

The 15th Annual Harvest Festival A BIODYNAMIC CELEBRATION



October 1-3, 2010 • Long Hungry Creek Farm • Red Boiling Springs, TN

Our theme this year is good soil with a focus on horn manure. Many biodynamic gardeners have seen a darker color soil and better tilth after using horn manure, referred to as the '500 preparation'. We'll stuff horns and give away the 500 preparation we made last year. There will be workshops on biodynamics, holistic management, beekeeping, radionics, homeopathy, jam-making, raw foods, and more.

Feel the difference wholesome food makes in your body and learn to grow it yourself. Genuine health begins in the soil. This annual festival attracts a wide array of people with gifts to share, and ample time is allowed for one on one discussion with workshop leaders throughout the weekend.

A collection of professional biodynamic gardeners, farmers, chefs, and healers will inspire your first hand relationship with quality soil, food, and overall vitality.

This year we will enjoy presentations and farm reports from a variety of friends including: Lloyd Nelson, Philip Lyvers and Laura Riccardi, Jennifer Gleason, Tyler Brown, Dr. Verl Hunter, Jason Harris, Richard Monet, Lorraine Cahill, Greg Bran, Dennis Limon, Eric and Cher Smith, Laura Button, Mark Trela, and more.

There will be children's story times, herb walks, farmy women's circles, farm-intern chats, CSA news, and plenty of talking about health, biodynamics, homesteading, food, vegetables, fruits and livestock.

SCHEDULE

Friday

1 p.m. to 4 p.m. Afternoon Workshops
4 p.m. to 6 p.m. Reception and Registration
6 p.m. Biodynamic Banquet
7:30 p.m. Looking at 500 – bring yours

Saturday

8 a.m. Breakfast
9 to 11 a.m. Workshops
12 p.m. Lunch and garden party
2 to 4 p.m. Workshops
5 p.m. Circle together
6:30 p.m. Biodynamic Banquet
7:30 p.m. Talent Show
9:00 p.m. Bonfire and Barn Dance

Sunday

8 a.m. Breakfast
9 a.m. We share our favorite passages from Steiner's Agriculture Course.
11 a.m. Q&A with workshop leaders
12 p.m. Lunch
2 p.m. Farm tours –Long Hungry Creek Farm
Or Bugtussle Farm - pastured poultry and grazing
6 p.m. Dinner and Good-byes at the farm

Festival Details

Bring your homegrown food to contribute to meals, your crafts and products to sell or trade, and your enthusiasm for making a spirited event run smoothly. Detailed directions and more information is available on-line, or by request: www.barefootfarmer.com, Jeff@barefootfarmer.com or call 615-699-4676. Volunteer workers are welcomed and encouraged, and no one will be turned away for financial reasons. Camp sites are available at Long Hungry Creek Farm at no extra cost. We do not offer power or water hook-ups. See www.rbstn.com for hotel lodging. This is a family event and we have a swimming hole, hiking trails, and a cave for outdoor enjoyment. Please, NO dogs.

Conference fees:

\$125.00 for the weekend, paid at the door;
\$100.00 if pre-registered by September 10th;
otherwise, \$50.00 per day
Children are free ☺

Please send registration check to:

Jeff Poppen
C/O Long Hungry Creek Farm
P.O. Box 163
Red Boiling Springs, TN 37150

We are grateful for the support of the Biodynamic Association, whose national gathering is happening this same weekend in upstate New York. See www.biodynamics.com for more information. Biodynamics was initiated in 1924 when Dr. Rudolf Steiner recommended we farm with compost, not artificial fertilizers, because the latter would tend to make our food less nutritious and our thinking and feeling more materialistic. Along with practical methods for integrating soil, plants, and animals into a self-sustaining farm, biodynamic gardeners work with spiritual elements by using homeopathic preparations to create compost, high quality produce, and a pleasant atmosphere.