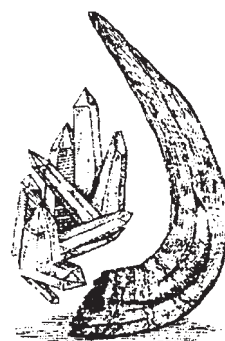


Applied BIODYNAMICS®



Winter, 2003–2004

Newsletter of the Josephine Porter Institute • Woolwine, Virginia

Issue No. 43

Anecdotes and Antidotes – Biodynamics at Work

Thun Recipe Brings Earthworms

In Spring 2001, Mary Williams of Bradford, Pennsylvania wrote to Hugh Courtney of her experience with some spray applications to help her mountain soil:

In 1993 we moved to this mountain and found dense yellow clay, everywhere! The tiny meadow encompassing our cabin in the woods had patches of grass, buttercups and rocks, and clay showing through it. The soil was so poorly aerated that nary a worm could ever be found. Compared with the Elm Street Biodynamic garden in town three miles away, the earth quality was truly disheartening. Throughout the ensuing years we landscaped the edges of the clay drainage ditches into planting ovals for growing tomatoes, garlic and anything else the wild critters (chipmunks, raccoons, deer, etc.) didn't relish. Still, in spite of adding our composted material it just never could compare to the wonderful soils of our beloved Elm Street Biodynamic garden. Each year we kept up with a spraying of the Thun Recipe [Biodynamic Compound Preparation, a.k.a. Barrel Compost] once or twice, whenever the mood hit us, and with your Milk and Honey spray, when there were drought/stressful conditions. Mostly we sprayed, for the love of the trees and the land, and because I love smelling the Thun Recipe and the Milk and Honey. Now for the definitive news!

In the winter we have to plow back the snow fifty feet into the lawn, because there is so much snow that we wouldn't be able to turn around and get up to our home and down again otherwise. With the plowing, gravel and sod (lots of it) are pushed into the "lawn" and I have to rake it all level again and clean the areas up so no one breaks an ankle. Today [April 11, 2001] I was delighted and ecstatic to find worms, hundreds of them squirming in the sod and gravel; big, fat, healthy worms everywhere I turned. Hurray! That's my story. It was definitely the Thun Recipe, because my

consciousness is not that high enough to attract these wonderful beings.

We did start to make our own Thun Recipe two summers ago; but built it on a natural spring, so we had to move it to another area last summer, about 200 feet from the lawn area. After two years it has transformed itself beautifully. Thank you for your help and perseverance with us more unconscious ones, we want to be of help too!

Postscript - December 2003

This last spring we found the most beautiful, big (eight-inch), fat worms crawling through our compost pile. The worms have a rainbow and gold underbelly; one person told us they are night crawlers and the most vigorous bait worms he has had in years. The pile itself is not a food scrap pile or a "hot" pile, but a mixture of ground bark and some aged stall cleanings from a horse farm. Again, we attribute the worms to the Thun Recipe as we really have done nothing else that we are aware of to attract them.

We have kept up the spraying of the Thun Recipe over the years and our grass around the house is beautiful turf now as compared to the scraggly, spotted, parched lawn we had when we moved here in 1993. We have added some grass seed on the bald spots but that does not account for the improved quality of the soil, or the increase of worms, as we have done nothing else to improve the soil texture.

Use of Preps 500, 507 and 508 Help to Save Grape Harvest

Patricia Damery of Harms Vineyard and Lavender Fields of Napa, California writes:

This past August and September has had some challenges which definitely impacted us. First, we had two days of rain

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Notes

It's that time of the year to renew your subscription to *Applied Biodynamics*. We hope you have found the newsletter to be helpful in your search for practical information about biodynamic farming and gardening. A renewal slip along with an extra one to pass on to others who would be interested in receiving the newsletter is enclosed. So please don't give *Applied Biodynamics* the "slip" and let your subscription lapse; renew today.

We have all heard the saying that there is a cure for everything that ails us. In biodynamics, we apply this same principle to what will work on our soils and plants when faced with challenging situations. In this issue, readers share their experiences of biodynamic preparations that have come to the rescue in some trying circumstances.

A little over two years ago in *Applied Biodynamics*, valerian was the topic with respect to its use and time of application in the compost pile. From that article written by Joe Stevens, two BD practitioners, one from the west and one from the east decided to try out the theory and describe their results of valerian treated compost in these pages. Also included in the newsletter are reports from the National Biodynamic Association Conference in Iowa and the Biodynamic Viticulture Conference in Virginia.

Be sure to check out the announcement for the upcoming Biodynamic Preparation Conference – Preparation Making and Community Building taking place in East Troy, Wisconsin this February. To this end with the emphasis on community building, JPI is providing an information sheet of the biodynamic groups and individual contacts for the United States, Canada, Costa Rica and the Dominican Republic. This information sheet is to let you know who is practicing in your area. The biodynamic community is growing and you are a part of it.

Patricia Smith, Editor

Associative Contracts Due

Please submit your Associative Contract to JPI by January 31, 2004, unless other arrangements are made. Consult the JPI product catalog for details about the contract or call (276)930-2463 if you have questions. The absolute final deadline for contracts to be received is March 31, 2004.

BSE in the US

The news of the first documented case in the U.S. of BSE, bovine spongiform encephalopathy, commonly known as mad-cow disease, was confirmed December 23, 2003. JPI is monitoring the situation and assessing how the distribution and making of the preparations will be affected.

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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The Editor, *Applied Biodynamics*
P.O. Box 133
Woolwine, VA 24185, U.S.A.
Phone: (276)930-2463; Fax: (276)930-2475
<www.jpibiodynamics.org>

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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.

Board of Directors

Gena Nonini (Fresno, CA), President
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Jim Marquardt (Winchester, VA)
Lloyd Nelson (Zirconia, NC)

Thanks to All For Blossoms

It is with grateful appreciation that we thank the following for their blossom contributions. The preparations work at JPI for 2003 would not be complete without the ones who offer their time and patience in collecting dandelion, chamomile and yarrow:

- Sharon Carson, Delmar, DE
- Mark Gillen and Janet Allen, East Lansing, MI
- Gregg Martens and Family, Englewood, CO
- Barbara Martin, Fortson, GA
- Dewane Morgan, Park Rapids, MN
- Ruth Zinniker, East Troy, WI

(Thanks also to Erin Coffin for the dandelion drawing.)



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*)

continued from page 1

Anecdotes and Antidotes – Biodynamics at Work

in August, not usual for our Mediterranean climate, and this brought a lot of mildew in the area. Then, within three or four days, the temperature went into the 100s. The neighbor along our south fence lost his entire crop to mildew. Our Chardonnay along the bordering fence line and two or three rows in, showed a lot of mildew. We had been on our 508 program at the full and new moon, using its fermented version as a ground spray. When we harvested, we had about half the crop that we had last year, or a little over a ton and a half per acre. This was in part due to the mildew loss, and in part due to a poor set at bloom, when we also had rain. I suspect, given our neighbor's experience, we would have lost more to mildew had it not been for the 508.

We still had the Sangiovese to harvest. Although the Brix [the amount of sugar measured in the juice] was at 23 or 24, the acids were also high, and our winemaker wanted us to wait. The grapes had a little mildew, again mostly along our neighbor's fence. The real problem though was that they were raisening. We decided to irrigate, which of course helped, but we also used the sprays, 507 (valerian, 22 drops stirred in three gallons of water per acre) and 500. Hugh Courtney suggested the 507.

I intuitively felt that the 500 was also right, that we needed more earth energy. We used the 507 first, at the time we irrigated and then when the heat continued and the grapes began to raisin again, we used the 500. Both times they plumped up almost immediately.

We harvested a little more than two tons per acre, not great, but then, again, we did not have a great set. The wine-maker [Dave Bader at Phoenix Vineyards] remarked on the amount of liquid and strong color and flavor of the grapes, saying that there was almost no pumice left after crush.

Bumper Blueberry Crop Extended With Frost Protection From Valerian

Blueberry Hill is a family farm on nine acres, growing two acres of blueberries and seventy-five young fruit trees in Green River, North Carolina. Maintained by growers and brothers Lloyd, Harold and John Nelson since 1997, it is located in the region of the Blue Ridge Mountain escarpment at an elevation of 2,400 feet. On the farm the preparations 500, 501, 502 and 504 along with the Biodynamic Compound Preparation are made. The major business of the blueberry crop is pick and pay, along with sales of the berries to bed and breakfasts, restaurants and a local food coop. The only inputs that the blueberries receive are the biodynamic preparations.

Using the biodynamic preparations, Lloyd Nelson noticed a positive response almost immediately with the family blueberry crop. The twenty year old blueberry bushes, some in decline, appeared to be rejuvenating. By 2002, the fourth year of cultivation, the earthworm population in the soil had increased a great deal, and the berries showed marked improvement in drought resistance, taste, size and keeping quality. For 2003 the quality continued when the berries took an amazing productive leap.

In past years, the blueberry bushes received several applications of 500 and the Biodynamic Compound Preparation with attention also to 501 and 508 [mostly the fermented tea version]. In fact, in year three (2001) there was an intensive use of forty-five applications of all the preps sprayed over a six month period. The reason for so many applications was to determine if the effects of large, frequent doses would be noticeable – and they were. Most evident of all the preparations were the actions of the 501 and 508. Atmospheric changes would occur in the application of the 501, with a cloudy sky giving way to a bright sunny day. For 508, it would begin to rain when the preparation was stirred.

On April 10, 2003, another form of precipitation, snow, started to fall and valerian (507) was sprayed to protect blueberry blossoms nearing full bloom. The valerian worked; there was no frost damage to the blossoms, even with a total accumulation of two inches of snowfall. However, the wild highbush blueberries (*Vaccinium corymbosum*) and surrounding areas were not sprayed and the blossoms did not survive.

The excessive amount of rain for 2003, a total of about forty-five inches in three months, from May to July, necessitated a concentration of spray applications of 501(5x) and fermented 508 to influence warmth and dryness. There were also several times that the dandelion preparation (506) was stirred in and applied with the Biodynamic Compound Preparation and 500 to encourage yield and overall plant health.

As soon as the sprayed blueberries finished blooming in mid-May, it was very apparent that there were more blueberries than any other year, about four times more than in 2002. With the vast amount of rain, the blueberries were larger than usual, even before their ripening stage. Blooming in late April/May, the rabbiteye blueberries (*Vaccinium ashei*) would be ready to harvest in July, August and September, depending upon the cultivar. At an elevation of 2,400 feet, this is about the northern most limit that this southern variety can grow. Rabbiteye blueberries are known for higher yields, bigger berries and a longer growing season. The three rabbiteye varieties grown on the farm are: Climax (early season), Brightwell (mid-season) and Tifblue (late season). The interesting development was that the mid-season variety Brightwell, started to ripen before the early season va-

riety, Climax. The beginning of the growing season was very wet, yet the months of August through October had been dry.

October 3, 2003 was the first frost of the autumn and a heavy one. At 10:00 PM, the night before the frost, the blueberries were sprayed with 507, a coverage for two acres. The water to be used for the stir of the 507 that evening was very warm, about 100 degrees F. The next morning, what was noticeable to Lloyd was the line of frost protection where the application of valerian was sprayed and where it wasn't. Even with the apparent protection of valerian, the ripe blueberries were physically damaged in a frozen solid state. Not to be deterred with a major loss so early, another application of the 507 was made at 8:00 AM that morning to cover the two acres of blueberries. Two days later, it was observed there was no permanent damage to the blueberries, in fact, they tasted better, the skin was hardier, bringing about a further protection to withstand the elements. Never in the five years had this many berries been so prolific on the bushes nor had they ever before managed to be holding their ripeness this late. Normally these varieties finish up in late September, or until the first frost. There was only one application of 507 at blossom time in the spring. Lloyd chose to save the berries when the first frost warning approached because there were so many of them, and in a telephone conversation that evening with JPI staff member Laura Riccardi, at her urging, "You better get out there and spray those bushes!" he was compelled to save the crop.

In mid-October another freeze made a sudden appearance. It came too quickly and the berries were not sprayed the evening before. Instead, Lloyd went ahead and sprayed the valerian the next morning even though the berries were covered with a light frost. They survived again with no permanent damage. The blueberries made it to about November 10, finally succumbing to a very hard frost. Not bad for a crop that should have ended five to six weeks before.

—Patricia Smith

Fungus Remedy Doubles as Frost Protection

One year in late September as I walked across the lawn, my shoes became coated with an orange powdery fungus. It was the third year in a row that this had occurred. A rust disease of turfgrass, *Puccinia coronata*, was causing the problem. What to do? I got a sense that both the equisetum (508), an aid to rid fungus and the horn silica (501), a warming and drying influence, needed to be applied to the lawn but in separate applications. So over two mornings, an application of the 501 on a Thursday and then an application of the 508 (fresh tea version) on a Friday was completed. The following Monday morning, there was a heavy frost. To my amazement it appeared as if a line was drawn through

where the 501/508 application was sprayed and where it ended, at the edge of our lawn. The entire lawn was still green on our side, but our neighbor's lawn was covered in frost. While I was not trying to achieve frost protection, it was a learning experience in the warming properties of the silica in 501 and 508. That was several years ago. I am happy to report that the rust disease has yet to make an appearance since that time in 1998.

All nine of the biodynamic preparations have been applied each year since then, with the 508 (fermented tea version) being applied more than the other preparations. Why? There seems to be a need for it in my geographic locality. The need does not arise because of chronic fungus problems, on the contrary, but to help as an overall balance considering the location is in a valley next to a small stream.

—Patricia Smith

Please Write

We welcome your comments, articles, letters, photos, book reviews and shared experiences of observations in biodynamic farming and gardening. Send to: The Editor – *Applied Biodynamics*, P.O. Box 133, Woolwine, VA 24185.

Patricia Smith



The frost-free lawn in foreground was treated with applications of 501 and 508. The turfgrass with frost is the untreated area (the neighbor's lawn). Photo © Patricia Smith

Using Valerian the Way Steiner Indicated – An Update

A few years ago the article, “Prepared Valerian: The Secret of Finished Compost,” written by Joe Stevens,¹ (*Applied Biodynamics*, No. 33, Summer 2001) reported of his discovery of a misinterpreted instruction in the Agriculture lectures. His findings conclude that Dr. Rudolf Steiner indicated that valerian (BD #507) be added to the pile *after* the manure becomes fertilizer. Apparently this instruction seems to have been overlooked by many for nearly eighty years. After the article was published, Joe received a few responses.

The valerian experiment

In the same issue with the article, “Prepared Valerian: The Secret of Finished Compost,” was an experiment form for people to record their experiences of using valerian-treated compost. From this experiment, we received one response. This came from Heike-Marie Eubanks of Myrtle Point, Oregon. Heike-Marie lives on a forty-two-acre farm. The land is leased for grazing except for one acre where she has a large orchard and a year-round vegetable garden. Following is her summary from using valerian finished compost (see page 6 for photographs of the cover-cropped beds).

This is an experiment with a cover crop on two garden beds. The treated valerian compost area [Cover crop bed #2] is fifty square feet and the other area [Cover crop bed #3] is a full-size bed of one hundred square feet. Cover crop planted: crimson clover, common vetch and rye. Even though the cover crop on the untreated area [Cover crop bed #1] was planted two weeks earlier and also had 500 applied the day before planting, the crop came up rather spotty and then gradually disappeared. The treated area performed much better. I have now (March 2002) a lush stand of mostly crimson clover and chickweed while the other bed [Cover crop bed #1] is pretty bare.

The garden compost was made in fall 2000 from garden refuse and hay; it did not contain manure (maybe a bit of chicken). It was prepped with the BD compost preps and heated up normally – not as hot as my manure added compost usually did. It probably was up to 120 degrees initially.

I used approximately one-half wheelbarrow full per bed. That's a big construction type wheelbarrow. It was quite mature, a beautiful, earthy humus-like structure.

My soil is clay-loam on old volcanic rock-mixed with sedimentary-topsoil, which varies quite a bit even within the



Cover crop bed #1 – Untreated area, no valerian compost.



Cover crop bed #2 – The front half of the bed is untreated. The far half of the bed is treated with valerian compost.



Cover crop bed #3 – Treated area with valerian compost. Photos are courtesy of Heike-Marie Eubanks and were taken in Spring 2002.

garden of 2,000 square feet, but has been treated the same over the ten years it has been under BD.

Postscript

Following the experiment, untreated compost was applied to the two beds.

After the winter cover crop with the valerian compost, I tried to grow tomatillos in that half bed that had the valerian compost and they would not do anything. They were just sitting there. I took them out and planted black beans (bush beans) and they did okay in the half bed. The full bed with the valerian compost I grew tomatoes and they did alright. That was in 2001. In 2002, I grew cranberry beans which is a dry bean in the full bed and they did okay, and the Roma beans (a bush bean) in the half bed. The half that had the valerian compost did better than the untreated half. In 2003 I had corn in both beds and they did great. I had a very good corn year. I will start to use the valerian compost again this year.

Results of valerian-finished compost

After reading Joe's article about valerian in 2001, Steve Storch of Water Mill, New York changed his method for making biodynamic compost, by adding the valerian to the finished pile. He has found that the compost works much better.

Steve specializes in care of soils, trees, shrubs and turfgrass in his business, Natural Science Organics and also maintains a CSA. The results he has seen from the valerian finished compost include a perkiness in growth, increased flowering, enhanced color of fruit and flowers and dramatic earthworm activity from observing the vast amounts of earthworm

castings in lawns and gardens after application. He also uses this sequence of adding valerian last for making the BC [Biodynamic Compound Preparation, a.k.a. Barrel Compost]. He waits for both the BD compost and the BC to be finished, and then adds the valerian. Steve does not sprinkle the valerian all over the compost. Instead, he pours it down a hole in the middle of the pile. After adding the valerian preparation, he then waits two weeks before using the compost or BC.

In addition to the compost working better, it also has properties of frost protection. Steve has reported that impatiens normally will die from exposure to the first frost. However, for impatiens treated with the compost finished with valerian, they were able to withstand at least four frosts before giving in to the chilled weather—quite impressive hardiness for a tender annual. Steve figures, “The valerian, when inserted along with all the other preparations into the compost pile is wasted at this stage and loses its effectiveness when added so early. If everyone read the section in *Agriculture* about valerian on page 104, they would find this is what Steiner meant that the valerian is supposed to be used last.”

Steiner's indication regarding the compost preparations is as follows:

And so it seems to me that you should try to produce fertilizer by enriching the manure with these five ingredients – or appropriate substitutes – in the way I have suggested. Fertilizers of the future should not be prepared with all kinds of chemicals, but rather with yarrow, chamomile, nettle, oak bark, and dandelion. A fertilizer of this kind will in fact contain very much of what is actually needed.

And if you can still bring yourself to do one more thing,

before using this treated manure, press the blossoms from the valerian plant, *Valeriana officinalis*, and greatly dilute the extract with warm water. The extraction can be done at any time and can then be stored. If this diluted valerian juice is applied to the manure in a very fine manner, it will stimulate the manure to relate in the right way to the substance we call phosphorus.

—Rudolf Steiner, *Spiritual Foundations For the Renewal of Agriculture*, p. 104

The icing on the cake

While responses were quite sparse, the encouraging results of Heike-Marie's and Steve's compost, serve as some proof that valerian yields its most effective influence when it is added after the pile is finished, i.e. compost. To understand valerian's role in compost making, the process which occurred to me is the idea of making a cake. First you make the cake batter and then you place it into a pan for baking in the oven. Once baked, you take the risen cake from the oven to cool. You now take the icing and frost the cake. The cake and the frosting complement each other well. But what if you added the icing to the cake batter before it went into the oven? Well, it may come out alright and the icing would become another ingredient of the cake batter, but its purpose would be lost and be better served topping the

Steiner says elsewhere that people are not yet accustomed to reading his books very closely. This would still seem to be the case today because, as you see, there is no basis in the indication text for applying valerian preparation to a pile not ready for use.

Joe Stevens, "Prepared Valerian: The Secret of Finished Compost", *Applied Biodynamics*, No. 33, p. 8

baked cake, helping to seal the moistness and freshness in the cake itself. Like icing on a cake, valerian holds an influence of keeping the finished compost pile enlivened in nature as well as playing a key role in retaining the qualities of the other five biodynamic compost preparations.

We invite readers to re-visit this most important interpretation by reading the articles about valerian in *Applied Biodynamics* No. 33 and trying out the valerian experiment for yourself. Please let us know of your results and if possible, photos to accompany your findings.

Note

- 1) For further information about valerian, please contact Joe Stevens, 31 Bethwood Drive, Loudonville, NY 12211; voicemail: (518)465-9472.

Biodynamic Preparation Making Conference February 13-15, 2004 East Troy, Wisconsin

Announcement from the Working Group for the Future of Biodynamic Preparations in North America:

For the past two years, the North American preparation conference has been held at Camphill Village in Copake, New York. In keeping with our goal of encouraging individuals and regional groups to gather with one another, this winter's conference will be held at Michael Fields Agricultural Institute in East Troy, Wisconsin. The middle of America is a vast region with hundreds of miles between many biodynamic farms and gardens. This conference is an opportunity to meet and discuss our experiences and needs in the making, use and distribution of preparations, and how our activities can support each other.

This year's focus will be the Yarrow Preparation (502) and how potassium (potash) works in plant growth. Although potash is plentiful in most soils, symptoms of deficiency show up frequently, especially in fruit crops like tomatoes.

In lectures and working groups we will combine soil science with the study of the bladder, yarrow and the course of the year.

All participants are urged to bring their experiences, thoughts and questions. We want to continue to build a fellowship of preparation makers, as well as recognize and balance the activities of regional preparation making groups with the work done at the Josephine Porter Institute.

Conference details

The conference fee is \$30.00. Total for meals from Friday evening to Sunday noon (six meals) is \$43.00. Michael Fields Agricultural Institute is about a ninety-minute drive from Chicago and a forty-minute drive from Milwaukee.

If you would like to attend, contact Dewane Morgan at (218)732-1093 or e-mail <sgmorg@wcta.net> for further details.

To register, please send check or credit card information by January 21, 2004 to:

Biodynamic Farming and Gardening Association
25844 Butler Road
Junction City, OR 97448
(541) 998-0105; fax (541) 998-0106;
<biodynamic@aol.com>

All are welcome to register at the conference. However, it would be appreciated to register by January 21, 2004 in order that we can anticipate for meal preparation and lodging.

As study materials, we suggest:

- *Agriculture* by Rudolf Steiner, Lecture 5
- “On the Sheaths of the Preparations”, pp. 279–284, *Earth and Man* by Karl König
- *The Biodynamic Compost Preparations and the Biodynamic*

Preparations as Sense Organs, “The Yarrow Preparation” by Manfred Klett, reprinted in *Applied Biodynamics* No. 22, Winter 1997–1998

- *Laws of Life in Agriculture*, Chapter 2, pages 13–24, by Nicholas Remer

We look forward to seeing you in Wisconsin.

Kathryn Casternovia (Oregon BD Group)

Dewane Morgan (Minnesota)

Sarah Flack (Vermont)

Harald Hoven (Northern California BD Group)

Hugh Courtney (JPI, Virginia)

Hugh Williams (Hudson Valley BD Group, New York)

A working group for the future of biodynamic preparations in North America

National BD Conference in Iowa November 14–16, 2003

“Place-Based Agriculture, The Economics, Ecology and Community Ethics behind Self Sufficient Farms,” was the theme of the 2003 Biodynamic Farming and Gardening Association Conference. The three-day conference was held at The Hotel at Gateway Center in Ames, Iowa. Speakers included Walter Goldstein, John Reganold, Stephen Jones, Frederick Kirschenmann and a host of many others who led

the twenty-one workshops on Saturday. Workshop attendees had numerous choices which included farming, gardening, community building and biodynamic subject matter. At the close of the proceedings on Sunday, conferees offered feedback on the conference and discussed what needs to be done to strengthen and secure biodynamic agriculture in America.

Biodynamic Viticulture Conference

A Biodynamic Viticulture Conference, a first for Virginia, took place at the Leesburg Holiday Inn November 14–16, 2003. Speakers in the field of biodynamics included consultant and winegrower Philippe Armenier, Mark Trela, Hugh Lovel, Hugh Courtney and Steve Storch. Other presenters were Dr. Michael Glenn with USDA-ARS, Dr. Jerzy Nowak of Virginia Tech and Bob Shaffer of Soil Culture Consulting. Approximately sixty people attended the entire weekend conference. However, for Saturday seventy-five were present to hear speaker Nicolas Joly, the French winegrower and author of *Wine From Sky to Earth, Growing and Appreciating Biodynamic Wine*, for his all-day workshop. A wine tasting that evening included Virginia wines and of course, offerings from winegrowers using biody-

namic practices such as Frey Vineyards, Fragrant Farms and Macari Vineyards, to name a few. Also billed as the Ninth Annual Mid-Atlantic Biodynamic Food and Farming Conference, this event was presented by Allan Balliett of “Gardening For The Future” and Loudoun County (Virginia) Cooperative Extension Commercial Horticulturalist Jason Murray. The conference was sponsored and supported by the Josephine Porter Institute for Applied Biodynamics, Loudoun Commercial Horticulture Program, Loudoun Winegrowers Association, Leesburg Farm Credit and Loudoun Economic Development–Agricultural Development. Those attending were mainly involved in viticulture and came from across the United States as well as Canada.

New Book Offerings at JPI

The following titles are now available at JPI. Postage and handling charges are \$4.50 with an additional charge if extra weight.

About Formative Forces in the Plant World by Dick van Romunde. Published by Jannebeth Röell, Cortland Manor, NY. 163 pages. \$28.00

Flowforms: The Rhythmic Power of Water by John Wilkes. Published by Floris Books, Edinburgh, Scotland. 208 pages. \$29.95

“Water is not only fundamental to life but is essential for the cycles and changes in nature. John Wilkes argues as well that water is the universal bearer of whatever character we put into it. For this reason the way we treat water is of crucial importance to our health and to the well-being of our planet.

“Working with his remarkable invention, the Flowform, Wilkes has uncovered hidden secrets of the world of water, and at the same time created an art form of great beauty. His lifetime of applied research into rhythms and water, fully revealed in this book for the first time, has startling implications for such topical issues as farming and irrigation, food production and processing, water treatment and recycling, and health products.” (From the book’s cover.)

Foodwise: Understanding What We Eat and How it Affects Us by Wendy E. Cook. Published by Clairview Books, East Sussex, England. 338 pages. \$27.95

The Heritage of Trees: History, Culture and Symbolism by Fred Hageneder. Published by Floris Books, Edinburgh, Scotland. 191 pages. \$40.00

Results from the Biodynamic Sowing and Planting Calendar (formerly *Work on the Land and the Constellations*) by Maria Thun. Published by Floris Books, Edinburgh, Scotland. 217 pages. \$24.95

“For over forty years, Maria Thun has been researching optimum days for sowing, pruning and harvesting various plant crops. Here, collected together for the first time, are results from this work, showing the influence of the rhythms of Sun, Moon, and planets on plant growth.

“This book shows that if farmers and gardeners link their work into these cosmic rhythms, the quality of their produce is markedly increased. Avoiding unsuitable days is shown to help prevent crop damage caused by disease and pests. Methods of fertilizing and spraying have been

developed which further enhance produce, allowing a sustainable and ecologically balanced agriculture.

“Includes sections on the stars, the soil, composting and manuring, weeds and pests, as well as growing cereals, vegetables, herbs, fruit and wine.” (From the book’s cover.)

Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods by Sandor Ellix Katz. Published by Chelsea Green Publishing Company, White River Junction, VT. 187 pages. \$25.00

“Since the beginnings of human culture, we’ve been nourished by fermented food – bread, coffee, chocolate, beer, wine, cheese, miso, yogurt, sauerkraut are a few of the most familiar – relying on the magic of fermentation to preserve and enhance the flavor and health benefits of what we eat and drink. Fermented food is literally alive with the complex bacterial activity so necessary to life itself, not deadened or destroyed by industrial food processing.

“*Wild Fermentation* is the only comprehensive recipe book of fermented and live-culture cuisine ever published. Much more than a cookbook, it is a “cultural manifesto” that explores the history and politics of human nutrition. This revolutionary and unique book will appeal to anyone interested in world food traditions and the vital connection between real food and good health.” (From the book’s cover.)

Biodynamic Seed Catalog

The Turtle Tree Seed Catalog is available for those seeking a source of biodynamic seeds. They offer open-pollinated varieties of flower, vegetable, herb, farm, grain and cover crops. Send your catalog request to: Turtle Tree Seed, Camp-hill Village, Copake, NY 12516; tel: (800)620-7388; fax: (518)329-7955; <www.mamasearth.com/turtletreeseed.htm>. Please note that orders must be received by May 31, 2004.

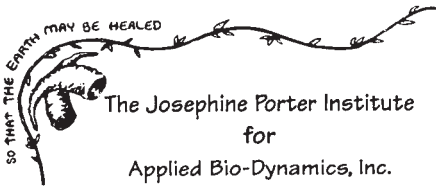
BD at Lawn and Garden Show in Nashville

The 2004 Nashville Lawn and Garden show will be held March 4–7 at the Tennessee State Fairgrounds. Hugh Courtney of JPI will give three presentations at the show. His topics will include: “Biodynamics in Your Lawn and Garden,” “Using the Biodynamic Planting Calendars for Successful Growing,” and “Biodynamic Tree and Vine Care.” Daily passes are \$8.00 and event passes are \$13.00.

*In compost we have a means of kindling
the life within the earth itself.*

Rudolf Steiner – *Agriculture*, Lecture 4, p. 70

SO THAT THE EARTH MAY BE HEALED



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