



mometer, Gardena watering wand, good hoses, set of shop tools (pliers, hammer, screw drivers, nails, screws, etc.), lawnmower, weedwacker, and rototiller.

For the best spade and fork write to Smith and Hawken, Mill Valley, CA 94941, 415-383-2000. For an excellent, comprehensive professional gardener's supply catalogue call A.M. Leonard 1-800-543-8955. I like John Deere weedwackers and Honda tillers. *Woman's Work* gloves are the best, P.O. Box 2547, Kennebunkport, ME 04046.

## Using Biodynamic Preparations In The Backyard or Apartment Balcony Garden

By Johann Kleinsasser

I was asked a while ago, "How do you respond to the comment that Biodynamics is more for the big farmer than the small back yard gardener?" One of the reasons for this attitude is that it pays to stir a batch of prep. 500, 501, or barrel compost for a big field on appropriate days (i.e. root days for root crops, fruit days for fruit crops, etc), whereas for the small back yard garden it doesn't pay to stir a small amount for an hour for every different crop. First let me say, I believe and know that Biodynamics works for every situation if you work 1000 acres or if you work a small garden or even just a balcony garden in an apartment building because what counts in Biodynamics is not what you do but why you do it. In our own small way we can change the world one brick at a time.

The small backyard gardener does not have to stir for an hour for every different crop, the whole plot can be sprayed at one time with one stirring. With this I am not suggesting that you put all the Biodynamic preparations in one pot, stir, and apply them all together. All the preparations perform a different task and they should be applied individually. The person working with and applying the preparations should have some understanding of how to apply them. If you need only a very small amount of spay for your tiny plot, it is even better to shake it in a glass jar or bottle (do not use plastic) rather than stirring it. This way you will be giving more of yourself because all of your energy is concentrated in the palms of your hands. When you use this method, you need to shake only a relatively short time, approximately only about one third as long as you would have to stir. This does not mean taking shortcuts, but if you do your best, the best will follow. It is much more important to hoe the appropriate crop, or work the land on proper days,

(i.e. root days, fruit days, etc) than to spray on the proper days and for this reason I am suggesting this method of spraying to make Biodynamics available to all people.

The task of the Biodynamic Preparations is to sensitize the soil and the plants to the subtle influences of the cosmos. Not only do the preparations make the plants sensitive to the cosmic rhythm, they also balance the chemistry and strengthen their aura - in other words, they make the plants alive. Since Biodynamics is all spiritual, and not physical at all, our attitude and understanding of our garden, how it grows, why it grows, and what makes it healthy or sick, is much more important than physical spraying or application of any Biodynamic preparations. The Biodynamic preparations were given to us as a stepping stone towards the understanding of true Biodynamics, which is fully, and only, from the heart. We need to understand how everything is interconnected - how we have to look at everything as a whole, and not at bits and pieces separately through a microscope.

I have found that the farmer, or gardener must make the biggest change. It is relatively easy to go by the book and perform all the functions of the physical aspects of Biodynamics, and as long as you do all you know and to the best of your ability, it will work for you. But if you do not do it honestly - even with the physical side - it will not work for you. The greatest change therefore, must take place in the person - with a new appreciation of all that is around us. When you give your all, you will be shown.

On the other hand, you can do everything by the book, spraying, hoeing and all the things just as the calendar shows, with no results at all, because if you do not do it from the heart, if the spirit is lacking and there can be no change.