
Biodynamic Farming &
Gardening Association
2008
Resource Catalog

BIODYNAMIC FARMING & GARDENING ASSOCIATION

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Biodynamic agriculture is a worldwide agricultural movement inaugurated in 1924 by Austrian scientist, Rudolf Steiner. It is the oldest, non-chemical agricultural movement and pre-dates "organic" agriculture by some twenty years. Biodynamic agriculture does more than avoid chemicals by seeking to actively work with the health-giving forces of nature. Farms may be Certified Biodynamic® by the Demeter Association, an international certifier.

The Biodynamic Farming and Gardening Association, Inc., is a nonprofit 501(c)(3). Its principal charitable purpose is to foster knowledge of the practices and principles of the biodynamic method of agriculture, horticulture, and forestry, and to advance the applications of such method through educational activities, support of regional, grassroots membership associations, and support for research and training. The Association also publishes books and the quarterly journal, Biodynamics.

Please join with us in the renewal of agriculture, health and nutrition. Annual membership is $45.00; members receive a one-year subscription to Biodynamics and discounts on literature, conference and workshop fees and other specials on our website at www.biodynamics.com.

WHAT IS BIODYNAMIC AGRICULTURE?

In the early 1920's a group of practicing farmers, concerned with the decline of the soil, sought the advice of Dr. Rudolf Steiner, founder of Anthroposophy, who had spent all his life researching and investigating the forces that regulate life and growth. From a series of lectures and conversations held at Koberwitz, Germany, in June 1924, there emerged the fundamental principles of biodynamic farming and gardening, a unified approach to agriculture which relates the ecology of the earth-organism to that of the entire cosmos. This approach has been under development in many parts of the world ever since. Dr. Ehrenfried Pfeiffer, who worked with Dr. Steiner during the formative period, brought biodynamic concepts to the United States in the 1930's. It was during this period that the Biodynamic Farming and Gardening Association was founded in 1938.

If the results of the biodynamic approach may be found in the quality of produce, the health of land and livestock, and the freedom from environmental problems increasingly generated by many modern farming methods, what of the approach itself? What distinguishes it from other agricultural attitudes and techniques?

Essentially, biodynamic farming and gardening looks upon the soil and the farm as living organisms. It regards maintenance and furtherance of soil life as a basic necessity if the soil is to be preserved for generations, and it regards the farm as being true to its essential nature if it can be conceived of as a kind of individual entity in itself - a self contained individuality. It begins with the ideal concept of the necessary self-containedness of the farm and works with furthering the life of the soil as a primary means by which a farm can become a kind of individuality, which progresses and evolves.



The maintenance of soil life is vital also in order to protect the soil from erosion and to create, improve and augment the humus content. The result will be a fine, crumbly structure containing the necessary organic colloids. This leads to the production of high quality crops, which in turn means better feeding for livestock and better food for human beings.

Soil improvement is obtained by proper humus management, e.g. by the application of sufficient organic manure and compost in the best possible state of fermentation, by proper crop rotation, by proper working of the soil, by protective measures such as wind protection, cover crops, green manure, diversified crops rather than monocultures, and by mixed cropping so that plants can aid and support each other.



Farm manure and compost are the most valuable fertilizers. They contain organic matter on which the soil bacteria and earthworms can feed and then revitalize the soil. They contain colloids, which absorb moisture and mineral solutions in the ground, form a crumbly structure and eliminate the danger of erosion. The careful storage of manure in heaps covered with earth, as taught by the biodynamic method, avoids nitrogen loss to a great degree.

Raw organic matter has not yet reached the state of neutral colloidal humus. Complicated fermentation processes must first take place in the manure heap. The biodynamic method produces the right fermentation. Certain biodynamic preparations are inserted into the heaps in order to speed and direct fermentation and preserve the original manure values. The same principles apply to compost materials. Everything which is apt to decompose can be used. These materials are piled up in alternate layers and the finished pile is treated with biodynamic preparations.

The biodynamic compost preparations play a significant role in this unified approach to agriculture. They are made of certain medicinal herbs which have undergone a long process of fermentation in order to enrich them in growth-stimulating substances. They react like yeast in dough – i.e. they speed and direct fermentation toward the desired neutral colloidal humus. The preparations themselves are, for practical reasons, numbered 500-508. Numbers 502-507 are applied to the manure and compost piles in very small quantities. They have no manuring effect, their sole purpose being to direct the fermentation of any kind of organic matter toward humus.

Two of the preparations, 500 & 501 are used as field sprays. They are diluted in water, stirred for one hour, and sprayed directly on the soil or plants respectively. Preparation 500 stimulates humus formation in the ground, and the growth of roots. It is applied to the land mainly in the fall and the spring, before clearing or after plowing and sowing. Preparation 501 is applied in June or later to the green leaves.

Proper crop rotation, also, is necessary in order to preserve the fertility of the soil. The general rule is that soil-exhausting crops such as corn and potatoes in the fields, and cabbage, cauliflower etc. in the garden, should alternate with soil-restoring crops such as members of the leguminous family – peas, beans, clover, etc. Furthermore, deep rooting crops should alternate with shallow rooting ones, and crops which require manure with those that can do without.

Proper working of the soil consists mainly in knowing the right time and the right depth for plowing, harrowing, discing, etc. Skill and experience are needed. Only thoughtful experience, combined with such investigations as the taking of soil profiles, can produce maximum efficiency in soil treatment.

Biodynamic agriculture is a way of living, working and relating to nature and the vocations of agriculture based on good common sense practices, a consciousness of the uniqueness of each landscape, and the inner development of each and every practitioner.

(CONTINUED)

What is Biodynamic Agriculture?

Common sense practices include striving to be self-sufficient in energy, fertilizers, plants and animals; structuring our activities based on working with nature's rhythms; using diversity in plant, fertilizers and animals as building blocks of a healthy operation; being professional in our approach to reliability, cleanliness, order, focus on observation, attention to detail and being prompt and up-to-date in doing one's job.



The concern with the uniqueness of a particular landscape includes developing an understanding of the geology, soils, climate, plant and animal life, human ecology and economy of one's bioregion.

Rudolf Steiner presents a notion of science that we can know things that go beyond what we can weigh, measure and calculate. Science is the practice of observing phenomena and relating them in a way that correctly represents the phenomena's reality. Agricultural judgments about health, about what to do where and when to do what best succeed when we begin to rely on a certain wisdom gained through observation and experience and when we perceive consciously and concretely the phenomena that induce life itself.

Biodynamic farming and gardening combines common sense agriculture, an understanding of ecology and the specific environment of a given place with a new spiritual scientific approach to the concepts, principles and practices of agriculture.

Organizational Resources

Anthroposophical Society In America

1923 Geddes Ave, Ann Arbor, MI 48104-1797
(734) 662-9355; Fax: (734) 662-1727
information@anthroposophy.org
www.anthroposophy.org

The Anthroposophical Society in America is a nonsectarian, nonpolitical organization open to everyone regardless of nationality, social standing, scientific or artistic conviction or religion. It was founded by Rudolf Steiner in 1923, as "an association of people who would foster the life of the soul, both in the individual and in human society, on the basis of a true knowledge of the spiritual world."

Biodynamic Trade Association

Biodynamic Trade Association
Mimi Gatens, Administrative Contact
122 Calistoga Road, Ste. 202
Santa Rosa, CA 95409
Phone (707) 935-4011 · Fax (707) 935-3016

The BTA is committed to promoting public awareness of certified biodynamic farms, gardens, and agricultural products. IT is a resource on certifying criteria and will assist the Demeter Association in safeguarding the Demeter/Biodynamic trademark.

Demeter Association, Inc.

PO Box 1390 Philomath, OR 97370
(541) 929-7148 · Fax: (541) 929-4387
demeter@peak.org · www.demeter-usa.org

Certification of biodynamic farms, gardens and food processors began in the 1930s in Europe and is now carried on to worldwide standards. Food bearing the Demeter symbol has been grown using biodynamic agricultural methods and has met specific standards within these methods. The Demeter Association is a nonprofit, independent organization that certifies the production and processing of labeled products in the US and Mexico.

Josephine Porter Institute For Applied Biodynamics, Inc.

PO Box 133 Woolwine, VA 24185-0133
(276) 930-2463 Fax: (276) 930-2475
Info@jpibiodynamics.org
www.jpibiodynamics.org

The Josephine Porter Institute (JPI) produces and distributes biodynamic preparations based on the original indications given by Rudolf Steiner. They are made for the personal use of those who wish to experience biodynamic practices. All orders come with instructions for application and storage. All orders should be sent directly to JPI at the address shown above.

Visit our Website at www.biodynamics.com or Contact Regional Groups for Local Advisory Referrals, Apprenticeship, Training or Conference/Workshop Opportunities.

ATTRA (APPROPRIATE TECHNOLOGY TRANSFER FOR RURAL AREAS):
PO BOX 3657, FAYETTEVILLE, AR 72702
(800) 346-9140 ·WWW.ATTRA.ORG

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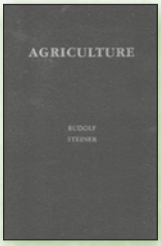
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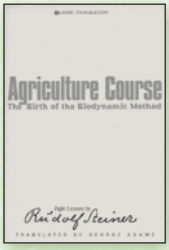
Agriculture: Spiritual Foundations for the Renewal of Agriculture - Translated & edited by Catherine Creeger & Malcolm Gardner



With this remarkable series of lectures, Rudolf Steiner founded biodynamic agriculture. They contain profound insights into farming, the plant and animal world, the nature of organic chemistry and the influences of heavenly bodies.

310 pages, paperback $19.50
Cloth bound $24.50

The Agriculture Course - George Adams



The eight agriculture lectures of Steiner that launced "biodynamic" farming are reprinted here in the 'classic' translation made by Rudolf Steiner's English interpreter George Adams. It features a Preface by Steiner's colleague, the medical doctor Ehrenfried Pfeiffer, as well as eight colour plates.

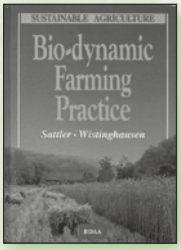
176 pages, paperback $26.00

Becoming a Biodynamic Farmer or Gardener - Malcolm & Susan Gardner

This handbook for prospective trainees contains extensive information on training opportunities worldwide, developing a curriculum, farm safety, and more. A worthwhile resource for both trainees and mentors.

95 pages, paperback $19.95

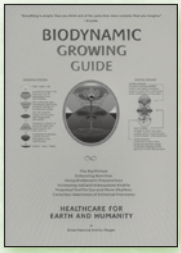
Bio-dynamic Farming Practice - Sattler & Wistinghausen



The definitive book on biodynamics; a thorough, scholarly text which describes proven biodynamic techniques developed over many years in Europe. Well illustrated with photos, drawing and tables.

336 pages, hardcover $48.50

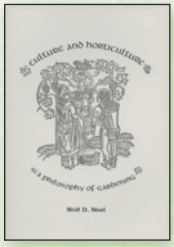
Biodynamic Growing Guide - Brian Keats and Stefan Mager



Author Brian Keats says: "There are two parts to this biodynamic guide. The outside of the publication defines the biodynamic meaning and sets it in its agricultural and scientific contexts. The inside, with its three rotating perpetual wheels, explains connections to Sun rhythms, the eight biodynamic preparations and Moon phases. Understanding and working with these cosmic relationships assists the life of our agricultural activities.

6 pages, coated card stock $18.95

Culture and Horticulture - Wolf D. Storl



Layman and gardener alike will thoroughly enjoy this book and benefit from a deeper philosophical and practical understanding of horticulture. An excellent introduction to the subject of biodynamics.

435 pages, paperback $17.50

Developing Biodynamic Agriculture: Reflections on Early Research - Adalbert Count Keyserlingk



Written by the son of the hosts of the Koberwitz conference, this book reflects his lifelong absorption in biodynamics. In it he describes his personal experiences of Steiner at work, his reflections on practical research and experimentation, and descriptions of biodynamic preparations. More than anything else, however, his words successfully convey the enthusiasm, the exalted feelings and the power of initiative that arose from Rudolf Steiner's work in this field.

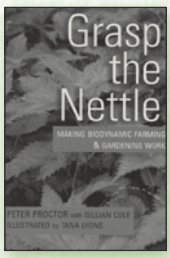
112 pages, paperback $16.00

Farms of Tomorrow Revisited: Community Supported Farms & Farm Supported Communities - Steven McFadden & Trauger Groh

This sequel to the inspirational blueprint for Community Supported Agriculture is set to guide this movement to the next stage in its development. The authors provide examples and information that will be of service to growers and shareholders alike without losing sight of the heart and excitement that makes CSA central to the renewal of agriculture.

312 pages, paperback $12.50

Grasp the Nettle - Peter Proctor

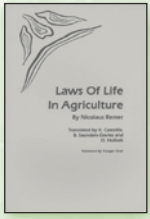


Drawing on his worldwide perspective, Peter Proctor shows, in very practical ways, how the application of biodynamic agriculture results in better soils, quality food, healthy plants, healthy and contented animals, and enthusiastic farmers and consumers. Every practitioner will find ways to deepen their understanding, not only of the daily outward work, but also of the foundations upon which our work rests and how to bring these into our daily life.

176 pages, paperback $30.95

Laws of Life in Agriculture - Dr. Nicholaus Remer; translated by K. Castelliz and B. Davies

This highly detailed book is based on more than twenty five years of farm based research into the "spirit working in matter."



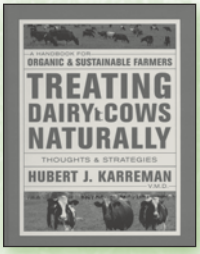
158 pages, paperback $12.95

Research in Biodynamic Agriculture: Methods and Results - Dr Herbert Koepf

This small book is an excellent overview of university level biodynamic research which has been conducted since the early 1920's. It presents methodologies including farm trials, university studies, and results in specific areas including the use of the biodynamic preparations.

84 pages, paperback, $9.95

Treating Dairy Cows Naturally: Thoughts & Strategies - Hubert J. Karreman, V.M.D.



In this ground-breaking work, Dr. Karreman invites us to journey into the world of dairy cows from a truly holistic perspective. With much thought and research, he draws upon veterinary treatments from the days before synthetic pharmaceuticals, and tempers them with modern knowledge and clinical experience, thus bridging the world of natural treatments with life in the barn in a rational and easy to understand way. This book, while not limited to a discussion of biodynamic practices, should serve as a useful reference for years to come.

268 pages, hardbound $40.00

What is Biodynamic Agriculture? - Koepf

This small book is a general "overview" description of biodynamic agriculture. It is a basic description of the philosophical rudiments of the biodynamic approach to agriculture, gardening and nutrition.

48 pp, (*also available in Spanish*) $3.50

OTHER WORKS INCLUDE:

A Biodynamic Farm – Lovel
215 pp, ... *$20.00*

Biodynamic Agriculture – Schilthuis
128 pp..... *$14.95*

Biodynamic Agriculture Introductory Lectures: Vol. 1 & 2, 190 pp, Vol. 3, 66 pp, ...*$19.95 each*

The Biodynamic Farm – Koepf,
240 pp, ... *$16.95*

Biodynamics: Agriculture of the Future – Podolinsky, 48 pp, ... *$19.95*

Biodynamics: Three Introductory Articles – Pfeiffer, 40 pp, ... *$4.50*

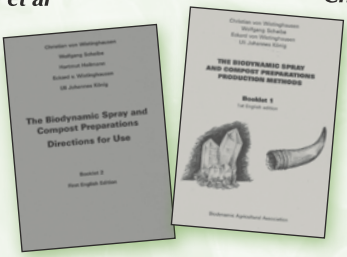
Living Agriculture – Podolinsky,
36 pp, ... *$19.95*

Three Lectures on Biodynamics – Koepf,
50 pp, ... *$5.50*

ORDER ONLINE AT WWW.BIODYNAMICS.COM/ORDERS

COMPOSTING & BIODYNAMIC PREPARATIONS

The Biodynamic Spray & Compost Preparations Production Methods
- Christian von Wistinghausen et al



With this English translation of the original German edition, "for the first time, guidance is given to enable farmers and gardeners, if not to make their own preparations, then at least to understand in detail how they are made."

112 pages, paperback $14.00

The Biodynamic Spray & Compost Preparations Directions for Use
- Christian von Wistinghausen et al

An excellent companion to the author's previously mentioned handbook. Covers use of the field sprays and compost preparations, manure management, &c.

92 pages, paperback $14.00

Compost: What It Is, How It Is Made, What It Does - Herbert Koepf

This is a small but thorough empirical survey of the composting process. The author explains how to work with a variety of materials and provides guidelines on making the best use of compost. The booklet is more like a technical manual than many other composting books.

18 pages, paperback $6.00

Earth, Plant and Compost - Edited & annotated by William F. Brinton



Originally published as Kompostieren: Anleitung für eine sinnvolle Verwertung von organischen Abfällen, this much revised version gives a detailed overview of compost making and usage. While it does not cover biodynamic composting in any detail, it discusses general principles, source materials and additives, compost quality, composting for kitchen and family gardens, and more.

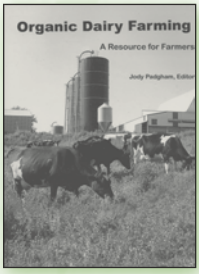
88 pages, paperback $13.95

New Biodynamic Preparations - Hugo Erbe

Essays on elemental beings and the ways to work with them to heal nature, together with detailed recipes for Erbe's original biodynamic preparations, including "Preparations Supplementing Those Given by Rudolf Steiner," and "Offerings for the Elemental World."

104 pages, paperback $22.00

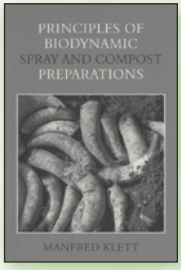
Organic Dairy Farming - Jody Padgham, ed.



This collection of articles by twenty authors, including veterinarians, farmers, researchers and specialists, challenges the reader to begin to see that organic management is more than single method or procedure. A complete rewriting of the original 1995 edition, it includes chapters on building soil health, organic cropping systems, pasture management, organic certification, and marketing of organic dairy products. While coverage of biodynamic practices is limited, this volume, like it predecessor, will prove to be a valuable addition to the reference shelf.

192 pages, paperback $14.95

Principles of Biodynamic Spray & Compost Preparations - Manfred Klett



The author provides a fascinating overview of the history of agriculture, then goes on to discuss the practicalities of spray and compost preparations, and the philosophy behind them. This is essential reading for any biodynamic gardener or farmer who wants to understand the background to core biodynamic techniques. (Replaces the author's Biodynamic Spray Preparations.)

112 pages, paperback $20.00