



FEBRUARY 2024



Hello,

We hope you have had a good start to 2024 and it continues throughout the year.

The ancient Chinese curse "May you live in interesting times" has an echo in Australian's current weather.

El Nino and La Nina in their extreme forms cause a cycle of drought and flood across the Pacific.

We hope that through your biodynamic intentions and practices the heatwave and floods have not caused irreparable damage to your garden or farm. May these hardships lead us to dig deep into our

We offer you a prayer below from Huon Hannaford our Preparations team member.

Enjoy and have a good month.

Kaz and John



Celebrating 100 years in biodynamics

This year biodynamics turns 100 years old. This wholesome journey started in 1924 when observant farmers spotted a worrying trend - their animals and crops were less resilient and more prone to disease. They were getting a bit anxious about the new kid on the block - chemical fertilisers, and the industrial farming methods that were starting to make waves. So, they turned to their friend Rudolf Steiner, confident there must be a better way to interact with Mother Nature in farming.

Rudolf Steiner introduced the world to biodynamic farming through his eight enlightening lectures in 1924, collectively known as the 'Agriculture Course'. This was the spark that ignited a revolution among farmers and gardeners. They took the pioneering ideas and turned them into action, observing the positive outcomes and laying the groundwork for what could be called an early form of participatory research. Fast forward to today, and you can see how this movement has blossomed. In the past ten years, biodynamic hectares have shot up by 57%, totaling a whopping 255,000 hectares in 2022. Over 7,000 farmers worldwide nurture these lands with great care. It's a testament to Steiner's vision and the dedication of these hardworking farmers!

Every month we will be sharing the benefits and joys of biodynamics to support YOU in your biodynamic journey.



A Call to Prayer for the Agriculture Course Centenary

Huon Hannaford

Remembering that Biodynamic Agriculture Australia is an energetic, lifeforce and intent-driven not for profit organisation, we invite you to take a moment of channelled intent for ongoing prosperity imbued with love, via the verse below.

This is in celebration of 100 years of Steiner's teachings, lessons and wisdom in finding form and structure within the chaos.

With this prayer we broadcast our unconditional love and gratitude as members, embracers of presence, conscious individuals who recognise and contribute not only to our own interests, but to our community and to source.

***I take a moment to breathe and feel presence in this world
I feel the air in my lungs and the dirt between my toes***

A conscious being

A part of the whole

We acknowledge forces both seen and unseen

We trust in the rhythms of the cosmos

***We seek to embrace our ability to find form
and structure within the universe***

From the finite to the infinite

Inspiring life within the soil

Assisting perception in those yet to activate themselves

Let this prayer be a strong motivation for Biodynamic Agriculture Australia to continue serving effectively as a conduit for Steiner's original call for agricultural renewal, through education and practice.

How can you assist others to embrace biodynamics?

***"The sun with loving light makes bright for me each day,
the soul with spirit power gives strength unto my limbs.
In sunlight shining clear I revere,
Oh God, the strength of humankind,
which thou has planted in my soul, that I may with all my might,
may love to work and learn.
From thee stream light and strength to thee rise love and thanks."
– Rudolf Steiner***

Beautiful image by Sophia Montefiore <https://sophiaartperspectives.com.au/>



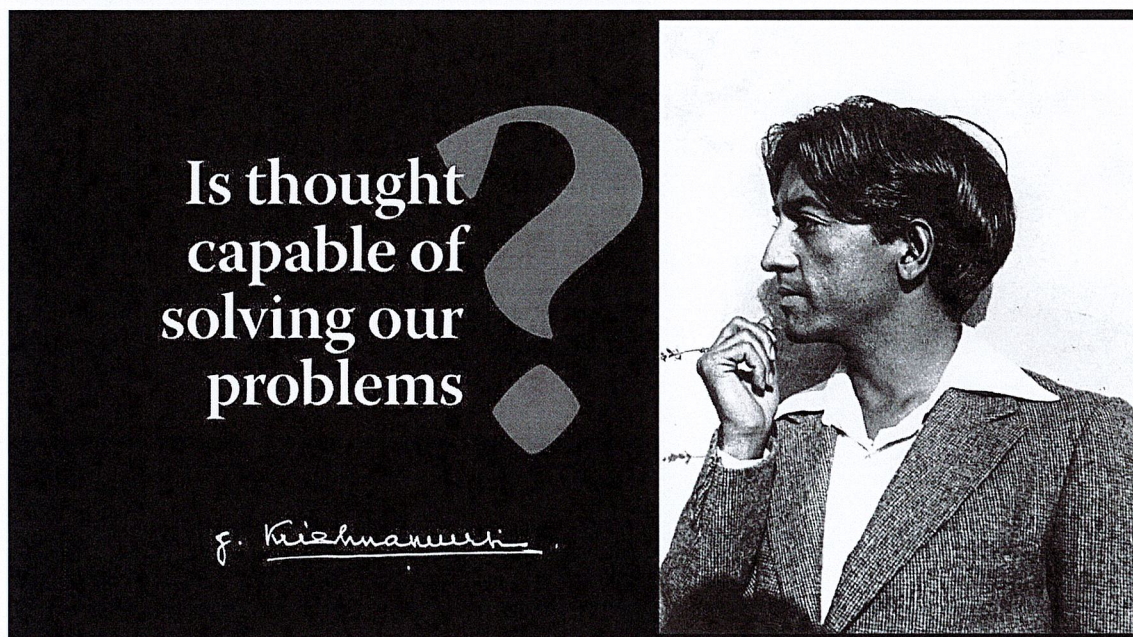
Passionate about passion fruit

Karen Selbie

Who doesn't like the divine flowers, the sweetness and fragrance of passion fruit. It is easy to grow and super rewarding. Plant it in a sunny spot, water regularly and just watch as beautiful flowers turn into tasty fruit.

Passion fruit is a flowering tropical vine, known as *Passiflora*, that grows in warm climates such as South America, Australia, South Africa, and India. A common species of passion fruit is *passiflora edulis*, but there are different species and it may sometimes be referred to as granadilla.

[read more...](#)



Can thinking solve our problems?

J. Krishnamurti

Thought has not solved our problems and I don't think it ever will. We have relied on the intellect to show us the way out of our complexity. The more cunning, the more hideous, the more subtle the intellect is, the greater the variety of systems, of theories, of ideas. And ideas do not solve any of our human problems; they never have and they never will. The mind is not the solution; the way of thought is obviously not the way out of our difficulty. It seems to me that we should first understand this process of thinking, and perhaps be able to go beyond – for when thought ceases, perhaps we shall be able to find a way which will help us to solve our problems, not only the individual but also the collective.

[read more...](#)



Ueli Hurter visiting Australia in May 2024

In recognition of the 100 year anniversary of the 1924 Agriculture Lectures, Ueli Hurter, the co-head of the Agriculture Section of the Goetheanum, Switzerland is visiting Victoria, Sydney, Queensland, South Australia and Tasmania over a ten day whirlwind itinerary. Full details including lecture topics and venues will be published online soon.

Ueli Hurter has been the co-head of the Agriculture Section at the Goetheanum (with Jean-Michel Florin) since 2010 and currently sits on the executive board International Biodynamic Association. A native of Switzerland, he completed agricultural apprenticeships in Switzerland, Germany, and France. He has been involved with the Agriculture Section since 1994 and has formerly served as President of the Swiss Demeter association and as Swiss spokesman to Demeter International. Alongside his work as leader of the Section for Agriculture, he is co-manager of the enterprise Ferme de L'Aubier, a Demeter certified farm with mixed culture and an on-farm cheese dairy, bio-hotel, bio-restaurant, café-hotel, and eco-living quarters. L'Aubier is an associatively organized corporation with direct financing. Additionally, he is the co-founder of the initiative "Sowing the future"



Home grown food - simpler, easier, often

Kate Martignier

Do you have anything like "grow more food" in your aspirations for 2024?

For years, "grow more food" was one of my mantras -- until I realized that actually, we *were* growing quite a lot of food. We just weren't *eating* as much of it as I would have liked.

I brought occasional big impressive baskets full of fresh garden produce to the kitchen and we had meals that were all grown here bar the salt, but those were haphazard. In between them, a lot of food got eaten by insects after plants had peaked in their growth cycle or suffered from moisture stress when I forgot to water them.

I've realized that we've started a few too many big, ambitious garden projects, large sections of which have disappeared under overwhelming tangles of weeds.

It turns out that having the luxury of lots of space to grow food in might actually be a handicap. It invites sprawling, and a large, sprawling area is much harder to maintain than a small, tight area.

So in 2024 I'm aspiring to grow *less* food, closer to the house and in smaller sections, and *eat more of it*.

In **this updated essay**, I wrote about

- some examples of "one small serve of food from the garden"
- some of what I've learned about going for "small and often" rather than trying to jump into growing food in a big way all at once
- a long list of abundant, grow-by-themselves plants that are easy to use in a "small and frequent" way
- all the ways that a consistent habit of spending 10 minutes a day filling your shirt front in your garden could make a big difference.
- How to grow and eat seven beginner-friendly, highly nutritious plants that you can harvest from for years without replanting.

WORKSHOPS



My Food Garden in South East Queensland

Peter Kearney from My Food Garden has an afternoon workshop on the 23 March from 1-4 pm. It is on vegetable garden planting techniques to lift productivity and plant vitality, utilising biodynamic techniques.

Their green manure crop workshop was on recently with a big turnout, and now thousands of seeds are germinating in their patch from the planting. Garden beds will be thriving with life by mid March. Peter is experimenting with mixing some biochar into his compost as well. This is something new to further help with soil

My Food Garden's coaching packages will give you a great platform of success for your 2024 and beyond food garden, so check them out. Coaching package \$250 gift voucher or workshop, choose our March 16-17 2024 biodynamic workshop as a gift or come along yourself. You can also buy a gift voucher on their workshop pages where you set the value and it can then be used as a contribution to one of their workshops.

Click on links below for more information:

<https://myfoodgarden.com.au/how-to-create-a-green-thumb.../>

<https://myfoodgarden.weteachme.com/.../1043849-planting...>

<https://myfoodgarden.com.au/coaching/>

<https://myfoodgarden.com.au/product/coaching-gift/>

<https://myfoodgarden.weteachme.com/.../1022726-biodynamic...>



BIODYNAMIC
Family Workshops

Saturday
16 March
Warrah Farm
Dural

SYDNEY
Rudolf Steiner
COLLEGE

Book Now at sydneyrudolfsteinercollege.com

Biodynamic Family Workshop Dural NSW

Autumn Harvest Day

At the Autumn weekend will explore harvesting produce, and foraging native plants, and weeds. We'll learn Lacto-Bacili fermentation principles for the care of the garden, fertiliser, and edible foods. We'll look at methods of preparing and preserving pertinent vegetables ie: beans, herbs, pumpkins.

We'll be doing Sourdough Bread Baking, Butter churning and cream Cheese Making.

With plenty of take-homes for the home and garden.

A nourishing morning tea and lunch will be included

When: Saturday 16 March, 10am - 3pm

Where: Warrah Biodynamic Farm, Dural

Cost: \$130 per family

Visit the website to register now

<https://sydneyrudolfsteinercollege.com/course/biodynamic-agriculture-course/>



Brian Keats Antipodean Astro Calendar
is available via our webpage.

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* 3000m²
30ml LSA in 3 litres water *is sufficient for* 1000m²
(quarter acre)

METHOD

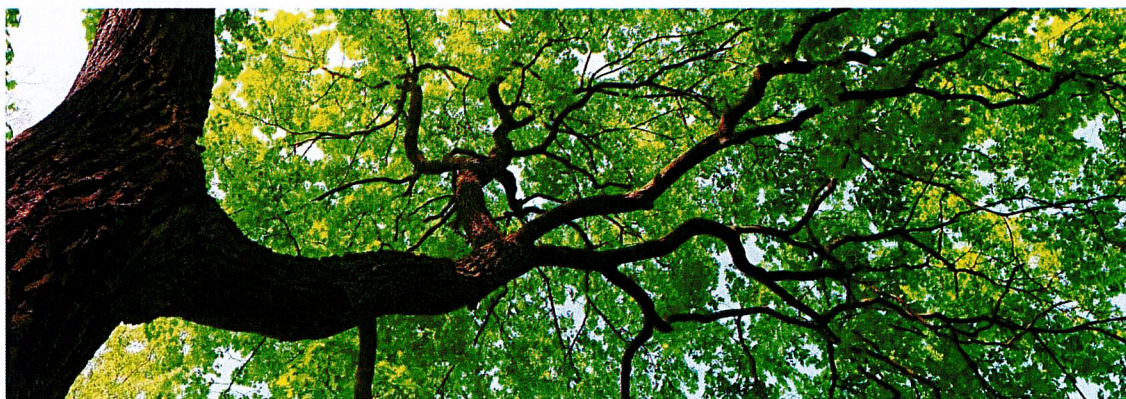
Shake LSA container, then add appropriate volume for the correct dilution, into sprayer/ spray tank water. Fish/seaweed products can be added at the same time and sprayed out together with LSA. Spray out in droplets for soil spray; mist for foliar spray. It is best to spray after about 3pm or after the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



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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Please help spread the good word by sharing our newsletter and please **LIKE and FOLLOW us on Facebook and Instagram**

visit webpage



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