

MARCH 2024



Hello everyone,

What a season of mixed and unpredictable weather this summer just past has been. Here's hoping that nation wide, things settle into a more benign autumn. Our sympathy goes out to all who have suffered and are still suffering from bushfire, flooding rain and heatwaves.

Don't forget that biodynamic practices can impart resilience to your plants (and animals...and yourself) so that it is worthwhile to continue in the face of such fickle weather.

Autumn is the season of mellow fruitfulness, and one of the two best times in the year to spray out a soil spray (on a descending moon or at Moon opposition

moon ascending, or immediately following the Moon on 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 start to the season.

May your farming and gardening activities this month be satisfying and productive.

Kaz and John



Biodynamics – Marvel or make believe?

Biodynamics: Revitalising the Earth to foster abundance and health

John Hodgkinson

The biodynamic system has a powerful vitalising effect on soil and plants, and thus benefits food producing systems and other land use environments where it is applied.

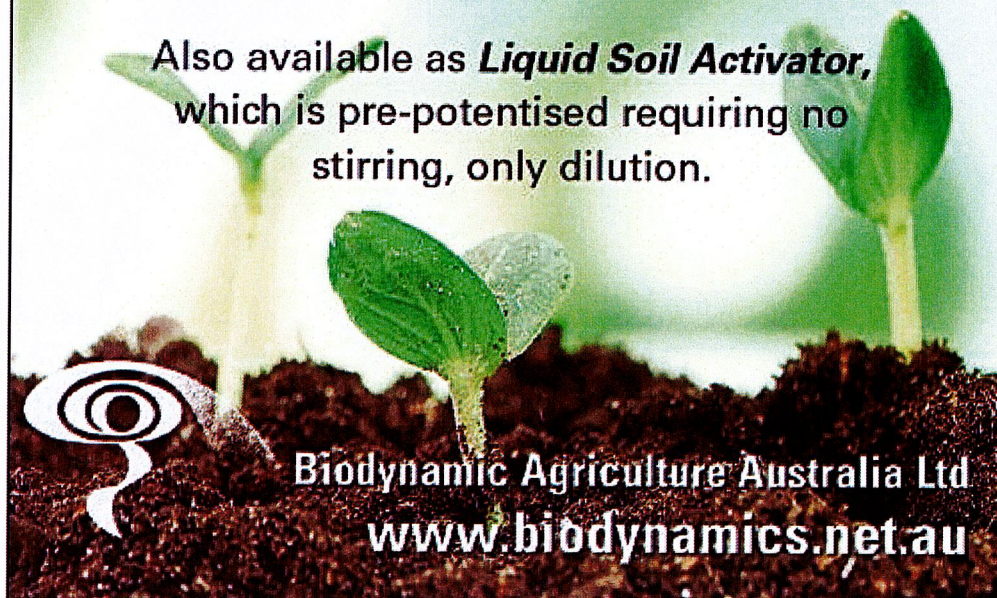
Generally speaking, conventional food growing is input dependent and entropic. This degrades or destroys critical fertility factors such as soil carbon, soil structure and soil food web viability. Such losses lead to lower food quality, less water holding capacity of soil, decreased plant species biodiversity, increased plant susceptibility to extremes of weather and climate, and greater risk of soil

[Read more....](#)

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 manure (500).

Also available as *Liquid Soil Activator*, which is pre-potentised requiring no stirring, only dilution.



Biodynamic Agriculture Australia Ltd
www.biodynamics.net.au



Kumbartcho Project

Meet Shane Joyce. Shane farms and gardens using principals of biodynamics and syntropic agroforestry, in line with Natural Sequence Farming.

His journey at Kumbartcho farm has been about restoring soil health, complexity of vegetation communities and health, restoring the hydrology of the landscape. His farm heads towards multiple abundant, and financially viable enterprises of beef, poultry, pigs, and vegetables along with education, and farm hosting.

Anyone can grow biodynamically and Biodynamic Agriculture makes all the preparations and delivers Australia wide. If you're starting out Soil Activator and/or Liquid Soil Activator (don't have the stir) is what you need to improve your soil and grow healthy plants.

Thanks Shane for your endurance and positive vision!

Click on below links to learn more

<https://www.youtube.com/@ShaneKumbartcho>

<https://kumbartcho.com.au/>

<https://biodynamics.net.au/product/soil-activator/>



The Essence of Biodynamic Agriculture

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 scientific 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 Family Workshop Dural NSW

Autumn Harvest Day

All Ages Welcome!

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/>



Biodynamic Workshop

Transitioning a Conventional Farm to Biodynamic Methods

Umbiella and Glen Alice Station, Capertee Valley

Saturday 27 April - 9:45am to 3pm

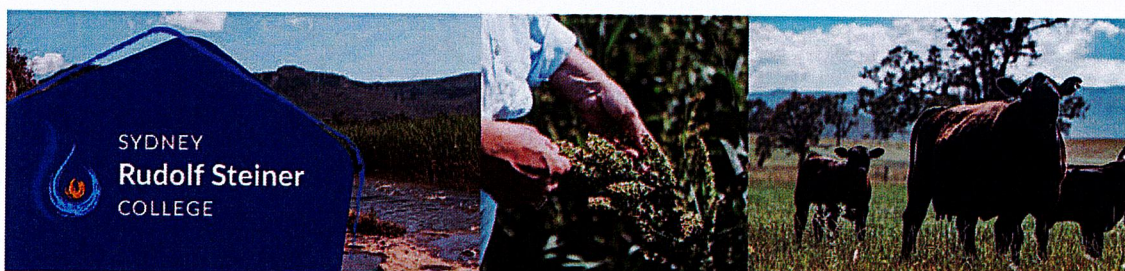
Join us in the beautiful Capertee Valley for a rare opportunity to learn first-hand the processes involved in transitioning a conventional working cattle farm to regenerative biodynamic practices.

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



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



The Art and Science of Biodynamic Composting and Fertilising

The above results -oriented workshop is on a working farm committed to regenerative agriculture practices. Biodynamic principles based on Scientific evidence for optimum soil health resulting in increased microbial life, stronger plants and animals that are pest and challenging weather resistant (drought and floods.)

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.

On Saturday April 27 th 2024, from 9:45 am to 3:00 pm Terrie and Stuart are hosting a workshop for local Capertee Valley farming families and other inquisitive people to learn through practical application how Biodynamic Agriculture can enhance regeneration on a farm.

Join us at Terrie and Stuart's farm, Umbiella, located at Glen Alice in the Capertee Valley in this 100th year since Dr. Rudolf Steiner showed farmers how to bring local indigenous wisdom and a paradigm shift in thinking, to consciously combine minerals, plants and animals for farm and atmosphere fertilisation.

<https://sydneyrudolfsteinercollege.com/>



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 is 2 lectures by BD Sydney members at Rudolf Steiner House, 307 Sussex St 7pm (\$10 donation):

5 March: Gail Kennedy, biodynamic truffle farmer

12 March: John Apostolides, BD garlic farmer – The tension between technology and biodynamics

Biodynamic refreshments will be served afterwards.

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 Steiner Book Centre**.

More details available soon on these exciting events.

For enquiries please contact biodynamicssydney@gmail.com.

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



Regenerate Health Summit

The REGENERATE health Summit is coming to Melbourne!

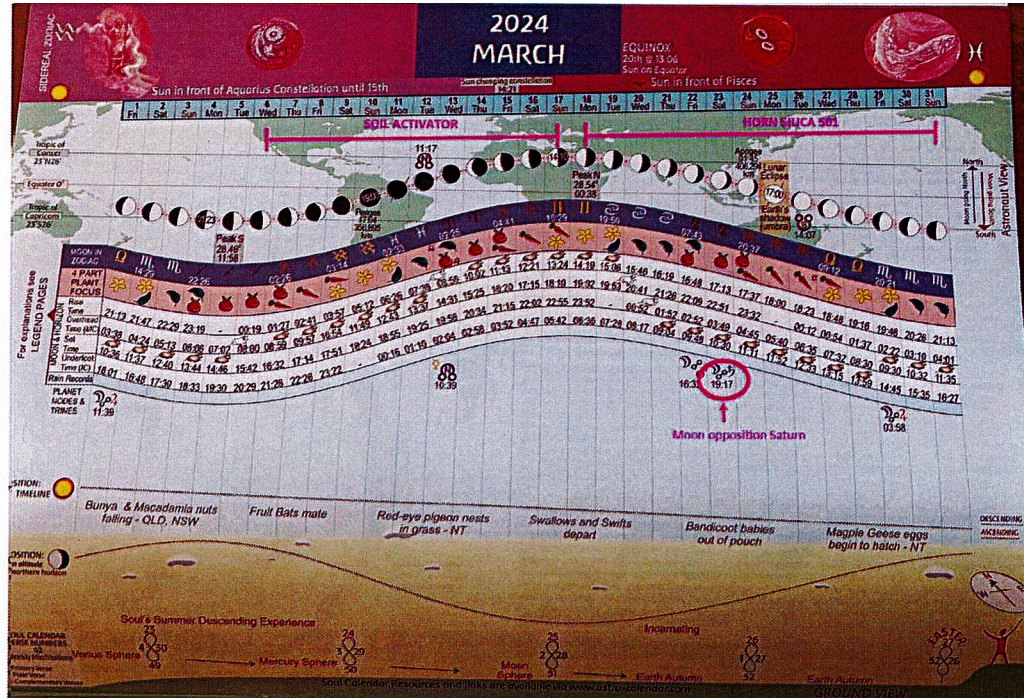
Six pioneering speakers. An iconic Melbourne venue. One inspiring day. Time to learn, connect and thrive!

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/>



Brian Keats Antipodean Astro Calendar

As the months start getting cooler March brings on lots of jobs to do in the garden and farm. Our Brian Keats Calendar is a fabulous resource showing you what to plant when. The above is a page from the calendar, clearly marked for your understanding.

Useful Moon dates/times for spraying – Autumn 2024

[Eastern Australian Standard Time – adjust for your local time zone where necessary.]

Moon opposition Saturn - March 23rd, 7.17pm

[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 (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 periods - March 6th - 17th.

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

Moon ascending periods - March 18th – April 1st (Lunar Eclipse 25th March – don’t spray)

Apply Horn Silica 501 during this time. [This is the recommended/usual time to spray out the atmospheric preparations when the Moon’s influence is more

Rain making - Not suitable for March 2024.

[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.]

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.

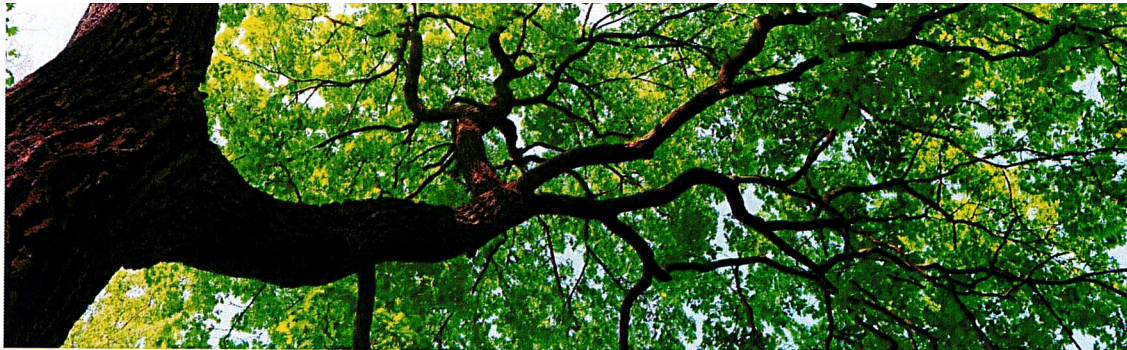
FREQUENCY

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.

Tel: 02 6655 0566

Office email: bdoffice@biodynamics.net.au

Editor email: bdnewsleaf@biodynamics.net.au

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

visit webpage



PO Box 54
25 Nobles Lane
BELLINGEN NSW 2454
Ph: 02 6655 0566
www.biodynamics.net.au
ABN: 42 588 901 426

Want to change how you receive these emails?
You can **update your preferences** or **unsubscribe from this list**