the **highest quality with minimal inputs**.

[Read more...](#)

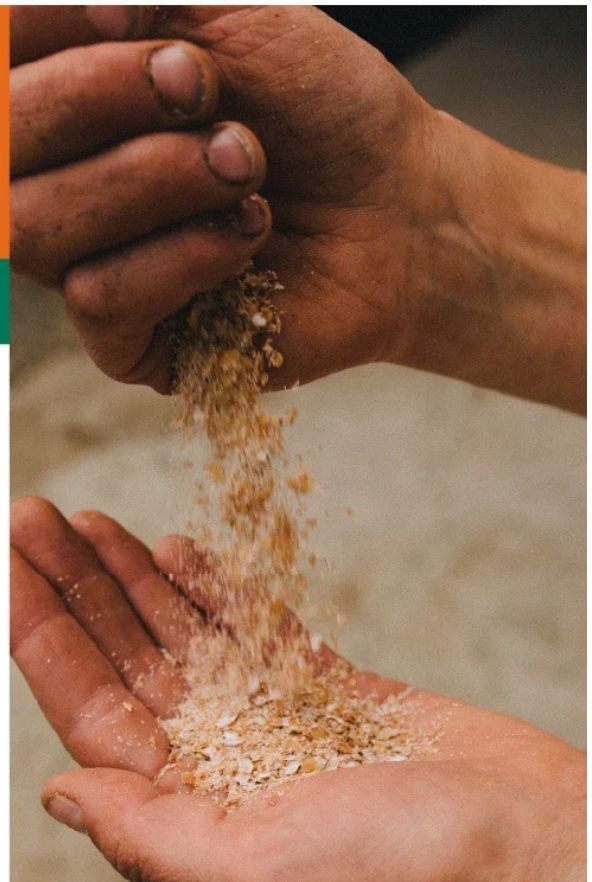
WORKSHOPS



BIODYNAMIC FOOD AND NUTRITION COURSE

Registrations Open

- Deepen your knowledge in the field of biodynamic food and nutrition from an anthroposophical perspective.
- Gain experiences that bring you closer to your Individualized nutrition
- Develop skills to help more people become aware of the quality and nutritional value of biodynamic foods for their full development
- Become a facilitator and support the development of biodynamic agriculture!



3 Months course
Weekly online meetings

• September - November

REGISTRATIONS:
Program, content,
facilitators,
requirements and fees



 **INFORMATION:**

For more information please
contact Maria Paz Bernaschina:
paz.bernaschina@demeter.net

Biodynamic food and nutrition course

Awaken interest in biodynamic foods in your community and raise awareness about their quality and value!

Introduction

One of the most important tasks of the biodynamic movement is to provide vital foods that support the full development of the human being - in body, soul, and spirit. Today, however, it is not enough simply to produce biodynamic foods or promote them in the marketplace for consumers to choose to eat them! In societies that are increasingly materialistic and disconnected from their natural surroundings and from themselves, the real challenge today is to reach people and awaken in them an awareness of the true value of biodynamic foods and the will to actively incorporate them into their diets.

If we want to contribute to the developmental task of biodynamics, we need to actively create opportunities for more people around the world to understand—and above all, to “experience” for themselves—the quality and value of biodynamic foods, so they can speak knowledgeably about them and develop the skills necessary to “introduce” these foods to more people in their communities.

[Click here to read more](#)



GARDENING AND COOKING WORKSHOPS

WITH SANDRA FRAIN AND TIAN MAO

FAMILY-FRIENDLY | ALL ABILITIES | ALL WELCOME

Wise Ways Works: Education for all ages presents 3 workshops to be held at 1st Willoughby Scout Hall that feature our thematic Healthful Cooking and Biodynamic Gardening .



Trees

Friday 14th August 11 am - 1 pm

Tree Celebration: Practicing Biodynamic caring for the trees, tree planting at Scout Hall and to take home. Enjoying foods from trees like Canadian Maple syrup. Bring tree fruits to share: bananas, coconuts, oranges...



Turmeric

Sunday 23 August 10 am- 12 pm

Golden Biodynamic Turmeric: Shivani's Indian pickle making and healthful garden planting for Scout Hall and to take home. Bring small jar and favourite herb for Dahl/rice feast.



Dumplings

Sunday 13 Sep 10 am - 12 pm

Mao's family dumpling making with freshly harvested herbs from Scout Hall Biodynamic garden. Planting Chinese medicinal herbs in Scout Hall and to take home; Bring your own favorite herbs too!

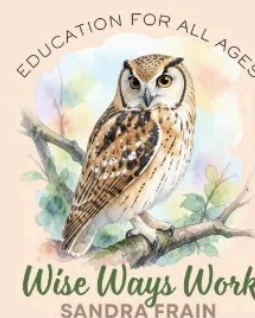


\$40 per family per session

Willoughby Scouts Hall - 56 Laurel St., Willoughby

Book online

<https://www.wisewayswork.com.au/#events>





Living farms podcast

Biodynamic perspectives worldwide

The Section for Agriculture invites the worldwide biodynamic movement to join the discussion.

This is the opportunity to put forward ideas, strategies, principles and approaches in current biodynamic practice, research, training and processing. The debate focuses in particular on how to work with the current challenges of our times.

Have you always wanted to find out what actually underlies biodynamic agriculture, how the research on this is carried out, how it has developed and who is currently leading the movement?

Or are you interested in how biodynamic ideas such as the agricultural organism, land-based animal husbandry and the training of perception are currently put into practice in different parts of the world?

Then you have come to the right place. The podcast is intended for all those who are curious to learn more about biodynamic agriculture and its approaches to solving our present-day problems.

[Click here to listen.](#)

Biodynamic Agriculture Australia

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