

Applied BIODYNAMICS®



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Mile High Biodynamics and New Horizons with Pat Frazier

Hunter Francis

Pat Frazier has become a leader in her area for biodynamic education and outreach. She is co-owner of Peace and Plenty Farm, a thirty acre farm on the Western Slope in Colorado, which she and her family have developed into a biodynamic homestead and which they use to teach others about sustainable living. An important aspect of the farm's self-reliance is the fact its fertility needs are met on site and do not rely upon purchased agricultural inputs. Pat makes her own biodynamic preparations and teaches others how to do the same. She is an active member of the national Fellowship of Preparation Makers. As a nurse practitioner by profession and as an accomplished permaculture designer, Pat has a unique understanding of both holistic health and ecological design, which she uses to complement her work in biodynamics. Pat is a board member and was recently elected board president of the Josephine Porter Institute for Applied Biodynamics (JPI). In the following interview, Pat shares how she became involved with biodynamics and her vision for the movement in the future.

HF: *Pat, I am wondering if you can tell us a little bit about your farm. Where exactly is it and what do you do there?*

PF: We are located in central Colorado on the north fork of the Gunnison River at 6,800 feet, about two hours southwest of Aspen. The property is mostly a wooded thirty acres with eight cleared acres in the middle of it. On that eight acres, I tightly cultivate two acres for the production of fruits and vegetables. On the remaining six, I run animals – cows, goats and chickens – on pasture. The rest of the land is woodland and streams with a variety of habitats and where I am slowly introducing medicinal plants. The farm has been designed around having a wild area that I visit less frequently and from which I take timber and so on, as one would do in 'Zone 5' in a permacultural system. The tighter zone around my house is planted with orchard guilds, perennials,



Pat Frazier with her cow, Golden

medicinals, herb gardens and a traditional row crop production bed. It's a small demonstration of what you can do on eight acres with additional acreage to support it.

HF: *It sounds beautiful.*

PF: It's very sweet and it's remote. When we bought it fifteen years ago, there was no road into it. Prior to us, the property was in low cultivation hay fields for much of its existence and before that it was a hunting ground for the Ute Indians. Slowly, we have been adding infrastructure. Since there was nothing there to begin with, we have been able to do so intentionally, which is nice. We have an

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From the Editor

Dear Friends of JPI,

As we near the Winter Solstice and complete work on this issue of the newsletter, I am keenly aware of the seasonal withdrawal of Earth's forces into itself. Even on the temperate California coast from where I write, we have just experienced several nights of freezing temperatures, something which is uncommon for these parts. The withering of plant growth is evident even here, notably for me in a fledgling avocado tree I failed to save from frost. Rudolf Steiner likened this 'paralyzing' effect to the rhythmic process of breathing. He says, "At this time of year we can compare the Earth's breathing with that of a person who has inhaled a breath of air and holds it in his lungs. In the same way, the Earth holds within itself those forces I spoke of as being inhaled and exhaled. At the end of December, it holds these forces within itself... The Earth has breathed in fully... It has entirely sucked in its soul element, for that is what these forces are. It has drawn this completely into itself in the same way that someone holds breath in himself when he inhales." In this time of withdrawal, he says, there is a momentary isolation of the Earth from the cosmos. We are thus challenged to find light and warmth, normally engendered by the sun, within ourselves and our communities.

Applied Biodynamics

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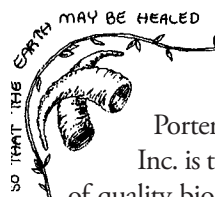
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In the awakening of light and love in our innermost being, we may find a quickening of forces, which readies us for the great outbreath of the Earth that manifests as spring.

This solstice mood seems apt to me as a way to characterize some of the work at JPI and in our biodynamic community at large. A time of transition, which we are going through, can mean a time of pulling into ourselves, "regrouping," and reflecting on the past. In this appraisal there is a quickening of energy, an 'inner' activity involved in the evaluation of our efforts, a synthesizing and weaving of loose ends, and a clearing made for new growth. It is an exciting time.

In terms of this newsletter, there has been a change in our editorial staff. With regret, I report that former editor, Christy Korrow, who, after seven years, has left her position here at JPI to focus on other of her efforts, notably her role as editor of *Lilipoh*, an anthroposophically-inspired lifestyle magazine for 'culture-creatives' interested in holistic health, well-being, creativity, spirituality, gardening, education, art, and social health (www.lilipoh.com). Christy's expertise as an editor, not to mention her leadership skill and gracious disposition, have left big shoes to fill. We thank her for her service and dedication to JPI. Starting with this newsletter, I will serve as editor, assisted by Abby Porter, member of the JPI board of directors and daughter of Josephine Porter, who was honored in the naming of the organization by founder Hugh Courtney.

In the bigger picture here, we would like to thank Gena Nonini of Marian Farms in Fresno, California (www.marianfarmsbiodynamic.com) for her ten years of service on



Mission

The mission of the Josephine Porter Institute for Applied Biodynamics, Inc. is to heal the earth through production of quality biodynamic preparations based on the spiritual scientific discoveries of Rudolf Steiner and to advance education and research in biodynamic agriculture.

Board of Directors

Pat Frazier (Hotchkiss, CO), President
Bill McCranie (McDade, TX), Vice President
Abigail Porter (Berkeley Springs, WV), Secretary

the JPI board, most recently as president. Her business and marketing experience has been invaluable to JPI over the years. In addition, she has represented JPI as a speaker at numerous conferences and events and has generously shared her biodynamic farming experience and use of the preparations with the larger sustainable farming community. Our board secretary, Mark Ellenbogen, also left in October after spending an intense year reviewing records, documents, and financials and working as liaison between the board and legal counsel. We thank them both for their many hours of service on behalf of JPI, and wish them all the best in their future pursuits.

Finally, we would like to welcome Pat Frazier of Hotchkiss, Colorado as our new board president. Pat is a driving force in the biodynamic movement nationally and has been involved in activities at JPI in one form or other for over a decade. Given her new leadership role, her vast expertise in biodynamics as a practitioner, and her involvement in agriculture as a whole, we thought it fitting to begin the New Year with an interview with her. In it, she shares her experience, impressions, and hopes for the future. She is clearly a talented woman; I think you will enjoy knowing more about her.

As always, we continue many of the traditional elements of the newsletter, and would like to invite those of you who receive preparations from JPI to renew your annual Associative Contract with us. Above all, we send you all our best wishes for the coming year!

Hunter Francis

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*)

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Mile High Biodynamics and New Horizons with Pat Frazier

adobe home and are not attached to the energy grid. We have a pretty small ecological footprint. From the beginning, it has been set up as a biodynamic homestead. We have been spraying the preparations on the land since we purchased it sixteen years ago. We moved here from Boulder ten years ago. Now, people often come here for retreat-type experiences. We hold a lot of festivals and biodynamic gatherings when people come to make preparations and have ceremony together. We also hold a two-week in residence permaculture design course here every summer.

HF: *Do you market the produce you grow?*

PF: I went through that iteration. Prior to moving here, I had run a CSA at a small farm we had in Boulder. I was a market farmer on this site for four years. I went to Telluride to sell, which is a lucrative market. I partnered with a friend who has a farm nearby. We shouldered the season with each other's help. He is a thousand feet lower, where the climate is milder, so sometimes he could provide produce I couldn't and vice versa. Nonetheless, I'm the sole farmer at Peace and Plenty, and I wanted to move towards building more of a farm organism here. The missing piece from the organism was animals. As the principal farmer doing all the production and marketing, I didn't have time to take care of them. So, I decided to stop doing the market farming and focus more on building the farm organism. I got a dairy cow and a couple of goats, and I increased my chicken flock. Now, I do dairy. This year my cow calved in spring and I milked her this summer. I shared the milk with people in the area. I've always loosely marketed eggs to people in the valley. Maybe I'll start a CSA here. For the most part, I am just trying to close up the loops and to be a self-sufficient homestead. And we are doing pretty well at that. Over half of the food we eat comes from our farm. Our fertility is produced on farm now. All of my manure preps are made



Making compost with peaches and straw

from my own cow's manure. My compost preparations are made from my own herbs. It takes a while to get to self-sufficiency and the learning curve in perfecting the systems has been steep, but we're getting there and that feels good.

HF: *Do you milk the cow yourself?*

PF: Yes. I milk every day. I do have a surge machine, but with all the care, feeding, and milking, it's a major part of my day. It's a big commitment. Eventually, I will probably need to recoup something from it financially. I may start marketing dairy shares next summer – and perhaps goat shares. Yet, I really feel that having the cow has grounded the farm like nothing else did previously. Having the cow, her manure, and just her presence on the farm has added to the farm in an amazing way. I may increase my dairy herd; I may not. But just having the one cow has helped give a sense of completion to the fertility cycles here.

HF: *How was it that you discovered biodynamics and decided to farm that way?*

PF: I've always been in the healing arts. My father was a doctor and my brother is a doctor. I'm a nurse practitioner. I still teach nursing at a small college here. As a nurse, I was in pediatrics. In that experience, it was pretty clear that most things affecting children's health had to do with their exposure to the environment – either inability to build an immune response, or poor nutrition, or even psycho-social factors. Looking at it from that perspective, I realized there must be a better way to help them stay well and that Western allopathic medicine wasn't it. So, I went back to school and got a nurse practitioner degree, went into primary care, and started serving low-income Spanish-speaking kids. I also got a certificate in herbal medicine and paired that with my allopathic training. I eventually worked in a non-traditional alternative medical clinic in Boulder, where I did primary care using herbs, nutritional therapy, and received some training in homeopathy. At the same time, all through my career and as a mother raising kids, I had a garden. I became more interested in gardening, especially after herb school. We bought a farm in Boulder and I started farming on an acre and a half. I took a permaculture course around 1996, thinking that would be a great thing for a farmer to know.

One of my teachers was Jim Barausky. He was on a farm nearby called Hedgerow Farm, owned by Naropa University. Jim taught biodynamics as part of his position at Naropa. During the course he came in and taught a segment on biodynamics, and I thought, "That's it!" Clearly, that's what I should be doing. I studied with Jim for about six months independently and learned a lot of the principles of anthroposophy, Goethean science, and phenomenology. I also did a lot of study on my own, learned about the preparations and learned the deeper significance of the preps

from Jim. Of course, all along, I was getting preps from JPI because I wasn't yet educated in making them myself. The only preparation I was making on my own was the horn manure (BD #500). So, I was connected with JPI the way that most people are, by purchasing the preps. Over a decade, I began putting all the education I had with Jim into practice on my farm and I watched it completely transform – from a so-so garden to a really vital, productive farm. I was really intrigued by biodynamics and wanted to learn more about it. Around 2005, I went to JPI to do two of Hugh's preparation workshops. There was also a Fellowship conference there. I took what Hugh had to say and brought it into my life. Hugh was another of my most wonderful teachers – very generous, very giving, very loving – just a really good teacher for me. His perspective provided a nice balance to Jim's. Still, a lot of my biodynamic education has been self-taught. My understanding has evolved by practicing biodynamics for over fifteen years on two different pieces of property. I really think that's how biodynamic farmers learn the craft – by doing it. So, that's the way I got into biodynamics – from healing roots. The answer came as I first heard Jim talk about it; I realized biodynamics has a healing effect on the Earth. That really appealed to me and still does.

HF: *Is there much biodynamic activity in your current community?*

PF: We have an active loose-knit community of biodynamic practitioners in our valley. One of the strengths of our area is that we have the largest concentration of organically-certified acres in Colorado. There are over sixty organic farms that do everything from orchards to pastured beef and poultry. Most of the certified acreage is in orchards and diversified organic market farms. We have a farmers' non-profit organization called the Valley Organic Growers Association. About three years ago, another woman, Caren vonGontard, and I started to teach basic biodynamic principles to the community. We hold classes in the wintertime when I'm not farming. In the course of teaching those classes, we have garnered about forty people who have been consistently interested in learning about biodynamics. Additionally, I'm associated with the Fellowship of Preparation Makers, another loose-knit organization that looks at issues of preparation quality and helps supply preparations regionally. The Fellowship holds a yearly conference. In 2011, I volunteered to have the 2012 national conference here in our community. That was a pivotal moment in our development as a biodynamic community because nine leading speakers from various walks of biodynamics came. We had a huge gathering for our small community of over a hundred participants. It really brought people along in their understanding of biodynamics. We now have three Demeter certified farms



Cleaning skulls for oak bark preparation(BD#505)

in the area. Another result of the 2012 conference was that a strong practitioner, Lloyd Nelson, relocated to our community, which has been a boon to me because he and I often teach together. So, there are about forty of us that gather to make preparations and to hold seasonal festivals during the times when we're not farming. The classes bring in even more people. The community is growing and it's gratifying to see people supporting one another.

HF: *How exactly is the Fellowship of Preparation Makers structured? Is there any sort of headquarters nationally?*

PF: There are four committees in the Fellowship: Sub Group 2 (overarching), education, research and a conference committee. The three latter committees funnel up information to Group 2, which serves as a sort of steering committee. Sub Group 2 was formed after one of the annual conferences held in Viroqua, Wisconsin, which I believe was around 2005. It is made up of practitioners from as many regions of the country as we can cover. I am on that group, as is Hugh Courtney and representatives from Oregon, California, Wisconsin and the BDA. Bill McCranie, also from JPI's Board of Directors, represents the southern part of the country. So, there are people from across the country involved. I think the only region we don't have represented is the Northeast.

HF: *How many regions are represented in total?*

PF: Oh, about ten major regions. The main activity that keeps us working together as a group is our hosting of the annual conference.

HF: *Where will the conference be held this year?*

PF: We will be joining forces with the Biodynamic Farming and Gardening Association (BDA) this year. We are planning to hold our conference in conjunction with the bi-annual BDA conference in Louisville, which will be held in November. Our conference will take place just prior. We decided to do that because one focus of their national conference will be on the preparation work. There will be a lot of subtopics as well, but much of the educational focus work will be around the preparation making. We will be convening with them to share faculty as well as to assist folks who may not be able financially to attend two major conferences. We are hoping to attract more people to each of the conferences by doing it that way.

HF: *In terms of your local group, how often do you meet, and in what context?*

PF: Our meetings generally revolve around preparation making activities on the farms that are practicing biodynamics. We need to make them seasonally and we come together for

that purpose. We don't have any sort of structure. We are just a community of people who support each other in our work. There is some merit in that because it helps things to flow organically. It's a genuine community of people who want to share ideas and be together. In addition to the prep making activities, there are usually evening lectures once a week or so for about six to eight weeks in the winter. Most of all, it is about making the preparations and getting them out on as many acres as we can.

HF: *Are there any large farmers involved?*

PF: Three of the farms are major biodynamic operations that market produce off their farms. Then, there is a satellite group of people who have orchards or vineyards – that's the major acreage we are starting to get interest from. The others are gardeners or people who have small homestead farms. I'd say about fifty percent of the people who contact us are in commercial or production agriculture.

HF: *In terms of your leadership at JPI, what led you to have an interest in shaping the future direction of the organization?*

PF: I came on board at the request of Hugh Courtney about a year ago. I hadn't been involved in JPI's inner working, with the exception of my involvement in the Fellowship. You have to keep in mind that the Fellowship was formed in

the knowledge that Hugh is an aging teacher – a person who has done an incredible amount of work in developing the preparations on the North American continent. And, he is also reaching an age where he probably won't be as active in the future. So, those of us who have been in biodynamics for a while and who know the quality of the preparations he makes began to have some concern, as did he. There wasn't really a real good plan for succession. That was the original impulse of the Fellowship – to try to steward the future of the preparations. In fact, that was the original name of the Fellowship: The Future of Preparation Makers.

HF: *Was that the first preparation makers' initiative nationally?*

PF: I think so. My understanding of it is that it was a conscious effort for preparation makers to come together in spite of some differences in philosophy. There was concern about the future of the availability of the preparations following Hugh Courtney's announcement in late 1999 of his desire to retire. That coming together is now fourteen years old. And quite frankly, we need to get going. It's time not to just talk about it, but to really do something about building a viable plan for ensuring high quality preparations into the future. That is one reason to garner



May Day festival celebration at Peace and Plenty Farm



Burying nettle preparation (BD #504)

knowledge and experience in a collective form of wisdom. The other critical piece is that because JPI has been the primary provider of preparations in the US for such a long time, we also have access to most of what's needed to make large quantities of preparations. For example, we have access to supplies of horns in quantities that are gigantic. We have the ability to obtain animal sheaths on a regular basis thanks to permits we have been granted for research. That's a very controversial issue in other places in the world, for example in Europe, where there are only a few localities that are even allowed to make preparations anymore because of mad cow scares, etc. Now that regionalization is starting to take a hold, people are starting to understand that a preparation made in one region might have a different quality and carry slightly different forces. That kind of regionalization needs to spread out so this single-source distribution model gets transformed and is more able to be responsive and receptive to the needs of the whole country. That was one of the reasons I went on the board of JPI – to see what could be done with such a concept and to see how it could be implemented. I feel like I have a very clear vision of that in my work with the Fellowship, so I carry enthusiasm and energy towards greater regionalization of preparation

making and utilization. That's not to say JPI doesn't have a huge role to play. We do, because we know how to distribute the preps better than anybody. And we will continue to do that work, perhaps at an even higher scale. We also have the knowledge of Pfeiffer product manufacture and distribution. So, there are a lot of places where JPI will be absolutely crucial in the new era of regionalization. Probably one of the main places we will be crucial will be in the provision of education for people who need to and want to learn how to make the preparations. That's a large part of our mission – to educate people about the preparations work. That's why it's called "applied" biodynamics. We don't just want to make them. We want to teach people how to make them and use them and what place they have in the greater whole.

HF: *In terms of the regionalization idea, how well would you say it is subscribed to within both the Fellowship and at JPI? I would assume the Fellowship sees it as one way of tackling the succession problem.*

PF: I can't speak prior to a year ago with any authority – except for what I know to be true in the Fellowship. I would say before JPI's moving off of the Courtney farm to a new piece of property, I think it was a philosophic idea that had traction, but that didn't have the energy behind it to

make it move forward because there was so much involved in the move. That took a lot of energy, negotiation and realignment. But I now feel the Fellowship, and JPI, and to a certain degree the BDA, are starting to come together in a way that looks like true collaboration towards putting regionalization into practice. For many farmers, using JPI preps has been the standard practice for years. The question is what steps would be necessary to offer alternatives. It may be appropriate that they come from JPI, but there may also be a source that's more appropriate for them. What kind of education do we need to put that choice into place – and what do we need to do to make sure the sheaths and plants are available, that they are in good supply, and that we know that the quality will continue once we shift to a more regionalized approach? These are questions that won't get solved overnight, but if the major biodynamic organizations can collaborate together, I think we have a good shot at having the idea evolve nationally.

HF: *It is sounding like the mood nationally is more conducive to collaboration than it has been in a long time. Do you think that's true?*

PF: Yes, a lot more conducive. I think Hugh was very centered on his work – and he still is. But in terms of having all the players in the work come together in one movement, that wasn't the focus of Hugh's work until he started to think more seriously about the problem of succession. It's now clear that that's the type of thing that needs to happen for the whole movement to be safe and secure and to prosper into the future.

HF: *Would you expect that in the near term JPI will continue to offer the products and services it has in the past?*

PF: I would; and I think it will be a key to success in the regionalization initiatives. There are regions that are making a whole lot of preps – such as in Wisconsin and Oregon. They make high quality and high quantities of preparations, but their mission currently in doing so is community-based. That means that the preparations they do make are utilized primarily within their own community, which leaves a whole lot of people, especially in the wine and orchard industries that are biodynamically certified, without the ability to get large quantities of preparations except through JPI. So, JPI has to continue to be viable as a quality- and quantity-oriented source of preparation materials because right now the development of regional centers is in its infancy. If JPI were not in existence right now, we would have a shortage of high quality preparations. Not to have JPI would be tragic; it would set the movement back years. I feel a strong sense of responsibility for keeping that going, while at the same time, in parallel, a sense of responsibility for helping to put together the mechanics of how to regionalize preparation

making, which will be extremely important in the future. It's a tall order.

HF: *Has there been much thought about the actual mechanics of regionalization yet?*

PF: There has been. It has always been discussed in terms of next steps – how do we do this? Recently, we have had quite a bit of input from the BDA in terms of how we can move this forward. I think there is a real good chance that, through BDA's and JPI's status as non-profits, we can come together and start to look at those mechanics. What would it take to realize a regional preparation center? What would it take in terms of dollars and infrastructure? What would it look like on the ground – should it be a farm? I think we can start to take a look at all of those questions now and perhaps start fundraising for that particular form of organism to evolve. The movement will be generated by the coming together of the large organizations involved in biodynamics.

HF: *Is there a concern about quality if regionalization results in more people making preparations?*

PF: We are all concerned about that, but I don't think there is a way to police it currently. That's why education is so important. Demeter has made it clear they will not be in the business of certifying preparations. They are in support of regionalization, however.

HF: *With JPI's reorganization and move, are you concerned about being able to keep up with demand for preparations?*

PF: No, it's not an issue for us. In fact, the move has opened up some horizons that we didn't have when JPI was located on Hugh's farm. There, the organization of the farm, the cropping decisions, etc. were all under Hugh's direction. And the preparation making that went on there was under Hugh's direction, yet JPI was responsible for the financial procurement of preparation making materials. Now, in our new location, we still procure materials through the same channels we did before, with the exception that right now we don't have a cattle herd as did Hugh. What we have gained by JPI's having its own location is that we can now come together as a community dedicated to preparation making and start to design a farm with that in mind. It will be a farm expressly tailored to preparation making. For instance, we can plant all of the herbs needed for preparation making and we have plenty of room to do that. The quality of the preparations may actually improve, because we will be growing many of the inputs. We have a beautiful twenty-five acre site, well situated with good neighbors, including the biodynamic Spikenard Farm Bee Sanctuary. We are excited to be there. It's an exciting time for JPI right now.

HF: *Will you continue to make the Pfeiffer preparations?*

PF: Yes, we will continue to make the Pfeiffer preparations.

The Pfeiffer Foundation conveyed the proprietary rights and formula for the Pfeiffer products solely to JPI. We honor our commitment to continue making these products available. It is an easy way to introduce the benefits of biodynamics to beginners and many larger operations like the convenience of the Pfeiffer products. Construction at our new facility has included infrastructure to house Pfeiffer production.

HF: *What is your sense of biodynamics's alignment with other movements, permaculture in particular? Do you see opportunities for collaboration and can this help spread word about biodynamics to young people?*

PF: I do see opportunities. The best inroad I see in terms of a seamless interface between biodynamics and permaculture is the concept of the farm organism. I think that's a concept that can be easily articulated in permaculture, but it's articulated in a different language. In permaculture, it's spoken of as the development of ecosystems that mimic ecology – via guilds, companion planting, appropriate technology and land use. If done well, the outcome of that in permaculture is something that looks very similar to a farm organism. It's an organism that functions on its own, that's self-sustaining, and that has all of the organs of an organism. You are working with and helping the land to become more sustainable. As in biodynamics, you look at the specifics of what plant materials you're putting down, how they are functioning together, and what their role is in that sustainable organism. You start to understand their qualities and their archetypes. That language melds with the permaculture practice of companion planting. So, the languages are different, but the ideal end result is the same. A large part of biodynamics that isn't articulated in permaculture is the connection with the cosmic beings and the cosmos and their particular influence on plant growth. But even there you can get to the same outcome if you look at it through the lens of pattern language. That pattern language just needs to get translated to the planetary pattern language that we see in plants. Once people start to inculcate those images, they open up to higher knowledge about the whole of the cosmos and about what we are doing here on Earth. I always bring biodynamics into my permaculture classes. We make preparations. I talk about closing fertility loops, and of course, about the farm organism. At last year's BDA conference, there was a talk by Mark Shepard entitled "Biodynamics and Permaculture." It was very well attended. It is definitely a trend.

HF: *As a way of concluding, I was wondering if you might share something about your personal experience with the preparations – perhaps your favorite prep?*

PF: Sure. I love that question. Part of the answer has to

do with what I shared previously about regionalization. One of the things that strikes you when you come to the Rocky Mountain West is the quality of sunlight here. It is completely different than anywhere else in the country, for two reasons: we're high and we're dry. When we make preparations here we have a completely different set of challenges because of those two facts. A place like Virginia would be the opposite. The silica quality, the light quality, of the preparations is diminished appreciably in Virginia in comparison to here. So, in coming here and getting more adept at preparation making, I have become very fond of the silica prep (BD #501). The biggest challenge in our area is the site. We don't have sandy soils here, which foster silica forces and are the best place for the horns to be buried. Fortunately, we have a stream on our property that has silted out over time, so I have a sandy place to bury the silica. I love making silica. It's effortless; it belongs here. I think the silica prep that comes from this region is probably the highest quality there is. I spray it a lot to enhance the light carrying capacities of the plants. Contrary to a lot people's belief that you shouldn't necessarily spray silica in light-filled places like this, I actually find it's a perfect spray for this area, not only in the crystalline form, but in the horsetail form (BD #508). I grow and spray a lot of horsetail here. It is the plant form of silica. It's a great balancer. Of course, I use all of the preparations. I make a lot of horn manure because I do need the balance brought forth by spreading around that earthy, down-deep quality. But I love using the silica. That's my affinity; I like the West and its vistas. We make preparations that reflect our landscape.

HF: *That makes me recall the idea of regionalization. Each region could have strengths in terms of certain preparations.*

PF: Absolutely. That's the kind of research we need, and the kind of work we need to do to determine whether that 'feel' I have is correct. Does it work? Even within our little valley locally, we have ranges of altitude that are 1,000–2,000 feet apart. We are starting to look at these issues of quality in the preparations we are making and are thinking that maybe lower altitude farms with bottomland soils that are a little more mature are perhaps a better place to be making some of the buried preps that like Earth influences – like the nettle and horn manure preparations. We are working with our thought processes to see if they have an outcome that matches our intuition.

HF: *It all sounds like great work. I certainly wish you the best in it!*

PF: Thank you.

Enzo Nastati Comes to North America

Pat Frazier

This fall, a group of biodynamic practitioners and educators from Colorado and Kentucky came together to bring Enzo Nastati from Italy to the US, for the first time, to present two seminars on his decades of research and development of the Homeodynamic Method.

Enzo Nastati developed the Homeodynamic Method using Rudolf Steiner's biodynamic preparations as the basis. His focus has been to develop preparations and to bring them into the present in an appropriate way, taking into account the individual farm organism, the specific challenges of various regions and localities, and the changing dynamics within the earthly and cosmic realms. His research has addressed the difficulties presented by electromagnetic fields, radioactive pollution, industrial pollution, water quality deterioration, GMOs, and other harmful effects of our modern day. He is the author of over eighty books on specific crops, agricultural challenges, and aspects of the cosmic and spiritual influences on the Earth and farm organisms. His major text, *Commentary on Dr. Rudolf Steiner's Agriculture Course* (Eureka Press), is available from the JPI Bookstore and is an invaluable resource to help understand and delve deeper into the first indications given for biodynamic agriculture.

Caren vonGontard was instrumental in bringing Enzo to North America, and the first of the two seminars took place on her farm in Paonia, CO. Thirty participants from all around the Rocky Mountain region and as far away as New Hampshire attended the five day workshop. Day-long lectures on practical agricultural problems (such as degraded water quality, dealing with drought conditions, and building humus in alkaline soils) and corresponding homeodynamic solutions provided participants with inspiring and thought-provoking

methods to apply to their farms, gardens, and their relationship with the Earth. Evening lectures provided further insight into the foundations of the deeply spiritual approach of this brilliant and dedicated teacher. Several participants received scholarships from the Biodynamic Association (BDA). The following reflection from Andrea Martone of Durango, CO illustrates her perspective on this educational opportunity.

"Enzo showed us how we could improve the effectiveness of preparations and the quality of compost by incorporating spiritual understanding. I learned about the interactive forces on the farm and in a human: forces of life and death, of incarnating and exarnating, and of the astral and etheric. Understanding these forces, he told us how to improve the quality of dynamization, compost, preparation making, water vitality, seed germination, and much more."

Twenty-five participants attended a second, five-day seminar in Louisville, KY at Fox Hollow Farm. The seminar was attended by notably experienced biodynamic preparation makers, including Laura Riccardi Livers, Hugh Courtney, Jeff Poppen, and Lloyd Nelson, who attended both the Colorado and Kentucky seminars. The Kentucky group of participants remarked that the spirited group discussions on various aspects of Enzo's work were fodder for further research individually. An exercise of potentization of previously made preparations was carried to several locations involved in fall preparation making work, including Colorado, Virginia, and Kentucky. Several participants have initiated plans to have Enzo Nastati return to America in the spring of 2014 to continue advanced teaching.

JPI Update

Abigail Porter

It has been a busy fall at JPI. Preparations have been made and buried at our beautiful farm location and lots of orders have been shipped from our Floyd office and storefront. Plantings of preparation plants have begun at our new location – thanks to Patricia Frazier for providing valerian plants and to James Silverthorne for providing nettle plants from the previous Josephine Porter Farm in Pennsylvania. Terry Brett has generously made improvements on the barn so the JPI staff can continue the preparation work and Pfeiffer production through the winter. Work has begun on upgrading the website and the newsletter will be available on-line starting with the spring issue. We are planning our conference and workshop schedule for the year

and look forward to seeing many more of you throughout the year. Collaboration with the Biodynamic Farming and Gardening Association (BDA) has grown and future collaboration with other biodynamic groups is anticipated. A lease with the option to purchase the barn and farmland is in the works so we can have a permanent home with biodynamic neighbors.

A lot has been accomplished since our move only six months ago. We are grateful to everyone who has helped make the transition possibly, especially our dedicated on-site team; Cynthia Bowman, Larry Mabe, Carolyn Hanchey, Kendell Cockram and Terry Williams. We are thankful that previous board president, Gena Nonini,

found the property and that Terry Brett has agreed to lease/sell the portion of his farm that is the most ideally suited to our needs. We are also happy to be located next to the Spikenard Farm Bee Sanctuary in a growing biodynamic community. We are grateful for the continuing support of the larger biodynamic community as we move forward in our expanded mission of supporting the development of regional preparation and educational centers.

There is still much to be done as we make improvements to the land and the barn so we can continue to fulfill our education and research mission. Equipment, tools, and

supplies need to be replaced that were left at the Courtney farm and any donations that you can make will be greatly appreciated. We are also looking for mission-aligned board members and volunteers who have experience and skill in preparation making, biodynamic farming, non-profit organization, fundraising, social media, marketing and business and who can assist us moving forward in these exciting times. With the increasing interest and growth in biodynamics, we look forward to cultivating greater collaboration and partnership with our employees, our customers, and the biodynamic and sustainable farming community.

2014 Associative Contracts Due by March 31 for Up to 20% Discount

JPI continues to offer Associative Contracts with up to a 20% discount on contracts for biodynamic preparations with payment received no later than March 31.

For those of you who are not familiar with our Associative Contract arrangement for preparations, it is similar to the economic concept and associative relationship of Community Supported Agriculture (CSA). Biodynamic practitioners may contract to support the yearly work of JPI at the beginning of the season, at a level that is appropriate for their preparations needs and acreage requirements. In turn, JPI can continue to support the health of the soil, plants and the Earth by providing you with biodynamic preparations and education on their use. This partnership assures that your biodynamic preparation requirements will be met and it helps us plan our preparation-making and distribution schedule in advance. Contracts may be customized to your specific needs and the Pfeiffer BD Compost Starter and Pfeiffer BD Field and Garden Spray may be substituted or added on with the fee adjusted accordingly. If your contract is made by March 31, you will receive free shipping on a spring and a fall delivery of preparations (for four acres or less) and a 20% discount on any additional preparations that you order throughout the year. However, a shipping and handling charge will be applied to shipments that are in addition to the spring and fall delivery. Contracts for five acres or more will receive 20% off the retail price and shipping costs will be added. Associative Contract partners may also subscribe to the *Applied Biodynamics* newsletter for \$20.00 (or \$15.00 for the online version), instead of the regular rate of \$30.00 (\$20.00 for the online version).

Benefits of the Associative Contract:

- Assured spring and fall preparations delivery
- Free priority mail shipping on two shipments of preparations (up to four acres)
- 20% discount on additional preparations and Pfeiffer products

- Contracts may be customized to your specific needs
- Annual consulting in the use of the preparations
- \$10–\$15 off JPI newsletter *Applied Biodynamics*

Spring Delivery for 1–4 acre contract includes:

- One set of biodynamic compost preparations (BD #502–507)
- One unit each of BD #500 (horn manure), BC (Biodynamic Compound Preparation a.k.a. barrel compost, Thun recipe), and BD #508 (*Equisetum arvense*/horsetail herb) for each acre in contract
- Two units BD #501 (horn silica) for each acre in contract
- Free shipping

Fall Delivery for 1–4 acre contract includes:

- One set of biodynamic compost preparations (BD #502–507)
- One unit each of BD #500 (horn manure), BC (Biodynamic Compound Preparation), BD #508 (*Equisetum arvense*/horsetail herb) for each acre in contract
- Free shipping

Contracts for preparations at the five acre level and beyond will be calculated at 20% off the retail price plus shipping charges. Contracts will be customized according to your needs.

More information and the contract are available on our website at www.jpibiodynamics.org.

The Associative Contract must be mailed in, or you may contact the office for more details and sign-up. Larger farm operations, market gardeners, or growers with special needs can anticipate a contract with JPI that will meet both their preparation and financial requirements. Contact JPI for an Associative Contract plan to meet your needs at (540) 745-7030.

Highlights from the JPI Catalog

Planting Calendars Available

North American Maria Thun Biodynamic Calendar 2014

The 2014 biodynamic calendar, now in its 52nd year, adapted for North American (Eastern Standard Time) dates and times. This useful guide shows the optimum days for sowing, pruning, and harvesting various plant-crops, as well as working with bees. It includes Thun's unique insights, which go above and beyond the standard information presented in some other lunar calendars. It is presented in color with clear symbols and explanations. The calendar includes a pullout wall chart that can be pinned up in a barn, shed or greenhouse as a handy quick reference. Color illustrations included.

\$13.95

Stella Natura 2014

This calendar has many aspects: a basic introduction to astronomy, a simple ephemeris, a planting guide, a star map, aid for following the movement of the planets in the night sky, and articles by nine different authors. All of these attempt to provide a true picture of the world outside us and ideas to assist in developing a healthy relation to that world.

\$14.95

The Northern Hemisphere Astro Calendar 2014

Brian Keats has compiled and published the *Antipodean Astro Calendar*, a Southern Hemisphere Biodynamic Guide, since 1985, and in 2001 developed the Northern Hemisphere Astro Calendar for use north of the equator. The calendar is a useful tool for all who are interested in the movements of the heavenly bodies and who value the knowledge and wisdom associated with this study. Each monthly spread offers a wealth of information, pictures and imaginations. Beyond its value as a planting calendar, this is an indispensable aid for astronomers, organic and biodynamic gardeners and farmers, and meditants, as well as all those who want to develop a conscious participation in the great rhythms that link us with our cosmic environment.

\$16.95

New Titles Recently Added to the JPI Bookshelf

The Biodynamic Orchard Book

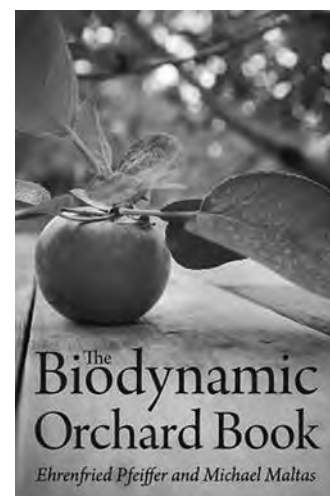
Ehrenfried Pfeiffer and Michael Maltas

This book brings together the best advice for cultivating fruit trees, berries and shrubs using biodynamic methods, with the aim of harvesting healthy fruit free of pesticides. Ehrenfried Pfeiffer, a pioneer of biodynamics in North America, discusses the principles of tree biology before describing

the measures that can be taken to develop a pest-free orchard without the use of chemicals. He discusses soil preparation, the selection of trees for planting, issues of transplanting and pruning, the application of pastes, green cover crops, and pest control, before describing the key biodynamic preparations and how to spray them with greatest effectiveness. Michael Maltas ran fruit tree experiments on his biodynamic farm in Missouri for

four years. The results are recorded in a highly practical annual spraying schedule for orchards, which is reproduced in this book. A month-by-month calendar gives information on specific methods and controls, based on Maltas' extensive experience. This is an invaluable book with practical advice on all aspects of planning and maintaining a healthy orchard. A thoroughly revised and updated edition of *Biodynamic Treatment of Fruit Trees, Berries and Shrubs* by Ehrenfried Pfeiffer and *Orchard Pest Management and Spray Schedule* by Michael Maltas.

\$17.97



Also Available:

Sacred Agriculture: The Alchemy of Biodynamics, Dennis Klocek – \$30

Thinking Like a Plant: A Living Science for Life, Craig Holdrege – \$25.00

Monty Waldin's Best Biodynamic Wines, Monty Waldin – \$27.00

The Soul's Awakening: A Drama Of The Soul And Spirit, Rudolf Steiner – \$13.00

Calendar of the Soul: The Year Participated, Rudolf Steiner, translated by Owen Barfield – \$8.00

Prices do not include shipping and handling.

Please Note Our New Contact Information

Josephine Porter Institute
The Village Green, 201 East Main Street #14
Floyd, VA 24091
Phone: (540) 745-7030

Save the Date

January 16, 2014: Applying Biodynamic Principles to Your Farm

Featured as part of the Southern SAWG Conference. Mobile, AL. For details, visit www.ssawg.org/2014-conference-program.

January 17–20, 2014: Midwinter Intensive: The Animal in Relation to the Farm Individuality

With Mac Mead, Megan Durney, Malcolm Gardner and Steffen Schneider. Chestnut Ridge, NY. For details, please visit www.payments.trakker.com/pfeiffercenter/courses.aspx.

January 22, 2014: The Farm as a Living Organism

A pre-conference workshop sponsored by the Biodynamic Farming and Gardening Association (BDA) as part of the 34th Annual EcoFarm Conference, Pacific Grove, CA from January 22–25. Lloyd Nelson, previously from JPI, will be presenting at both the pre-conference and the main conference. This is the first conference of the year where JPI will have a presence. Come see us at the BDA exhibition booth! Details can be found at www.ecofarm2014.org.

January 24–26, 2014: North Central Region Winter Gathering

The annual Winter Gathering of the North Central Region Biodynamic Group featuring biodynamic farmer, Dewane Morgan. Viroqua, WI. For more information, contact cocon@mwt.net or (608) 637-8890.

On-Line Version of *Applied Biodynamics* Available Starting With Spring Issue

We are happy to announce that starting with the spring issue, we will be offering our newsletter on-line. Many of you have requested an on-line version and we are now glad to be able to meet your request.

The on-line version will be offered at a reduced subscription fee of \$20.00 (or \$15.00 if you have an Associative Contract). This will also help JPI save paper and postage.

We will continue offering the print version of *Applied Biodynamics* for \$30.00 (\$20.00 if you have an Associative Contract) for those of you who prefer to get a paper copy of the newsletter in the mail.

January 25–26, 2014: Oregon Biodynamic Group Winter Meeting

At Ruby and Amber's Organic Farm in Dorena, OR. For details, visit www.oregonbd.org.

February 8, 2014: Perspectives on Biodynamics, Session 6: Biodynamic Orchard Care and Fruit Tree Pruning

With Daniel Nicholson and Harald Hoven at Rudolf Steiner College in Fair Oaks, CA. For this workshop and the others in this series, register online at www.steinercollege.edu/registration or call (916) 864-4858 to learn more.

March 8, 2014: Perspectives on Biodynamics, Session 7: Biodynamics and Permaculture

With Lydia Neilsen and Harald Hoven at Rudolf Steiner College in Fair Oaks, California.

March 22, 2014: Biodynamic Beekeeping, Session 2: Spring Swarms – Building the Colony

With Keith Gelber at Rudolf Steiner College in Fair Oaks, CA. Register online at www.steinercollege.edu/registration or call (916) 864-4858.

March 29, 2014: Biodynamics: Bringing it Down to Earth

Part of 'Our Living Earth, Living Soul Series' in Rockport, Maine. For details, visit www.avenabotanicals.com/classes-events.

April 12, 2014: Perspectives on Biodynamics, Session 8: Biodynamic Animal Husbandry

With Marney Blair and Lisa Bjorn at Rudolf Steiner College in Fair Oaks, CA.

November 13–16, 2014: The North American Biodynamic Conference

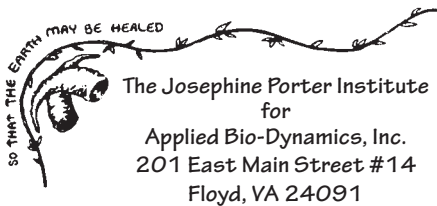
Hosted in Louisville, Kentucky by the Biodynamic Farming and Gardening Association (BDA), this is the foremost event for biodynamic education, networking, and community building in North America. For details, please visit: www.biodynamics.com/conference. You may also visit the BDA website for updated calendar listings of biodynamic events: www.biodynamics.com/calendar.

Biodynamic Beekeeping Classes at the Spikenard Farm Honeybee Sanctuary in Floyd, Virginia.

An ongoing series. See the website for current classes, www.spikenardfarm.org, or contact (540) 745-2153.

“It is impossible to understand plant life without taking into account the fact that everything on Earth is actually only a reflection of what is taking place in the cosmos.”

Rudolf Steiner – *Agriculture*, p. 20 (Adams translation)



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