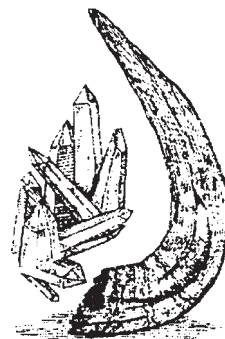


Applied **BIODYNAMICS**®



Spring, 2003

Newsletter of the Josephine Porter Institute • Woolwine, Virginia

Issue No. 40

Good Friday

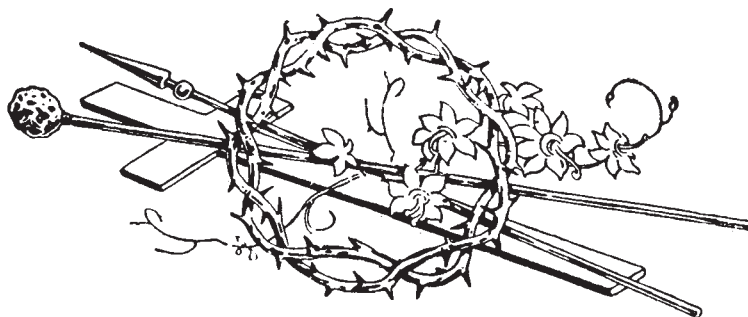
“... I have read books by clever people who have studied documents by which they try to prove that Christ never existed, and never died on the Cross. They say Christianity is not original, but just a reconstitution of old traditions. All these books point to the fact of a spiritual symbolic death and resurrection after three days and have been accepted by all the Mysteries. But the difference between this and the old Mysteries is that the Death of Christ on Good Friday, the placing of His body in the grave and His Resurrection have also taken place physically.

“Very little is said in the literature about what happened to the physical corpse of Christ. If we try to understand this we enter upon some of the deepest things which man can approach in his soul and mind. We know first, that the body disappeared and second, that the Christ appeared to His disciples and others later in various forms. We note first that the body disappeared out of the grave and second, that the appearance of

Christ after His death was of such a kind that it was a physical appearance to human beings. The disciples at Emmaus thought that they talked physically to Him and also the Christ proved His physical appearance by eating a fish. Thus we see that the Christ had a physical body transformed to spirit and this physical body was again able to go through physical experiences. This is a definite change from any Mysteries that came before. It brings into the earth the power of regeneration, of spiritual rebirth. It brings them in such a way that there is not a complete dissolution but rather a complete transformation.

“The grasping of this Mystery of Golgotha is important not only to humans but also to the Elemental World and Nature. And it is a human responsibility to grasp it because only through the human being can the secret be made available to Nature. We are to penetrate Nature in all its aspects, then only can it be transformed back to Spiritual Substance.”

Ehrenfried Pfeiffer



Notes

There is something about Good Friday that reminds us as human beings, and as growers, that this day of the year is different from all the rest. In Maria Thun's book, *Gardening for Life*, in a section entitled "Good Friday, Easter Saturday" she describes her findings:

"We have long noticed – for the past thirty years – that Good Friday and Easter Saturday are unsuited to sowing and planting out. Seedlings germinate poorly, and plants moved and replanted grow weak and often die altogether. These negative influences begin early on Good Friday and end before dawn on Easter Sunday.

"Why? The events of Golgotha which took place 2,000 years ago still affect the earth each year. The plant-world is sensitive to this."

Just as Maria Thun sees the effects, the excerpt from researcher Ehrenfried Pfeiffer's lecture about Good Friday on the cover gives us further reflection of our spiritual work with Nature.

A solid spiritual foundation helps Joe Francis keep up with a twelve-hour workday when most other people his age of eighty-five years settle into a quieter life. Read about Joe's care for the land and his cattle as well as his life on the road with Dr. Ehrenfried Pfeiffer, who is not only remembered for his thoughtful lectures, writings and biodynamic research as you can find in this issue, but of his meaningful friendship with Joe.

With gardening activities getting underway, we have provided for your reference a reprint from an earlier article in *Applied Biodynamics* of a seed soak guide to assist with better germination rates and stronger plants.

For this year's Biodynamic Preparation Conference, Lloyd Nelson gives a report of the three-day meeting involving nearly forty preparation makers in Copake, New York. Also in this issue is a review of Joseph Chilton Pearce's *Evolution's End: Claiming the Potential of Our Intelligence*, from Melvina Maruska, who writes that it is "one of the best reads of all time." And last but not least, another worthy book, Ron Krupp's *Woodchuck's Guide to Gardening*, helps to bring the message as to why we need to reconnect with our food through our gardening, with a review from Gerry Nottingham.

Patricia Smith, Editor

This year Good Friday is April 18. On the cover is an excerpt from a lecture by Dr. Ehrenfried Pfeiffer to the Anthroposophical Society, New York City, April 4, 1947. Reprinted with kind permission from Mercury Press, *Ehrenfried Pfeiffer, Notes and Lectures Compendium I*, pp. 52–53.



Mission

The Josephine Porter Institute for Applied Bio-Dynamics Inc. (JPI), was founded to produce quality biodynamic agricultural preparations based on the spiritual-scientific research of Rudolf Steiner.

It serves as a living memorial to Josephine Porter, a pioneer for this work in America.

The mission of JPI also includes education and research in biodynamic agriculture. JPI undertakes these tasks so that the earth may be healed.

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Applied Biodynamics

Applied Biodynamics is a quarterly publication of the Josephine Porter Institute for Applied Bio-Dynamics Inc. (JPI). The subscription price of \$30.00 per year helps support JPI research and development. Back issues are \$7.50 each.

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Interview with Joe Francis

Rising at six a.m. and working a twelve-hour day to maintain a 300-acre ranch is all in a day's work for Joe Francis of Atlanta, Texas. That's a pretty full day for anyone, but considering Joe is eighty-five years old, it is also a testament to caring for the land in the best way possible by using biodynamic compost. In the past fifteen years, he has transformed a worn out East Texas ranch into fertile soil loaded with earthworms and pastures resembling a golf course green. His herd of grass-fed cattle is healthy and free of antibiotics and hormones. The following recounts his sixty years of work experience and invaluable lessons learned from his teacher and dear friend, Dr. Ehrenfried Pfeiffer.

Joe Francis is a believer. When others doubted and said it couldn't be true, he believed. And from his belief, he set out to prove it was true. His truth is in the making of high quality compost from the Pfeiffer BD Compost Starter.

Back in 1955, Joe Francis became a believer when he first heard researcher Dr. Ehrenfried Pfeiffer speak of a compost starter he developed to make it easy for everyone to make great compost. Dr. Pfeiffer was a student of Rudolf Steiner



As NFA's Farm Director, Joe Francis gave a presentation on proper tillage at the 1975 Winter Seminar in Atlanta, Texas.

and was the individual who introduced biodynamic agriculture to the United States. His agricultural work was focused on improving the nutritional quality of foods through the farming and gardening applications of the biodynamic preparations. Dr. Pfeiffer introduced a way for the American public to readily use the biodynamic preparations with his formulation of the BD Compost Starter.

At the same venue where he met Dr. Pfeiffer, Joe was playing host to the Natural Food Associates Convention in his hometown of Terre Haute, Indiana. Natural Food Associates, founded in 1952, was one of the first organizations of its kind in the United States to promote wholesome natural food and organic farming. Joe was one of the founding members and served as an officer for over forty years until the organization ceased operation in 1999.

Traveling across the country since the 1940s, Joe sold organic fertilizer. As a traveling salesman, he used common sense growing principles to educate like-minded farmers that natural fertilizers were the way to go for healthy soils and plants. After hearing Dr. Pfeiffer's talk, Joe decided to ask Dr. Pfeiffer to accompany him in his travels to help promote the Compost Starter along with Joe's own sale of organic fertilizer. The two became friends and Joe looked to Dr. Pfeiffer as a father figure and teacher, having lost his own father at the age of fourteen and having finished school only to the eighth grade in order to seek work to help support the family.

"We might be created equal. But God created Ehrenfried

NOW

is the time to plan your compost
use the

B.D. Compost Starter

Dr. E. E. Pfeiffer's Formula

Help Nature do it
F A S T E R

Rich humus and more available nutrients
will be your reward

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Enough for One Ton of Compost

Ask for Quantity Discount, Information
and Instruction.

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RESEARCH
LABORATORY**

Threefold Farm, Spring Valley, N. Y.

Thousands of Satisfied Customers

An advertisement for the Pfeiffer B.D. Compost Starter from 1959.

as a spokesperson for all of us to listen. The Lord blessed him with all this ability," explains Joe. "Ehrenfried said to me one day, 'I need you to prove what I'm saying.' I connected with the common people and Pfeiffer needed this connection to get his point across. He didn't want any pay. He wasn't doing it for the money. He was a sweet man, a nice man. He wouldn't say anything bad about anyone, maybe only indirectly and so you didn't doubt him. I didn't. Jesus Christ had a purpose and Ehrenfried Pfeiffer had a purpose," says Joe.

From 1955 to 1961, Joe Francis and Dr. Pfeiffer traveled across the country in Joe's 1955 Cadillac, which he paid for in cash from his sales of natural fertilizer. In that time, they accomplished a great deal, processing thousands of soil samples and product samples. In hundreds of meetings, they gave composting demonstrations for the interested public. Despite the thousands who saw these demos, a skeptical public could not comprehend the fast breakdown of material being composted with the Pfeiffer BD Compost Starter and would not accept the idea that the finished compost could be used as a fertilizer.

A more positive reception came when Joe and Dr. Pfeiffer composted waste from poultry houses across the country with Compost Starter and/or Litter Life, which was Joe's formulation of a concentrated compost that also contained the Pfeiffer BD Compost Starter. The Compost Starter and Litter Life established a symbiotic and healthy atmosphere for the chicken and turkey houses with naturally occurring beneficial bacteria at work to break down the manure and litter. Unfortunately by the 1970s, as successful as the two products were, Joe was driven out of the business when large scale poultry producers, highly influenced by the



In this photo taken in June 1975, NFA Farm Director Joe Francis showed visitors how they can make compost in their own back yard.

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How Well Is It Balanced?

How Good Is Your Humus?

Does Your Soil Need Improvements?

We also test for absence or presence of arsenic mercury, chlorinated hydrocarbons.

Test now while it is the right time to prepare.

Ask for information on how to take soil samples.

**BIOCHEMICAL
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Spring Valley, New York**

Thousands of soil samples were sent to the Pfeiffer lab at Spring Valley, New York to be processed. This advertisement for its services is from 1961.

chemical industry, only authorized disinfectants for cleaning chicken and turkey houses within the poultry industry.

Joe has never used the biodynamic preparations in any other form but Pfeiffer's BD Compost Starter. He explains, "Never made a bad batch of compost since 1955. Why in the world would I try anything else?" He trusted Pfeiffer in his formulations of the BD Compost Starter containing seven of the nine biodynamic preparations (BD #501 Horn Silica and BD #508 Horsetail Herb were the only ones not included) to make something useful for people who may think the biodynamic preparations are too complicated to use.

To make compost, Joe collects cow manure (aged fresh to about six months) and hay into three windrows fifty feet long, ten feet wide and about five feet high. Each windrow contains fifty tons of manure/hay mix. The night before application, he moistens the Pfeiffer BD Compost Starter with a little water to make a paste. The next day Joe dilutes two units of the Compost Starter paste in five gallons of water at a time and pours this solution over each two-ton load of manure/hay mix piled in the manure spreader. This process involves one tractor pulling the manure spreader while another tractor is loading the material into the spreader. As the windrow is built, the manure spreader

continued on page 6



Students attending the Natural Foods Associates Summer Seminar in July 1961 in Atlanta, Texas are presented with a composting demonstration.

Of his recollections with fellow biodynamic pioneers, Joe Francis shares the following thoughts:

- He knew Josephine Porter since 1956 as they met at the different conferences and Natural Food Associates conventions when she was secretary of the Biodynamic Farming and Gardening Association, hosting the BDA book table and promoting the biodynamic preparations. Josephine Porter was a student of Ehrenfried Pfeiffer and learned from him how to make the biodynamic preparations. Joe recalls of Josephine, "She was one of the greatest. Hard working, sweet, Josephine was precious, a real quiet little gal. She was a dandy. Pfeiffer saw it in this girl, how dedicated she was. If he said it, it was."
- For nearly ten years, A.P. Thomson, the nationally known organic Virginia apple grower and founder of the Virginia Association of Biological Farmers, who used biodynamic compost on his orchards, talked with Joe Francis every morning at 6 A.M. A. P. was a long-time member of the Natural Food Associates and served as president at one time. "We talked about life, something we'd done or seen, we were friends. Someone you could spill your guts to. He was a lot like me, a step down from Pfeiffer," Joe recalls.
- "Margrit Selke, she manufactured the BD Compost Starter. I have a long relationship with her. She is a dedicated person. She nursed Pfeiffer back to life when he had tuberculosis. He was bedfast for eighteen months. She was his nurse. Maria Linder's dad [Dr. Christoph Linder] was his doctor and saved his life. Maggie was a dedicated servant." Margrit Selke will be 103 in May and resides at the Fellowship Community in Spring Valley, New York.

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A. P. THOMSON
GOLDEN APPLE ACRE ORCHARD

Bayard Route
FRONT ROYAL, VIRGINIA

A.P. Thomson's apples were nationally well known. He used biodynamic compost on his orchards and was a close friend of Joe Francis. The advertisement shown here is from 1959.

Photos, illustrations and advertisements from the Natural Food and Farming magazine are re-printed here with kind permission from the Francis family.

is then pulled forward a few feet at a time. At a rate of one unit of Compost Starter per ton, a total of 150 units of Compost Starter are used to compost the three windrows. The piles are five feet high due to the height of the spreader blades. The tractor pulling the spreader sits stationary at low rpm and is pulled up when the spreader blades hit the windrow. Joe turns the windrows every seven days using the same process as before with the two tractors and manure spreader, but without adding Compost Starter to the pile. After twenty-one days the cow manure/hay mix has been transformed to compost and is ready for use. Most of this compost is spread over the pasture and is also used in vegetable and flower gardens.

The use of a twenty-one-day cycle is something Joe learned from Dr. Pfeiffer. He explained to Joe about the “good” and “bad” life cycles. The good cycles are ones that take place in cycles of seven days and the bad ones are in eight days. For example, a chicken egg hatches in twenty-one days and a duck egg hatches in twenty-eight days, representing the good cycle. A fly hatches in eight days giving example of the bad cycle. In this way, we can contribute towards using a seven-day cycle for processes and positive

“... Why do the people concerned give so little evidence of spiritual experience, in spite of all their efforts? Why, worst of all, is the will for action, for the carrying out of these spiritual impulses, so weak?” I was particularly anxious to get an answer to the question as to how one could build a bridge to active participation and the carrying out of spiritual intention without being pulled off the right path by personal ambition, illusions and petty jealousies; for these were the negative qualities Rudolf Steiner had named as the main inner hindrances. Then came the thought-provoking and surprising answer: “This is a problem of nutrition. Nutrition as it is to-day does not supply the strength necessary for manifesting the spirit in physical life. A bridge can no longer be built from thinking to will and action. Food plants no longer contain the forces people need for this.”

A nutritional problem which, if solved, would enable the spirit to become manifest and realise itself in human beings! With this as a background, one can understand why Dr. Steiner said that “the benefits of the bio-dynamic compost preparations should be made available as quickly as possible to the largest possible areas of the entire earth, for the earth’s healing.”

Dr. Ehrenfried Pfeiffer, *Agriculture* (Preface pp. 7–8)

growth such as turning a compost pile. For the bad cycle, we can eliminate a pest such as a fly by interrupting their eight-day hatching phase.

About forty years ago Joe started farming. For the last fifteen years, he has leased a 300-acre ranch in East Texas. He chooses to lease because it is cheaper than paying taxes for the land. For the haying, he keeps about 300 round bales for his cattle. Any surplus bales, he sells.

His cattle, a herd of fifty cows, are a mixed breed of Angus, Hereford and Senepol (the combination is a breed from Senegal and Red Poll) with some having Jersey in them. Joe has one twenty-year old cow that calves every year and according to Joe, has the best calves. The bulls are pure-bred. Some are Brangus – a combination of Brahman and Angus. Joe separates the cattle into three herds which he switches around to prevent inbreeding. The herd is maintained for his family’s beef consumption. He and his wife Harriet have been married for fifty-six years and have five children, three sons and two daughters. Their youngest son, Sam, forty-four, is in partnership with Joe for helping out at the ranch.

The only extra feed Joe supplies for his cattle are a natural rock mineral salt from Utah, that comes in chunks up to seventy pounds and alfalfa pellets (winter only) from Oklahoma. Joe had learned from Dr. Pfeiffer’s recommendations that alfalfa is needed because the necessary elements in alfalfa provide for the cattle that cannot be found in other sources during the winter months. The cattle are fed two pounds of alfalfa pellets per head every day in the winter. Joe cannot provide the alfalfa from his ranch because the east Texas location doesn’t support the conditions suitable to grow alfalfa.

Joe concludes, “Here I am, eighty-five years old, proving for myself. You have to prove it to yourself. I tried for years with the Natural Foods Associates showing demos to thousands of people. Nobody believed it could be. ‘It’s unbelievable,’ they would say. I believed. He [Pfeiffer] told me. He was my teacher. After he died [November 30, 1961] I set out to prove everything he said and I have proved it. I don’t really care what other people think. I tried for forty years. I went on my own. My daddy died at thirty-seven and here I am at eighty-five. I’m not thinking about shutting down.”

For further reading on Dr. Ehrenfried Pfeiffer, please refer to *Applied Biodynamics* Issue No. 6, p. 7 for “Ehrenfried Pfeiffer: A Profile” by Gisela Franceschelli.

Please note: The Pfeiffer Compost Starter is still in production and is being made at JPI since 1998. Its users are a fairly steady clientele of sophisticated and discriminating compost makers.

Seed Soaks with the Biodynamic Preparations

With the 2003 growing season just beginning, we have reprinted the seed soak guide below from an earlier issue (*Applied Biodynamics*, No. 7) with abbreviated instructions for use. Seed soaks have helped to increase germination rates, strengthen plants immunity and retain their archetypal blueprint in the spiritual world. We hope this

much requested information will be a handy reference for you in future growing seasons.

For use as a seed bath, stir the preparations in the biodynamic fashion for the standard time: the BD #500 for its usual one hour period and the #507 for the recommended 10 to 20 minutes. When using the compost preparations

Seed Soak Guide			
CROP	PREPARATION	CROP	PREPARATION
Cereals		Vegetables	
wheat	507	chard	500
rye	502	chicory	507
oats	505	collards	503
barley	504	cucumber	507
rice	?	eggplant	? (likely 507)
corn (maize)	507	garlic	? (likely 507)
millet	?	kale	503
linseed	503	kohlrabi	503
Cover crops		leek	507
alfalfa	503	lettuce	505
clover	503	melon	? (likely 507)
grasses	502	mustard greens	503
Flowers		okra	?
sunflowers	Biodynamic Compound Preparation	onion	507
other flowers	?	parsley	?
Herbs		parsnip	?
herbs	?	peas, English	503
Vegetables		peas, field	503
artichoke	?	peanuts	? (likely 503)
arugula	?	peppers	507
asparagus	?	potatoes	See Sattler and Wistinghausen, <i>Biodynamic Farming Practices</i> , pgs. 175–180, or other pertinent references.)
beans	503 (505 for bush beans)	pumpkin	507
beets	507 or 507 plus Biodynamic Compound Preparation or 1 part BC plus 4 parts water plus 5 parts whole milk, let stand for 24 hours, stir another 5 minutes prior to use.	radish	503
broccoli	503	rutabaga	? (likely 503)
brussels sprouts	503	scallion	507
cabbage	503	spinach	500
cantaloupe	507	squash	? (likely 507)
carrot	507 or BC/water/whole milk soak (see beets)	sweet potato	? (? 500 ?)
celeriac	507	turnip	503
celery	507	tomato	507
		watermelon	? (likely 507)

#502–506 the one-hour stirring time could be employed, but a more “user friendly” method is suggested by the sources mentioned below. For smaller quantities of seed, one unit of the selected preparation is placed in one or two pints of water, stirred vigorously for up to five minutes and then allowed to stand for 20 to 24 hours. Another brief stirring is done just before the actual seed treatment. Some crops are treated with “manure water” (prepared manure, or manure treated with #502–507), or with “birch pit concentrate”, both of which are akin to Biodynamic Compound Preparation in the table. In one or two instances, whole milk is suggested as an additional ingredient in the seed bath. The length of time recommended for soaking is generally 10 to 15 minutes. Seeds with a hard coating, such as parsley or carrots, could be given a longer bath. However, with such seeds as peas or beans, a longer soak will cause them to slough off the seed coat and lose their germinating capability. Seeds can be drained by using a kitchen strainer or else they can be suspended in the bath solution in a cheesecloth bag. Once removed from the solution spread the seeds out on cloth towels, paper plates or wax paper for relatively rapid drying. It is best to plant out the treated seed within 24 to 48 hours after treatment. Treated seed not used for planting right away can be stored for a few years. For field planting of larger quantities of seed, please refer to one of the sources cited below. For treatment of potatoes, please refer to *Bio-Dynamic Farming Practices*.

An analysis of the recommendations in the table will quickly reveal that preparations #501, #506 and #508 are not among those listed. Several years ago, in a “seat of the pants” seed bath experiment with corn (maize) which I never replicated, I felt that I obtained the best results with the plot that had been treated with a combination of #501 and #506. That particular plot had a higher yield and almost no corn earworm damage in comparison to the several other plots that had received a variety of different treatment. Far more experimentation needs to be done in this area of seed soaks.

Sources for Seed Soaks:

- 1) Castelliz: *Life to the Land*, Lanthorn Press, 1980.
- 2) Koepf, Pettersson and Schaumann: *Biodynamic Agriculture*, Anthroposophic Press, 1976.
- 3) Sattler and Wistinghausen: *Bio-Dynamic Farming Practice*, Bio-Dynamic Agricultural Association, 1992.

Thank You For the Blossoms

We are most grateful to the following individuals, their families and friends who have harvested and dried the blossoms of yarrow (for BD #502), chamomile (for BD #503) and dandelion (for BD #506) in 2002. The biodynamic preparations made at JPI could not happen without their collective efforts.

- Sharon Carson, Delmar, DE
- Mark Gillen and Janet Allen, East Lansing, MI
- Gregg Martens and Family, Englewood, CO
- Susan Peterson, Huntly, VA
- Dan and Mickie Thomas, Karlsruhe, ND
- Sara and Tracy Tufts, Haw River, NC
- Steve Yates, Meadows of Dan, VA
- Ruth Zinniker, Elkhorn, WI

Please let us know if we left anyone out. A computer problem in late 2002 possibly eliminated a more extensive list of blossom contributors.

Correction for Stella Natura 2003 Calendar

Please note a printing error correction at the top of the May calendar page, enter under Saturn: 27 ♉. At the top of the page for the remainder of the year, (June through December) enter under Saturn: symbol ♊ for Gemini instead of ♉ for Taurus. Also on 26 October note Saturn R (Retrograde) through the end of the year.

Biodynamic Preparations Legend

BD #500 – Horn Manure
BD #501 – Horn Silica

BD #502 – Yarrow
BD #503 – Chamomile
BD #504 – Stinging Nettle
BD #505 – Oak Bark
BD #506 – Dandelion
BD #507 – Valerian

} Compost Preparations

BD #508 – Horsetail (*Equisetum arvense*)

2003 Biodynamic Preparation Conference **February 14–16, Copake, New York**

Nearly forty biodynamic preparation makers from around the country met at the beautiful Camphill Village Copake in New York to discuss the future of the biodynamic preparation work. While there was some discussion about the future of biodynamics, most of the conference was devoted to the theme, “How are the Biodynamic Preparations Used to Develop Quality Humus in Our Various Garden and Farm Soils?” On Friday, participants gave reports on regional activities involving the preps. For Saturday, the agenda entailed lectures by Dewane Morgan and Hugh Williams, and discussion groups on making, storing and applying 500 and 501. For Sunday, there was a lecture by Hartmut von Jeetze on “The Role of the Preparations in the Renewal of Agriculture.” Following the lecture there was a discussion of various biodynamic topics.

Some other highlights of the conference included a beautiful digital slide show entitled “Remember,” masterfully prepared by Jean-David Derreumaux and a delightful piano concert by Gili Malamud-Lev with singer Cardinale Montano.

The conference developed from the idea to have more preparations being made locally in regional groups so the farm could come closer to a “self-contained organism” with preps made from plants and manure adapted to local conditions in the soil, climate, etc. Attendees expressed a wish and a need to move in the direction of regional groups, to unite locally and strengthen the bonds with neighbors and to bring the making of the preps to the individuals who use them.

New influences and leadership for the board of directors occurring in both the Biodynamic Farming and Gardening Association (BDA) and at JPI were discussed Friday evening. The outgoing BDA Board of Directors are Christoph Altemueller, Hugh Courtney, Heinz Grotzke and Anne Mendenhall. New Directors of the BDA Board are Robert Grimes, Treasurer; Sarah Flack, Secretary; and Lavinia McKinney, Director. Also on the BDA Board are: Ernie Harvey, President and Harald Hoven, Vice-President. Over the past two years, outgoing JPI Board Members have been Elizabeth Courtney, Lee McWhorter, Gerry Nottingham, Sarah Tufts and Corry Watts. The new Board of Directors at JPI are Gena Nonini, President, Steve Storch, Vice-President and Lloyd Nelson, Director. Also on the JPI

Board are Hugh Courtney, Secretary and Jim Marquardt, Director.

Also on Friday evening, the question arose, “Who is responsible for making and having available the biodynamic preparations?” In the course of the meeting that evening, one of the major answers to that question was as follows: The biodynamic ideal is not to rely on one person or organization, but to take on the responsibility ourselves. If we want to practice biodynamics, we need not only to use the preps, but also to make them. We lose or never gain the connection of bringing our own self into the picture if we do not make the preps.

While no definite decisions were made about the future preparation work, the role of the Josephine Porter Institute in ensuring preps are available to all in need was seen as very important by many attendees.

It takes a certain amount of time and will force to make these preps year after year. By making our own preps, our will force is strengthened and we are brought into an intimate connection with our work. Our task as biodynamic practitioners is important and essential for the evolution of earth and mankind.

- However, who can we really rely on to have preparations of the highest quality available for use?
- What about backyard gardeners who need only small amounts, or newcomers to biodynamics, or people without access to cows, or people in areas without regional groups, or farmers who need sufficient quantities to cover large areas?
- Who will educate the people who want to learn how to make and use the preps?

The Josephine Porter Institute has provided practical answers to many of the previous questions through education and having the biodynamic preparations available to anyone in any quantity. At JPI, one can learn hands-on techniques to make all of the preps at the twice-yearly workshops. These workshops are highly recommended for anyone who wants to gain a deeper understanding of the preps and how they are made.

Discussions led to other areas of the world where the future of biodynamics is also on the agenda. As a result of the outbreak of the foot and mouth epidemic and mad cow disease in recent years, biodynamic growers in Europe may be

facing new laws and regulations adding new dimensions of concern about the preparations and sheath availability. The future of biodynamic agriculture could now be considered a worldwide concern. Visiting from Europe, Nikolai Fuchs, leader of the Agricultural Section at the Goetheanum in Dornach, was in attendance at the conference.

It was announced that next year's conference would be held at the Michael Fields Agricultural Institute in East Troy, Wisconsin. The Yarrow Preparation BD #502 will be highlighted for the 2004 Biodynamic Preparation Conference.

In conclusion, with all the uncertainties facing future preparations work, we as biodynamic growers must continue to work diligently on our present task of getting the BD preps on as large an area as possible so that the earth may be healed.

Lloyd Nelson lives and works as a builder, artist and grower on his family's biodynamic farm, Blueberry Hill in Green River, North Carolina.

A summary of the lectures of the 2003 Preparation Making Conference will be published in a future issue of the newsletter.

Book Reviews

Evolution's End: Claiming the Potential of Our Intelligence **By Joseph Chilton Pearce**

Reviewed by Melvina Maruska

How many of us reach adulthood with a full-blown sense of worthiness, competence and belonging? This book is a compelling thesis on higher intelligence and the way our brain/mind develops or fails to develop.

Is it possible that love is set in motion through correct neural development and that the heart and mind bond in direct relationship to how bonding takes not only at birth and many years after, but in utero as well? Chilton Pearce maintains that Mother-Child bonding is pivotal to how we will end up functioning in this world. Children's development is sabotaged to the degree in which we depart from what nature intended. He believes that no one listens when he says that separation of the mother and child at birth is a major disaster of history. He goes on to say that this experience of abandonment is the most devastating event of life, which leaves us emotionally and psychologically crippled. Without this bonding, we are capable of developing intellect, but intelligence of the heart is missing. Chilton Pearce explains:

"Each of us, male and female, embody both intellect and intelligence, of course, and the complementary nature of these polarities is the creative tension between mind and heart, the very spark of life. Disaster befalls us, however, when we develop intellect but not intelligence, as we have done for generations now."

Intellect asks, "Is it possible?" and goes ahead, without thought about consequence. Intelligence asks, "Is it possible?" and then also asks, "Is it appropriate?"

The author clearly illustrates how hospital births, day-care, television, premature attempts at formal education

and synthetic growth hormones used in our food production, all have a lot to do with our epidemics of crime, violence, collapsing schools and broken families.

The beginning of this book is somewhat more challenging than the second section. You will be well rewarded, however, as it lays the foundation for one of the best reads of all time. Do read this book if you are in any way involved with children and their welfare or if you want a greater understanding of how we develop.

Evolution's End was published in 1992. It contains a powerful message about the higher structures of our brain/mind and the "magnificent open-ended possibilities" contained therein. Perhaps the neo-cortex is the new frontier waiting to be developed. Sometimes waking up is very hard to do. Are we willing? *Evolution's End* is published by Harper Collins, New York, NY.

Melvina Maruska is a neophyte biodynamic gardener. She and her husband are moving to Vancouver Island to start a small berry farm. She is interested not only in what we feed ourselves physically but what our spiritual menu is like each day.

The Woodchuck's Guide to Gardening

By Ron Krupp

Reviewed by Gerry Nottingham

Everybody knows that groundhogs, a.k.a. woodchucks, can't read, but they can do a lot of damage to your garden. I think Ron has noticed how in some cases, we as gardeners are our own worst enemies. Woodchucks are very much connected to the earth and feel very much at home in your alfalfa field, under your barn, or in the woods next to your garden. Ron is asking everyone to get connected, the action needed to reconnect to our food.

After reading the book, I went back and re-read Ron's articles in *BIODYNAMICS*, "How I Came to Embrace Biodynamics," (Part 1, May/June 2001, No. 235 and Part 2, July/August, No. 236) to help me understand what he is trying to convey in his book. In the second article, Ron addresses his intentions:

"It focuses on growing food in northern New England throughout the year. The guide is filled with stories, anecdotes, wit, illustrations, poetry, and practical gardening tips. It's a cross-over book that incorporates biodynamics onto the organic plate lunch menu."

The book is divided into the four seasons; he gives us an extra bonus with Part Five: Children and Gardening. Although short, it really brings home what is expressed by the painting on the book cover: a young woman planting hearts in a garden. He says, "My wish is that all children will grow up as did the young woman in the painting, planting hearts into the earth."

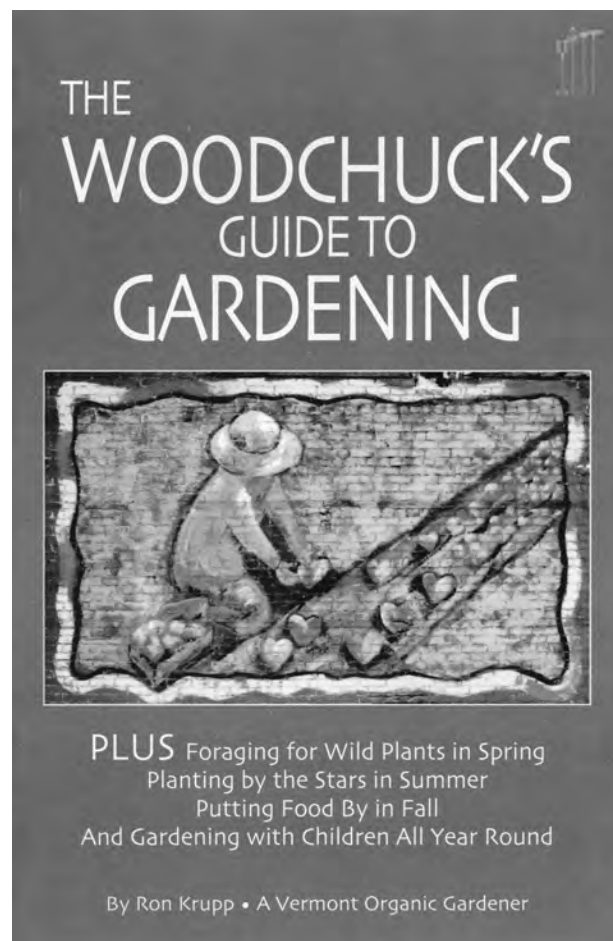
The book is a bit chopped up, but it is saved by bringing a kind of *Foxfire*/newspaper/radio host format that is spliced together with four appendix guides. These are listed at the end of each season and lend support as much as a "wooden stake holds up a tomato plant," explains Ron. He also tells us about his friends and how they accomplish things using the Woodchuck principles that stand for "thrif, practicality, and a connection to the earth and the cosmos."

You need to remember that he is gardening near the Canadian border in northern Vermont. One of my favorites in the summer section is Chapter 8, where he describes the garden archetypes of Air, Earth, Fire and Water:

"There are butterfly types who flit about, the earth diggers, the non-stoppers who are full of fire and finally the quiet water gardeners who love to meditate and ponder the life cycles in nature and life. The ones with some of each are called rain-bow types and very few are just one type."

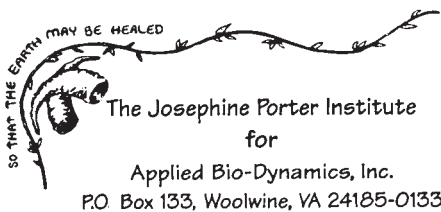
The book contains an index and includes a glossary which lists very elementary garden terms, with a children's section preceding it. All in all this is a good little book that anyone can use and put his woodchuck technology (hand tools) to work: from Robert King's root cellar, Kim Potter's basic canning tips, Margaret Daniel's making of rosary beads, to Ron's favorite apple recipes. You will have to read the book to find out why Ron calls the rose the 'Queen of Flowers.' I hope you will. *The Woodchuck's Guide to Gardening* is published by Whetstone Books and is available from JPI for \$15.95 plus \$4.50 shipping and handling.

Gerry Nottingham is a Registered Pharmacist and works in a community pharmacy in Elkview, West Virginia. He is a member of the American Association of Homeopathic Pharmacists. Since 1987, Gerry has been working with the biodynamic preparations.



“... here we see how into earth evolution there came an objective fact: the Mystery of Golgotha. Although the Mystery of Golgotha had indeed to enter as a once-and-for-all event into the history of the earth, it is in a sense renewed for human beings each year.”

Rudolf Steiner – *The Four Seasons and the Archangels*, p. 38



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