



Applied BIODYNAMICS

Spring, 2021

Periodical of the Josephine Porter Institute

Issue No. 99



News from the Farm
Heal Yourself, Heal Your Garden
Remembering Hugh Lovel and Others Who Have Crossed

From the Editor

Welcome Spring—although in some parts of the country Winter may have felt more like the mild days of mid-October. Still, the coming of Spring gives us opportunities to practice what we learned during the inward turning Winter months. In the case of *Applied Biodynamics*, Spring brings a different rhythm. Rather than offer two issues annually, we are returning to four, much like founder Hugh Courtney once distributed, timing publication to the turnings of the Wheel of the Year—the equinoxes and solstices.

Meanwhile, as this nation wrestles with its political agendas, individuals are speaking out globally about issues of ethical concern. Perhaps this trend will strengthen, especially as deeply ethical thinkers in our biodynamic communities cross the threshold to assist from the other side. We celebrated JPI's Hugh Courtney in the last issue. This issue and upcoming ones recognize contributions of those others who have recently crossed: biodynamic farmer and educator Hugh Lovel, agricultural researcher Matthias Thun, White Rose Farm founder Sally Ann Voris, and pioneering Goethean scientist Jochen Bockemühl. A future issue will include friend-to-all Gene Gollogly. To those who have lost these precious people, we extend our love and compassion. These

events remind us that no better moment exists than the present in which to open our human hearts to others.

In addition to these memorial articles, *Applied Biodynamics* has news to report on farm upgrades. Also, Abigail Porter continues her series on the multi-textured benefits to the garden and ourselves of the herbal biodynamic preparation plants. This issue discusses Nettle and Chamomile.

If you like what you read here, let us know. If other topics come to you that you would like to know about, tell us that also. Share the publication to help us expand awareness of JPI's mission, laid down by founder Courtney and taken from Rudolf Steiner—"so the earth may be healed." We hope you will find enough of interest here to subscribe as well. That being said, though JPI's presence on social media is important, the greatest force remains the human voice, making a recommendation from one person to another, helping humanity rediscover what it values and to widen the reach of those values.

—Mary Maruca

Front cover: The roof beams over JPI's root cellar suggest the strength of support required to make it a reality.

Applied Biodynamics

Applied Biodynamics is a publication of the Josephine Porter Institute for Applied Bio-Dynamics Inc. (JPI). The subscription price of \$30.00 (\$20.00 on-line) per year helps support JPI research and development. Back issues are \$7.50 (print) or \$5 (pdf), available at www.jpibiodynamics.org.

No part of this publication may be reproduced without the written consent of the publisher. Permission to reprint articles or artwork contained in this newsletter may be requested from:

Managing Editor, *Applied Biodynamics*

Josephine Porter Institute

652 Thompson Road SE, Floyd, VA 24091

Phone: (540) 745-7030; Fax: (540) 745-7033

info@jpibiodynamics.org

www.jpibiodynamics.org

Managing Chair—Mike Biltonen

Managing Editor—Mary Maruca

Co-Editor—Abigail Porter

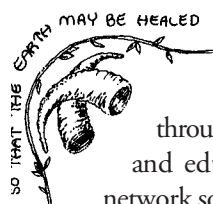
Layout—Bruce Bumbarger

© 2021 The Josephine Porter Institute for Applied Bio-Dynamics, Inc.

Visit www.jpibiodynamics.org for:

- Subscription sign-ups for *Applied Biodynamics* at <https://tinyurl.com/ymxomsbr>
- Books
- Educational articles
- Biodynamic preparations
- Pfeiffer products
- JPI e-News sign-up
- Updates and upcoming events

Mission



The mission of the Josephine Porter Institute for Applied Biodynamics, Inc. is to heal the Earth through Biodynamic preparations, research and education, and to build a dynamic network so our legacy is accessible to all future generations.

Board of Directors

Clay Wesson (McMinnville, OR), President

Mike Biltonen (Trumansburg, NY), Vice President

Teresa O'Shaughnessy (Austin, TX), Secretary

Garett Long (Davis, CA), Treasurer

Bill McCranie (McDade, TX)

Welcoming a New Root Cellar

Larry Mabe

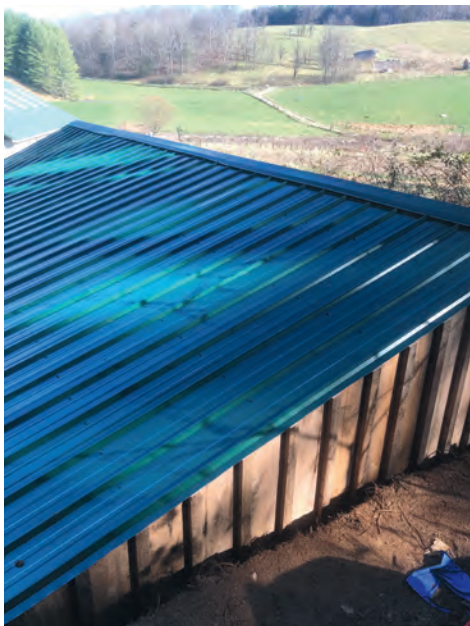
It's one thing to have land and quite another to work with that land to help it evolve as the farm organism. JPI is doing that work now.

One of the critical parts of JPI's mission, as founded by Hugh Courtney and named after his mentor, Josephine Porter, has been making the biodynamic preparations and having them available for farmers and gardeners. Apart from the actual making of the preparations, however, how they are stored is critical, in order to preserve their vitality. The JPI root cellar—where we store our preparations—had been in need of an overhaul the past few years. Fortunately, that work has now been done.

Originally constructed in 2014, the root cellar is a 400-square foot concrete structure set in an embankment with soil on three sides. We initially planned a flat roof covered in soil to ensure creation of a cool, moist place to store the biodynamic preparations. No one realized, however, that the rubber roof had been damaged during construction. Also, with a flat roof, any water that might accumulate has nowhere to go. So, over time, the soil on top of the root cellar slowly turned into heavy mud.

During the last six years, we had to solve problems created as Virginia rain and humidity slowly impacted the roof. Finally, in November 2020, we hired a contractor to remove the existing roof and replace it with a new, properly vented A-frame roof outfitted with gutters to ensure proper drainage.

We now have plans to set up a 1000-gallon rain catchment system for the gardens and other farm activities, such



New root cellar roof



Root cellar reconstruction

as mixing preps. More preparation storage boxes made from hemlock are under production also. These have peat moss built into the tops and sides of the boxes, with peat surrounding clay crocks inside. The peat acts as an insulation, protecting the preparations from moisture, radiation, and harmful EMFs, as well as containing the radiative forces of the preps themselves so they don't disperse.

Now that the new structure is complete, we all are creating some aesthetic spaces around it. These include terraced beds containing plants that grow well together, referred to as guild plantings. We are excited to start a new year with a proper place to store our precious preparations, thus ensuring that our customers receive the highest quality biodynamic preparations.

The resilient new root cellar roof predicts a secure future for JPI's biodynamic preparations. Hugh Courtney once described them as putting stars in the earth. Certainly, JPI's new root cellar provides these preparations with a good start—a healthy beginning in much the same way, on a smaller scale, we offer our seeds for the new gardening season the proper environment in which to grow.

We hope you enjoy the pictures showing our restoration process. For now, that's the news from the farm...

From the *Applied Biodynamics* File: Contributions from Hugh Courtney

Trees As Cosmic Harmonizers

Trees have stood as Cosmic Harmonizers here on earth for longer than man has inhabited the earth. Many ancient cultures were aware of the harmonizing effect of trees and revered them, especially large old trees, and used their proximity for spiritual meetings as well as village gatherings. Take for example the druids and their use of oak trees and oak groves; the Indo-Europeans recognized a spiritual aspect of trees and begged their forgiveness before pruning the tree or chopping the tree down; the Ainu in Japan credit the willow tree with forming the backbone of the first person; the Dumuryia clan in India claim the fig tree to be their ancestral tree; the giant Redwoods on the American west coast are believed to be the remnants of ancient Lemuria and were revered by the native Americans; and the myths go on.

But today the realm of nature has been cut-off from the cosmos through man's unenlightened actions. Some of these actions include the paving of huge parking lots, roads (highways), air-strips, and the rampant spread of urban sprawl, all of which ends up sealing the surface of the earth from the cosmos. Then we have the visible chemical trails, electric lines, and telephone lines, along with the invisible emissions from radio and microwave towers forming an electromagnetic shield around the earth that does not allow the cosmic energies to reach what is left of the earth's surface. Once upon a time all the trees that covered the earth were able to regulate the many chemical and spiritual processes that took place in and above the earth, which made the earth a magnificent planet.

Now we humans must do all we can to bring the cosmic energies back to the earth to help in the healing process. By implanting certain Biodynamic preparations around a tree, it can once again become the connecting force between the cosmic universe and this earth world. The preparations emanating through the tree dissolve the electromagnetic energy shield to allow for the penetration of cosmic energies into the earth atmosphere and subsequently the body of the earth.

Steps to Prepare Tree to Become a Potent Harmonizer

Place free hand on tree and keep it there during the following questions. Using a pendulum ascertain that you will be allowed to work with the tree by asking questions, "May I, Can I, shall I, dowse to ascertain if this tree is properly aligned?" If the answer is yes, then the process can proceed.

Next ask, "What is the current orientation of the etheric (life) body of this tree?" The pendulum should swing back and forth, indicating a specific compass direction.

Then ask, "What is the most healthful orientation in the earth for the life body of this tree for its best or most perfect

future growth?" The pendulum should again respond by indicating a specific compass direction, which is substantially different from that shown as its current orientation.

To establish this new orientation for the tree the request can be phrased as follows: "In accordance with God's Will, with the help of the Holy Spirit, and in the name of Christ Jesus (or using a prayer suitable for your belief system), I request that the life body of this tree be realigned in the earth to that orientation best suited for future growth and health of this tree."

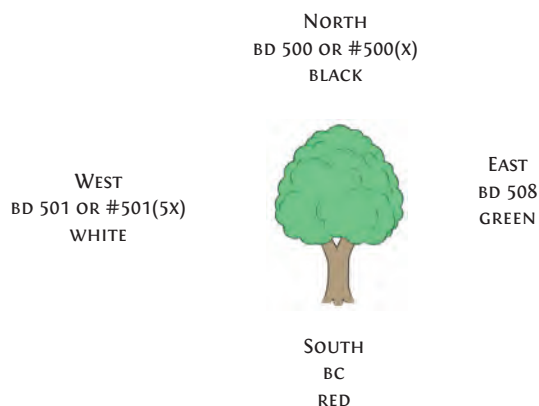
Even if nothing further is done, the re-oriented tree will express itself henceforward in healthier annual growth and be less susceptible to insect damage with its newly adjusted energy field.

However, by using the Biodynamic preparations within the energy field of the tree, the natural rhythm of the rise and fall of the tree's sap on a daily, as well as an annual basis, will carry the energy of the preparations not only to the tree, but to a wide area around it.

Last step: the preparations 500, 508, and BC are to be buried in their containers in the cardinal directions as shown in chart below.

The 501/501x container is hung/ affixed to the tree about 2 feet above the ground.

Place 500 or 500x (black) to the North; 501 or 501 (5X) (white) to the west; 508 (green) to the east, and BC (red) to the south.



Tree(s), so treated, will have a healthier future life and, most especially, improve the life and health of the soil, animals, and yes humans, in an amazingly wide radius.

Tree Harmonizer kit, with preps in glass jars to help you help your trees, is available for \$25 at jpibiodynamics.org/collections/biodynamic-preparations.

The Milk Spray/The Milk and Honey Spray

When certain plants in the garden experience a sudden attack by detrimental insects or when plants seem to be experiencing great stress which is not overcome by the Barrel Compost (Thun recipe) or other BD preparation spray treatment, a spray of milk, or sometimes, a spray of milk and honey, can often bring benefits. While attempts to explain what is happening are difficult, the most evident result is a tremendous increase in the population of so-called beneficial insects, often in such numbers as to quickly eliminate as a problem the previous onslaught by the detrimental insects.

The basic formula used is one (1) part milk to nine (9) parts water, (i.e., 1:10 ratio). The honey is sometimes added in a ratio of 1:100 to the entire volume. Particularly when using the honey, the water should be warmed to aid in dissolving the honey. Each mixture is stirred to the customary biodynamic fashion for 20 minutes and then sprayed in a medium of fine mist, somewhere between the large drops recommended for 500 and the fine mist recommended for 501. We generally stir and spray either 5 or 10 gallon batches with the following ratios:

	Five gallons	Ten gallons
Milk	½ gallon	1 gallon
Water (when used with)	4½ gallons	9 gallons
Honey	6.4 oz by volume	12.8 oz by volume

Heal Yourself, Heal Your Garden (Part 2)

Abigail Porter

Stinging Nettle (*Urtica dioica*) and German Chamomile (*Matricaria chamomilla*) are the next two powerful healing plants featured in this series that started with dandelion in the spring/summer issue 2020 of *Applied Biodynamics* (no. 97). Rudolf Steiner chose these plants to add to the compost pile as fermented preparations uniting cosmic and earthly forces for healing and revitalizing Earth and humanity. Their benefits as compost preparations are beyond the scope of this series, which focuses on their culinary and medicinal uses. As fermented preparations, they bring similar forces to the compost pile in a potentized form.

Associated with Mars and iron, stinging nettle is a warrior. Its strong fibers keep it upright through the winter after its leaves have dropped. Known for its nourishing, vitalizing, and restorative properties, it builds health and stamina. In contrast, chamomile is the gentle healer, associated with Mercury, fluidity, expansion, and airiness. Most commonly, it is used to promote relaxation, ease indigestion, and aid wound healing. Both plants are anti-inflammatory and help the respiratory system. They also offer many other qualities that may benefit prevention protocols or restore health after illness.

Stinging Nettle

Stinging nettle prefers to grow in partial shade in moist areas with rich soil, often at the edge of the forest or on abandoned manure heaps. However, if given enough moisture until the plants are firmly established, nettle will grow in full sun, and tolerate poor soil and droughty conditions.

Shade grown nettle has higher levels of chlorophyll and carotenoids (antioxidants and precursors to vitamin A). Once established, plants spread easily by root and seed. Over time nettle will transform poor soil to something akin to forest leaf mold.

The male plant has pollen bearing blossoms that grow upright towards the top of the plant, and if you are nearby at the right time, you may hear the little packets exploding to disperse pollen. The female plant's seed-producing blossoms grow in drooping clusters resembling tiny grapes. Some sources indicate male and female blossoms may grow on the same plant.

Gloves and long sleeves should be worn when working with nettle to protect yourself from the silica needles that release chemicals causing temporary hives. When I was nine, an older girlfriend challenged me to see who could swing our arms the longest in a small nettle patch. Neither of us wanted to lose, so we kept swinging until no more stingers were left. I wouldn't recommend this unless you have arthritis. A folk remedy for arthritis suggests swatting the arthritic joint with a nettle bundle.

Superfood

Nettle may be the most under used leafy green superfood. It is loaded with high levels of all the vitamins we need, except Vitamin B-12. It also contains many minerals, among them selenium, zinc, and magnesium. With its high iron content, it helps with anemia. Nettle builds the immune system, cleanses blood and liver, and improves circulation.

It contains eugenol, which stimulates the absorption of the exact balance of minerals necessary for strengthening bones and promoting new bone growth.

Urtica dioica is the only plant known to have an enzyme that synthesizes acetylcholine, a neurotransmitter important for brain and muscle function (herballegacy.com/Vance_Chemical.html). Nettle contains all essential amino acids and may have more protein than any other leafy green: average 22 percent in the fresh leaves and 40 percent in the dried leaves. It is also said to have the highest chlorophyll content of any plant, making it easy to see why Steiner called this nutritional powerhouse a “Jack-of-all-trades.”

Culinary Uses

Nettle is one of my favorite preparation plants. Like dandelion, my other favorite, all parts of the plant have medicinal qualities and are good sources of nutrition. I wait eagerly for the first tender, best tasting nettle to appear in spring. It is sweet, nutty, and satisfying. I start harvesting when it is 4 to 6 inches tall and only take the tips with 2 or 3 sets of leaves. I steam it lightly until tender yet still bright green. With a little butter and salt, it is delicious. I keep the nutritious water from steaming or boiling to drink or add to soups. I add fresh nettle to my smoothies too. Although some people eat nettle raw with lemon juice to neutralize the stingers. I have not been that brave. I make it into pesto and freeze some for later use. The young greens can be used any way you would use any cooked greens. For more ideas, visit growforagecookferment.com/stinging-nettle-recipes/.

After a few weeks, the flavor changes. I start harvesting to dry nettle for winter teas and soup. I have some plants in the shade that I prune to extend the harvest. Once nettle



First nettle harvest in March

starts blossoming, its metabolism changes and the leaves should not be used for human consumption. In addition to not tasting very good, the plant produces microscopic rods of calcium carbonate that can adversely affect kidney function. However, the leaves are nutritious for butterfly and moth caterpillars and provide them habitat.

The seeds are concentrated nutrition, and can be eaten fresh or dried in baked goods, cooked cereal, or salads. Eaten fresh, they have a stimulating effect. Dried seeds don't appear to have this effect.

Medicinal Uses

Nettle leaves, seeds, and roots are used medicinally as a tea, infusion, or tincture. The seeds concentrate the benefits of the leaves. They are adaptogens and help the body handle stress, rebuild the adrenals and kidneys, and strengthen and harmonize the endocrine system. The root and leaf help prostate conditions.

Herbalist Susan Weed extols the virtues of nettle. She drinks a quart or more a week to work 12 to 15 hours a day on her farm. Her concentrated infusion is made by pouring a quart of hot water over one ounce of dried leaves in a glass jar, then steeping it at least four hours or overnight. For more benefits see nourishingherbalinfusions.com/Nettle.html

On the Farm and in the Garden

In the *Agriculture Course*, Steiner stresses that the mere presence of nettle aids plant growth in the whole area. The nutritional content benefits plants as a fresh tea spray and as a fermented fertilizer. Both can be used as an insecticide. Dried as a feed additive it is superior to alfalfa meal for cattle, horses, or poultry. It can be used as a mulch around the garden. Maria Thun claims that compost made solely from nettles is the best for vegetables and herbs, and is especially good for roses and strawberries.

Tea is made by adding 5 grams of dried nettle to one quart of water. Bring to a boil briefly, steep for 15 minutes, then strain. Dilute one part tea to nine parts water for a foliar spray.

24-hour brew is made by placing 2.2 pounds (1kg) of fresh chopped nettle (before seed production) in a clay, wood, or enamel container, then adding 10 quarts (or liters) of cool or lukewarm water. A 5-gallon plastic bucket will do, if that is what you have. Strain after 24 hours. This extract protects plants from larvae and caterpillar infestation when sprayed as a mist three times in the course of several hours and may be especially helpful for the vulnerable cabbage/broccoli family.

Nettle liquid manure is made like the 24-hour brew except that it is left to ferment/rot until it smells. It is covered with a loose lid to keep insects out and is gently stirred once or twice a day. Depending on the temperature, it could take 1 to 4 weeks to get ripe. A strong fertilizer, this should be used

in dilution of 1 part to 9 parts of water for spraying the soil. For watering, the dilution is 1:40. When transplanting heavy feeders, watering with a dilution of one cup manure to 10 quarts water gives them a good start. *For more uses, see Maria Thun's books at the end of this article.*

German Chamomile

Rudolf Steiner specified that the wild growing German chamomile (*Matricaria chamomilla*) was the one to use—the one with the petals facing downward rather than the more common garden variety with flat or upturned petals that he said was “quite useless.” If you are uncertain which variety you have, slice the flower head vertically with a razor. German chamomile is hollow inside. The plant is a reseeding annual that prefers full sun in soil with a neutral to alkaline pH. It grows two to three feet tall with delicate filigree leaves and white petals surrounding a golden cone. Of all the preparation plants, it is the most fragrant, dispersing its scent when brushed against or walked upon. Steam extraction produces a deep blue oil. In my experience, it is temperamental and fussy about where it prefers to grow (like the emotional conditions it treats). I have transplanted as well as scattered seeds, and have not yet been able to grow it more than a season. Even my mother had a hard time establishing it. She would have a nice plot one year, and the next year it would disappear, only to reappear in the compacted dirt driveway, and later in the neighbor's driveway, the seeds carried in the tire treads.

The Healer

Although chamomile has been used as a flavoring agent in desserts, fish, and alcoholic beverages, and a few blossoms can brighten salad, it has been primarily used for its medicinal qualities since ancient times. In Europe, it is known as a “cure all,” used internally and externally for its antispasmodic, anti-inflammatory, antibacterial (staph and strep), antiviral, and antifungal qualities. Chamomile is well known for its ability to reduce anxiety, melancholy, and insomnia without the side effects and adverse reactions of drugs. Calming for the nervous system, it aids “head-gut” problems caused by stress, relieving indigestion, heartburn, and inflammation in the gut. During earlier wars, it was used to treat diarrhea. For respiratory and sinus conditions, placing a towel over your head above a bowl of steaming chamomile tea helps clear congested lungs and sinuses.

Known as a mother and child remedy it is used for a variety of childhood illnesses. As a mild tea it eases colic in babies and manages fevers, colds, coughs, restlessness, and other childhood traumas. As an oil, it is used for earaches. Calming to the mind and body of mother and child, it was the first “mother's little helper.”

Topical use as a tea, salve, or oil, promotes wound healing, and inflammatory skin conditions like eczema. A compress of strong tea, three times a day, will resolve pink eye quickly. Joint and muscle inflammation and pain can be relieved with the use of salves and oils that contain chamomile.

On the Farm and in the Garden

“This plant contains a growth hormone which is a particular stimulant for the growth of yeast. The remarkable thing about this growth hormone is that it works in very high dilutions. . . chamomile juice is active at its best in a dilution of 1 to 8 million.

—Ehrenfried Pfeiffer, *Pfeiffer's Introduction to Biodynamics*, p. 31

As with all the other preparation plants, chamomile too improves the overall health of the soil and plants growing near it. Referred to as the “plant doctor,” it can repel pests and improve the flavor and aromatics of its neighbors. With its antibacterial and antifungal properties, it can help prevent disease when used as a tea. The tea from the blossoms has also been used as an insecticide and can strengthen plants against infestation. In addition to its sulfur and potash processes, chamomile readily draws calcium to itself, helping plants stay healthy. Tea added to a vase of cut flowers will prolong their life and will revive wilted flowers.

Damping Off

A spray of weak blossom tea misted on the leaves and soil several times a week can prevent damping off of vulnerable seedlings until they are planted outdoors. To make a chamomile tea, pour one quart of boiling water over 1 gram of blossoms. Steep for 15 minutes, then strain. To use, dilute one part tea to nine parts of water. Other uses for chamomile tea in the garden, orchard and vineyard can be found in Maria Thun's book, *The Biodynamic Year*.

Further Reading

The Biodynamic Year and Gardening for Life, Maria Thun
Scientific Validation of Herbal Medicine, Daniel B. Mowrey, PhD

Healing Plants, Markus Summer

Dr. Christopher's Herbal Legacy, “Chemical constituents of Stinging nettle” https://herballegacy.com/Vance_Chemical.html

Components of stingers—<https://www.compoundchem.com/2015/06/04/nettles/>

Chamomile—<https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/chamomile>

For more on chamomile and an interview with Hugh Courtney on how to make chamomile compost preparation 503, see *Applied Biodynamics*, Autumn 2012, No. 78.

Remembering Hugh Lovel

Coree Entwistle

Passing from this life on August 25, 2020, Hugh left behind a body of work that will continue to provide food for thought and action for generations to come. His impact was evident in the outpouring of love and good memories shared at his online memorials, hosted by Hugh's wife, Shabari, and made available to friends, family, students, and colleagues through three events in Australia, North and South America, and Europe and Africa. Tears and laughter were shared freely, and musical recordings from Hugh's friends and family lifted our souls.

There is no succinct way to discuss Hugh Lovel's life and work. "Observation is the basis of intelligence" is one of the few one-liners that his students quote. Poring over Hugh's books, *A Biodynamic Farm* and *Quantum Agriculture*, one doesn't find pithy quotes. Instead, a persistent stream of information draws our attention in and through the text. Hugh Lovel lived, loved, and expressed quantum understandings of agriculture like no one else.

Hugh's understanding was earned through earnest sweat. He founded Union Agricultural Institute (UAI) in Blairsville, Georgia, in 1976 and established the first Community Supported Agriculture program in the southeastern United States. When he wasn't growing vegetables, braiding garlic, milking cows, or making his legendary pickles and cheese, Hugh opened up his farm for gatherings of like-minded agricultural explorers. The Southeastern Biodynamic Conference was born on Hugh's farm in the late 1980s. Some of the most influential mentors of the era wandered around and shared wisdom there. Harvey Lisle, dowsing rods in hand, chatted with Hugh Courtney about the celestial realms around the compost pile, while the conversation in the barn ranged from soil chemistry to atmospheric reorganization. Amazing chefs brought forth meals fit for royalty from Hugh's modest kitchen. In the evenings, music, magic, and good company filled the farm and Shabari's home, the Birdsnest, up the mountain. In the morning, Hugh made unforgettable pancakes for everyone.

Hugh was passionate about sharing his findings with as many as possible. His fiery discussions on the BDNOW news-group illuminated listeners, and his regular contributions to ACRES USA found a ready audience. He travelled extensively, installing his Quantum Field Broadcasters and increasing understanding of biodynamics, radionics, and soil health.

After the annual Southeast Regional Biodynamic Conference moved to Jeff Poppen's Long Hungry Creek farm in Tennessee, Hugh arranged to be stateside for the conference. He remained a mainstay (and will be sorely missed). His friendship with Jeff created an engaging educational experience, and some good laughs.



Hugh Lovel

When Shabari joined Hugh after their marriage in 2009, they developed training courses available annually in the United States, Australia, and Europe, focusing on plant growth, biodynamics, dowsing, and radionics. They wanted as many people as possible to experience abundant, balanced biological life in agriculture and the power of the farmer's intention. The courses ensured that the work of Hugh's *Quantum Agriculture* and the message of integrated health for people and planet would be carried forward across generations.

Hugh Lovel's visionary life and work has influenced the course of biodynamic agriculture both in the southern United States and around the world. To hear him speak about agriculture was a mind-expanding experience. Though we will miss his presence, he left behind a treasure trove of information to feed our minds, soils, farms, and the whole of humanity for years to come. Well done, Hugh, well done.

Coree Entwistle is a long time biodynamic practitioner and enthusiast. She interned with Jeff Poppen, who introduced her to Hugh Lovel, Shabari, and others. Corey helps organize the Southeast Regional Biodynamic Conference.

Learn more about Hugh and Shabari's work at www.quantumagriculture.com, on their YouTube Channel (<https://www.youtube.com/user/quantumagriculture/featured>), or by picking up Hugh's books at the JPI bookstore.

Sally Ann Voris: November 14, 1951–October 2, 2020

Ingrid Cowan Hass

Sally Voris was more than a farmer; she was on a mission to create beauty, bounty, and balance in ourselves, our communities, and our world. She was bigger than life, a generous soul, a visionary, a writer. She had an incredible exuberance and energy of spirit. She made White Rose Farm a retreat, a garden of Eden, where people of all ages could connect to the natural world and each other. Sally developed multidimensional programs that brought together art, agriculture, community sharing, and a sense of wholeness. She hosted seasonal events, women's circles, full and new moon celebrations, and retreats. And she loved her cows.

Before White Rose Farm, Sally enjoyed a career combining gardening, storytelling, writing, teaching and organizing. She was a reporter for *The Baltimore Sun*, nationally recognized for stories of her home community of Elkridge and Patapsco Valley, near her Baltimore, Maryland, birthplace.

Around 2004, Sally purchased the family farm, following the death of her mother. Shortly afterwards, she met biodynamic consultant Hugh Lovel. This launched an intense period of study focused on biodynamic agriculture. Sally completed a year-long training program at the Pfeiffer Center in 2009 and was recognized as a mentor farmer in the North American Biodynamic Apprenticeship Training Program in 2012. She was deeply inspired by the Steiner protege, Alan Chadwick, and was a member of the Raphael Branch of the Anthroposophical Society in Baltimore. Some may recall her beautiful stage and table decorations, as well as the vibrant food she supplied for the 2014 national Biodynamic Association Conference in Kentucky. At one point, she grew 100 valerian plants for JPI's preparation garden, and also held biodynamic workshops at her farm.

Sally authored a regular blog (<https://farmersazzy.silvrback.com>) from which the following excerpt titled *Building Vitality* has been taken.

"I often go into the garden before sunrise. I breathe in fresh air; I survey the sky as birdsong greets the day; I gauge the earth beneath my feet. I work with an eye to build complexity and inter-relatedness, even as I attend to major chores. This time of year, I build compost piles; I trench garden beds to improve the drainage; I spread mulch; I plant cover crops. I also milk my cow, Hazel, every morning.



Sally Ann Voris

"Yesterday, the day dawned clear, the air crisp; the soil moist--a perfect April morning in early March. I decided to use the fresh milk as a fertilizer in my lowest garden bed, where I had just spread compost. Raw milk is filled with enzymes, vitamins and minerals: it is highly energetic and life promoting. I imagined that it would activate the life in my garden. I poured the milk into a bucket and a cloud of energy whooshed by my face. I added barrel compost, a biodynamic preparation and water heated on my wood stove. I stirred the mixture for twenty minutes, then spread droplets of the mixture in my lowest garden and poured the rest onto a compost pile....

"I attend to the basics that lay the foundation of good soil and good structure in the landscape. Then I add flourishes that enhance so many small aspects of the farm: more flowers, more microorganisms, more fertility, better drainage. It is a daily work that builds, builds, builds not just structure, but the fine notes of beauty that make life worth living.

"Building vitality starts with a desire to create wholeness. It proceeds with a vision of how to create an overall structure and then how to weave together disparate parts to bring wholeness. What a dance it is! What a glorious, life-affirming dance! So I say, "To life, to life, l'chaim! l'chaim, l'chaim, to life!"

Crossing the Threshold: Jochen Bockemühl

Craig Holdrege (The Nature Institute) wrote a thoughtful memorial to scholar, artist, and author Jochen Bockemühl (November 18, 1928–May 21, 2020), available at natureinstitute.org/article/

craig-holdrege/jochen-bockemuhl-remembrance. Holdrege met his mentor and friend at the Goetheanum during his natural science study year there in the late 1970s. Although,

as his mentor, Bockemühl proposed a study on plant heredity, this did not initially stimulate the young Holdrege. Nevertheless, he became curious and took up the investigation during that year, not realizing how deeply the question of heredity in plants would ultimately occupy his own work. Holdrege notes that his teacher began to focus more and more on landscapes during the decade that followed.

Although he might not have known the life-long role the question of heredity would play for Holdrege, one might say that Bockemühl might have felt its influence in the landscape comprised of himself and his student and the spaces between. During a field trip in the Alps, the two of them walked down a mountain pass where many larch trees grew. Bockemühl stopped briefly to study his surroundings. Only days later when Holdrege entered his office and saw a sketch of the area completed from memory, did the young student realize how completely his quiet, thoughtful teacher could slip into and feel part of Nature's surroundings.

Holdrege summarizes, "Jochen was always pushing boundaries, where something new and fresh can arise; he wanted to go deeper and tap into what is alive in the world." Bockemühl's book, *In Partnership with Nature* (\$20), is available at jpibiodynamics.org.

Matthias Thun

Son of Maria and Walter Thun and father of Titia and Freidrich Thun, Matthias Thun (February 29, 1948–June 22, 2020) passed away unexpectedly in June 2020. According to his daughter, whose tribute may be read at florisbooks.co.uk/blog/2020/09/09/obituary-matthias-thun-1948-2020-by-titia-thun/, he crossed the threshold during an especially positive, joyful phase of his life as he rediscovered old friendships and deepened his love of the natural world. A strong support for both his father and his mother, he had been the backbone of Maria Thun's work for most of his adult life, assisting her with her research and helping her extend connections around the world. As he had promised, he also took care of her when she became ill, ensuring that both his parents lived, grew old, and passed away at home in his care—a form of fidelity or loyalty less common in modern civilization.

Until his sudden passing, Matthias continued to produce and release *The Maria Thun Biodynamic Calendar*. The calendar came out under his imprimatur from 2012, the date of his mother's death, until the present. Currently the 2021 calendar is available to gardeners and farmers everywhere. He also published a book on *Biodynamic Beekeeping: A Sustainable Way To Keep Happy Healthy Bees*.

In a testament to Matthias Thun's internalization of



Jochen Bockemühl



Matthias Thun

anthroposophical impulses, his daughter indicated that he ensured that his children felt free to pursue their interests in life and did not have to follow where he and their grandmother had explored. She indicated that her brother went into agriculture of his own accord while she pursued writing as a vocation. However, during the past few years, both had worked with their father to produce the calendar. She says this will continue "not out of a sense of duty, but of our own free will." What greater tribute to a life well lived can there be than to have held space for one's children to find their own true path in freedom.



2021 Biodynamic Conference
**SEEDING the SPIRIT
 of STEWARDSHIP**
Climate, Agriculture, & Community
 November 10 - 14, Westminster CO

**JOIN US in 2021
 near Boulder, Colorado!**

WED: on-farm field days & in-depth workshops
THUR: intensives, opening keynote, & celebration
FRI-SUN: keynotes, 40+ workshops, interactive
 conversations, music, art, & local Biodynamic® &
 organic food

biodynamics.com/conference



KNOW YOUR ROOTS

*From Orchards to Herbs, Know Your Roots provides
 biodynamic consulting, mentoring, education and
 guidance for orchardists, farmers, and herbalists.
 Know Your Roots. We Do.*

www.knowyourroots.com
 (845) 674-5124 ☎ (845) 249-3440
info@knowyourroots.com

Reminder

- Associative Contracts are due by or before March 31, 2021, to qualify for a discount. For more information and to access the contract, go to jpibiodynamics.org/pages/associative-contract.

**100% Open-pollinated Biodynamic Seed
 ORGANIC AND HEIRLOOM VARIETIES!**

★ ★ ★ ★ ★

TURTLE TREE SEED

BIO-DYNAMIC
 open-pollinated
 vegetable & herb seeds

flower-vegetable & herb seeds

Over 350 Varieties

The Biodynamic Seed Initiative of Camphill Village Copake, NY

Order Now! WWW.TURTLETREESEED.ORG

Free Catalog 518-329-3037 turtle@turtletreeseed.org

Cow Horns Available NOW!

Make Your Own

500

Small or Large Quantities

\$8/horn for orders over 100 horns

Contact:

Brian Wickert (608) 606-1275
bwickert@frontiernet.net

www.viroquabiodynamicsupplies.com

“Stinging nettle is a ‘Jack-of-all-trades.’ It...carries within it the element [sulphur], which incorporates the Spiritual and assimilates it everywhere... Moreover, the stinging nettle carries potassium and calcium in its currents and radiations, and in addition it has a kind of iron radiation. These iron radiations...are almost as beneficial to the whole course of Nature as our own iron radiations in our blood...—in its marvelous inner working and inner organization—it is wonderfully similar to what the heart is in the human organism. The stinging nettle is the greatest boon.”

Rudolf Steiner in the *Agriculture Course*, (Adams trans.), p. 95



Non-Profit
Organization
US Postage
PAID
Floyd VA
24091
PERMIT NO 33