



Applied BIODYNAMICS

Summer, 2021

Periodical of the Josephine Porter Institute

Issue No. 100

Our 100th Issue!



News from the Farm
Committing to Biodynamics
Heal Yourself, Heal Your Garden, Part 3

From the Editor

From the earliest days of the United States, we have honored farmers as the salt of the earth—basic to the continuance of life, because life requires food and who grows food if not farmers. Americans find something admirable reflected in the farming life and consider the farmer the epitome of all that is reliable and trustworthy.

Farming has changed dramatically since those first early years. Now there are different types of farms and farmers, and many Americans have lost touch with the changes. Certainly, one of the forces that did not exist in the start-up years of the Nation was biodynamic agriculture, which has grown in significance here since Josephine Porter began her work in 1947.

Thanks to Josephine Porter's dedication and the commitment of Hugh Courtney who picked up the mantle from her, biodynamic practices have expanded across the country. One of the tools Courtney used to share information was this publication that, at its first printing in Fall 1992 covered 4 pages plus a 2-page insert sharing JPI's perspective on biodynamics.

With this publication, *Applied Biodynamics* has reached its 100th issue, quite a record for a shoe-string publication founded as a way to keep far-flung practitioners in touch with JPI, as well as educate them in the prep making and use.

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.

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To honor the past and continue the momentum, this issue contains part three of Abigail Porter's series on the biodynamic preparation plants. For the summer issue she profiles Valerian and Equisetum. Clay Wesson also shares his use of preparation sprays for a large vineyard in the Pacific Northwest. Larry Mabe, prep maker extraordinary at the JPI farm in Floyd, VA, shares how to build storage boxes to ensure vitality of the preparations. And we've saved the best news for last. JPI welcomes its own new managing director, Emily Sepulveda.

Although agricultural realities continue to shift, biodynamic farmers do what they have always done—they make their contribution to Earth healing. Their work offers what may be one of the best examples of what Steiner meant by thinking, feeling, and willing in the world today. In this way they remain the salt of the Earth.

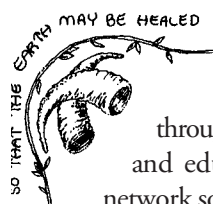
—Mary Maruca

Front cover: The former life of a large stainless steel drum that once contained Coca-Cola is all but forgotten now as it serves up BD 500 and other preps sprayed on the vineyard managed by Clay Wesson; photo by Clay Wesson.

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- Books
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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.

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News From the Farm: Storing Biodynamic Preparations

Larry Mabe

How we treat the biodynamic preparations after they are made is as important as how we make them. Because we do not discuss this as often, however, does not diminish the question. Properly storing and keeping biodynamic preparations is a critical part of what we do at the JPI farm to ensure their strength and vitality.

Storing the preparations is much like storing vegetables or grain. Like these foods from the soil, the preparations are living substances—it's the force, not the substance we're after. Thus, we aim to preserve as much vitality and freshness as possible until the preparations are used. If conditions are not created to preserve these life forces, they degrade—sometimes very quickly. Too much or too little moisture, exposure to light, significant noise, EMFs (electric magnetic frequencies), proximity to pollution, insect pests or disease (e.g., mold), and other disturbances reduce their effectiveness over time. Therefore, proper storage is essential.

Storage requirements

Biodynamic preparations 500, 502, 503, 504, 506, and barrel compound must be kept moist (but not wet). To be effective, they cannot dry out. They need to be stored in a cool place (i.e., 55F) away from direct light. These biodynamic preparations need to breathe and so should be stored separately in one of the following containers: glazed ceramic crocks, glass jars, or unglazed clay vessels with loose fitting lids of natural stone, cork, glass, or wood. The preparations also should be kept in a root cellar, an old well house, or a building with shade—anywhere that is cool, dry, and away from electrical outlets or EMFs. They should never be stored in the refrigerator or allowed to freeze.

In addition to these general guidelines, the preparations benefit from a properly constructed storage box, made from hemlock, cedar, or other pest and rot resistant wood. The size of the box depends on the amount of preparations you plan to store. However, it needs to allow for the addition of at least three inches of peat moss on all sides, so calculate that into the size you construct. The peat moss acts as an insulator and protects the preparations from harmful elements such as radiation and electrical currents. It also moderates the moisture inside to prevent conditions that are too wet or too dry. You can also construct a box size that is able to hold a stone crock with a bed of dry peat moss on all sides. The lid of the box is built to encase the peat. A pillow case or feed sack with 3–4 inches of peat could be laid across the lidded crock or jar to serve as insulation. Keep in mind that small amounts of preparations can be stored in glass jars, baby food jars or similar containers.



Larry Mabe creating a box in which to store preps

- Store 501 (horn silica) in a glass jar with exposure to direct sunlight. Keep it dry. A window sill is a good place to store it.
- Store 507 (valerian) in a brown or amber glass bottle away from direct light in a cool, dry place. The lid should be kept tight once the fermentation process has finished.
- Store 508 (horsetail or *Equisetum arvense*) in any dry, opaque container in a dark, dry place.

Summary

Storage of biodynamic preparations is not something that should be overlooked, since proper storage maintains the vitality of the preparations for longer periods of time. You can see the degradation of the physical aspect of a preparation that has been stored incorrectly. And though it is the force rather than the substance of the preparation that, as JPI founder Hugh Courtney once said, puts stars in the ground, the quality of the physical preparation tells a lot about its likely vitality. The greater the vitality of the preparations, the greater their influence on the farm organism and the more alive everything becomes in time. Once the preparations are made, storage is everything.

Committing to Biodynamics

Clay Wesson

Once we commit to practice biodynamic agriculture—whether enticed by Demeter certification or simply striving for a holistic land stewardship—others start asking us *why*. Sometimes, we, ourselves, reflect on the *why* question. *Why* did we decide to cross the line from agriculture as it has been practiced the past 50 years or so and turn toward a more complex process? Also, if the question, *why*, isn't difficult enough to answer, the next question, *how*, is even more challenging. *How* do we take the biodynamic insights, concepts and ideas from our thinking realm and ground them into a practical practice in our daily life? This has been especially challenging for me as I manage a vineyard in the Pacific Northwest. Biodynamic vineyards are the most recent growing edge of this form of agriculture.

Waking the vineyard up after a long winter in our Pacific Northwest bioregion requires early considerations even before the spring biodynamic applications can be applied. At the start of every year we open both the Stella Natura and Maria Thun Biodynamic Calendar to study the sequence of the year. From these, we create our farm calendar of ideal days and best times to carry out planting and cultivation activities. Using the calendars as recommendations for our work rather than considering them as requirements allows our team the flexibility to ensure that the timing works for our individual conditions on the land. Every year during this process, I recall the phrase my consultant friend from Italy, Adriano Zago, once told me when I was feeling discouraged, “Don't let perfect be the enemy of the good.”

When striving for the ideal farm organism, we must not delay action for applying early biodynamic preparations, since sometimes the weather window does not fall during the ideal times on the calendar. As farmers and land stewards we have to think about what is solely our responsibility to the land, instead of being dominated by the human scheduling that generally dictates our daily life. In Oregon, especially in spring, we are primarily concerned about soil moisture. We have to be mindful of compaction and the damage that can be done to the cover crop protecting the ground beneath.

When applying preparations to 10 or more vineyard acres, I have found that an ATV with a dedicated spray tank is the ideal. That allows us to cover the acreage in a timely manner with minimal equipment. Indeed, one person with enthusiasm can cover 20 acres in an afternoon without many challenges. The time is shortened if a team takes part in stirring the preparation, applying it, and then assisting with cleanup. Under these conditions, the entire process can be completed in 4 to 5 hours.



ATV at work spraying preps

I have found that once you begin applying the preparations to more than 20 acres, you need to consider a stirring machine and flow forms to ease the process of stirring a larger volume of preparations. While ingenuity and creative skills went into the development and manufacture of these machines that help us on the farm, I have also found that the mindful presence and focus of the operator is critical to staying connected and not becoming too artificial or robotic as we apply the preparations to create an integrated farm organism. Intention and attention are of upmost importance to working with the preparations.

If you are fortunate to be offering these gestures to your own land, you may be able to make a meditation out of the entire process. That is why I personally feel that, wherever practical and possible, hand stirring is preferable. Stay tuned for a JPI blog post later from me that offers more specifics about the equipment used to scale up preparation application. I also hope others will share their experiences by contacting JPI at jpibiodynamics.org/pages/contact.

As Rudolf Steiner indicated, the most important thing is to get the biodynamic preparations applied as widely as possible. Also our founder, the late Hugh J. Courtney, frequently advised “the preparations don't work if you don't use them.”



Vineyard in the morning

At times the task of applying the biodynamic preparations can seem overwhelming. My hope is that this brief introduction and the following detailed *How To* found at jpibiodynamics.org/pages/scaling-up will be helpful encouragement as you practically apply the field spray preparations. Please know that the answer in my heart to that pesky *why* question is always that I do this work, in the words of Rudolf Steiner, *so that the earth may be healed*. I hope that will be your answer too.

Biodynamic Preparations Legend

BD 500—Horn Manure

BD 501—Horn Silica

COMPOST PREPARATIONS

BD 502—Yarrow (*Achillea millefolium*)

BD 503—German Chamomile (*Matricaria chamomilla*)

BD 504—Stinging Nettle (*Urtica dioica*)

BD 505—Oak Bark (*Quercus alba*)

BD 506—Dandelion (*Taraxacum officinale*)

BD 507—Valerian (*Valeriana officinalis*)

BD 508—Horsetail (*Equisetum arvense*)

Spray Schedule of Merry Prepstirs

The Merry Prepstirs continue the work of Hugh Courtney and others for synchronized, scheduled preparation application. Before he crossed over, Courtney shared his calendar secrets with his inner circle of students. These insights led to the following schedule. Please prioritize the spray dates that contain an * if only one of the two sprays on a certain date can be applied. The first date is for application of 500 horn manure at mid or late afternoon. The second day is for application of 501 horn silica at sunrise “before the dew has dried.”

While stirring, keep the following verse in mind:

Through Elemental action

Co-Creative Force is

Molded by Love

So the Earth may be Healed

Solstice: June 19,* 20* (earth)

July 16, 17* (earth)

Aug 14,* 15 (air)

Equinox: Sept 21,* 22* (water)

Oct 21,* 22 (fire)

Nov 9, 10* (earth)

Solstice: Dec 12,* 22* (water)

Heal Yourself, Heal Your Garden (Part 3): Equisetum and Valerian

Abigail Porter

Equisetum (Horsetail) and Valerian are the focus of the third part of this series on the culinary and medical uses of the biodynamic preparation plants. They both share qualities of sulphur, while horsetail primarily relates to silica, and valerian to phosphorous processes. Although more than twenty-five species of horsetail exist worldwide, including some that can be substituted, *Equisetum arvense* (field horsetail) is the focus here since it is the one that Steiner specifically refers to in the *Agriculture Course*. It is also the species most often used medicinally, which also is true for *Valeriana officinale*. Although some practitioners do not consider horsetail a biodynamic “preparation,” Steiner brings attention to it five times in the lectures, indicating its value for the biodynamic toolbox. As one of the richest sources of bioavailable silica in the plant world, it is a useful remedy for the farm or garden and ourselves.

Equisetum is considered a living fossil, having survived since prehistoric times. During the wet, boggy, Carboniferous period, it grew 100 feet tall, and even today, a species in South America reaches over 30 feet. Equisetum is more than 300 million years old. What wisdom does it possess? What memories does it have? What magic does it hold that has enabled it to adapt to climate extremes since primeval times?

Equisetum arvense

“...the cosmic factor lives in the plant via silica. Just take a look at the equisetum plant—it has an unusual ability to draw the cosmic into itself, to permeate itself with silica. It contains ninety percent silicic acid [based on ash analysis]. In equisetum, the cosmic is present to excess...” — Rudolf Steiner

Being a primitive plant, *Equisetum arvense* reproduces by spores and rhizomes. Instead of leaves, it has a central segmented stem with whorls of incremental stems. The jointed stems are hollow, as are the extensive network of rhizomes and roots. The air channel in the center of the plant is surrounded by tubes which draw up water and minerals from the roots, which can reach a depth of three to six feet. Fine roots hairs dissolve silica in the soil. The silica is then drawn up with the water and deposited as a coating on the stems of the plant: “...the silica makes a kind of lens on the surface of the plant, which collects, focuses, and transmits light in concentrated form into the plant cells...[they] are then able to absorb particularly large amounts of light...” This process enables photosynthesis in the stems without the benefit of the surface area of leaves. (Do the “lens” also collect and focus cosmic radiations?) Horsetail has a rare combination of relatively high “fiery” sulphur content

with the “cool” structure of silica. It “is a master at dealing with water, light, and silica” (*Healing Plants*, p. 148–149)

Culinary Uses

Historically, the early fertile shoots bearing spores in a cone-shape (*strobilus*) at the top of the shoot have been eaten by Indigenous Americans and woodland foragers. The shoots appear in early spring about a week before the sterile vegetative shoots of the species *arvense* emerge. (With some species, the strobilus grows on top of the vegetative shoot). They are only edible for a couple days, while the strobilus is white, before it turns brown and releases the spores.

Once harvested, the brown papery bracts and the strobilus are removed. The shoots are said to be thirst-quenching, mild and tasty, with a juiciness similar to celery. Field horsetail (*arvense*) and Giant Horsetail (*Equisetum telmateia*) are edible, though you may not want to eat excessive amounts raw since horsetail contains an enzyme which interferes with absorption of thiamine (vitamin B1). Cooking destroys this enzyme. Some tribes eat both the strobilus and the tuber-like rhizomes later in the season after cooking them well. Be sure you properly identify horsetail before consuming it either as a food or tea since some species like *Equisetum palustre* may be toxic, and other species may contain a fungus (*Ustilago equiseti*) which



Horsetail roots go down three to six feet, causing mining companies to analyze the content of the plant to see if it is worth mining for gold in areas where it grows.

can cause food poisoning. Since horsetail can draw in heavy metals and can be used to remediate contaminated soils, it is important to harvest only in clean areas.

Medicinal Uses

Silica is an essential mineral for all life on Earth. In traditional herbalism, horsetail is associated with Saturn and, with its high silica content, has been used for a wide range of ailments from urinary conditions to rebuilding joints and bones. It is antioxidant, anti-inflammatory, astringent, anti-cancer and antimicrobial. It can help resolve bronchitis and other respiratory conditions. Horsetail has been used to promote wound healing and prevent infection, ease pain, and stop bleeding both externally and internally. It is said to be especially effective for nose-bleeds. Both *arvense* and *hyemale* species are used in homeopathic remedies and herbal supplements.

Urinary—Horsetail is a tonic for the whole urinary system, promoting kidney function and bladder health. As a mild diuretic, it can reduce edema and help *flush out* kidney stones, bladder infections, and toxins. It helps strengthen the bladder and has been used as a remedy for bedwetting.

Bones, Joints and Teeth—Silica is vital for the formation of collagen, bones, cartilage, and connective tissue, making horsetail, with its high silica content, effective in preventing and reversing osteoporosis and degenerative joint disease. It helps broken bones heal faster. Surprisingly, it also has the ability to stimulate the formation of new tooth enamel. According to scientist, C. Louis Kervran in his book, *Biological Transmutations*, silica is transmuted into calcium in the body. More conventional scientists credit silica's ability to stimulate collagen formation and assist with absorption of minerals for bone formation.

Skin, Hair, Nails—Horsetail is used both topically and internally to improve brittle nails, strengthen hair (even promoting new growth), and for a variety of skin disorders, including those caused by fungus and bacteria. Silica deficiency is linked to acne, eczema, and psoriasis. With its connection to collagen production, silica can improve the strength and elasticity of skin, and reduce signs of aging for healthy, youthful skin. Also, it can speed the healing of burns.

Aluminum Detox—Artificially introduced aluminum is prevalent in food, water, air, body care products, medicines, and vaccines. Aluminum and Alzheimer's disease have had a causal relationship for more than fifty years. More recently, autism has also been connected to aluminum. Silica has the ability to bind with aluminum and remove it from the body. Horsetail may help prevent and reverse Alzheimer's. Dr Klinghardt recommends horsetail to help detox aluminum



Horsetail shoot with spores

in the brain. Dr. Chris Exley (Keele University) has been researching aluminum toxicity for more than thirty years. His preliminary research indicates that drinking silica rich water can improve cognitive function of both autistic and Alzheimer's patients.

For medicinal uses, horsetail is best harvested in the spring and early summer. It needs to be simmered for twenty minutes to release the silica from the plant structure. Acute conditions benefit from a concentrated tea while a more dilute tea is recommended for long term use. As with any herbal or supplement, it is not advisable to ingest it daily for more than a month or two without a week or two break between uses. Equisetum is contraindicated with some medications and medical conditions, and some sources do not recommend it for children. Please do your research.

In the Garden

It may be hard to grow your own horsetail unless you have the right conditions. Horsetail likes moist, sandy soil and frequently grows along spring runs, streams, rivers and drainage ditches. If it grows in your region, finding a patch to wild harvest may be the best source of this herb. Otherwise, you will need to purchase it.

In biodynamic practices, the fresh or fermented tea is used to bring balance when watery moon forces are too strong, resulting in fungal disease. With its affinity for water, horsetail also can help bring balance when moisture is absent and moon forces are too weak. It is the last prep used in the sequential spray to help bring moisture when conditions are dry. In regions of intense sunlight with hot, droughty conditions, horsetail offers a gentle way to bring cosmic silica forces in when 501 (horn silica) may be too powerful. Teas may be

applied to the soil and plants when used for prevention or treatment, and to the atmosphere when substituting for 501.

Can the wisdom of equisetum gained through its millions of years of evolution be our ally with our current changing climate? Rudolf Steiner writes, "...if a plant is very delicately permeated and enlivened by silicic acid, it becomes sensitive to everything and can attract what it needs" (*Agriculture Course*, p. 104).

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"Aluminum Toxicity" tinyurl.com/36dwdrnr

"The Pharmacology of *Equisetum arvense*." A Review" *Journal of Pharmacy*. iosrphr.org/papers/v7i2V1/Do7o2o13142.pdf

More on BD 508 from BioLogic Wine in New Zealand: tinyurl.com/2ktmhafb

Directions for making fresh or fermented 508 horsetail tea: jpibiodynamics.org/pages/biodynamic-preparation-instructions



Native Americans were known to use chewed Valerian in their ears to provide relief from earaches

Valeriana officinale

Common valerian, also called garden heliotrope, is native to Europe and Asia. Probably brought to the Americas by early settlers for its medicinal value, it is a perennial plant easily propagated by seed or root and now considered invasive in some parts of the United States. I suppose it requires specific conditions to spread since it has not spread on my land in the last twenty years.

The plant will grow in full sun or partial shade, preferring moist, well-drained soils. Earthworms like living around the roots. Valerian helps improve the soil with phosphorus and other minerals. For medicinal purposes, the roots and rhizomes are best harvested in the fall.

Medicinal Uses

Valerian root has been used to treat various ailments, most

commonly insomnia and anxiety. In one of the oldest recorded uses, Hippocrates reported using the plant to treat headaches, heart palpitations, and anxiety. It was used as a remedy for epilepsy until the 1800s. During World War II, it helped relieve the stress of air raids. Valerian continues to be the leading over-the-counter tranquilizer in Europe.

In a recipe from the 1500s, Mrs. M. Grieve's *A Modern Herbal* recommends valerian for "Men who begin to fight and when you wish to stop them, give to them the juice of Amantilla [Valerian root] and peace will be made immediately." (p.826)

In addition to its use as a sedative, the plant may help reduce hot flashes and relieve menstrual and intestinal cramping, as well as restless leg syndrome. For people with ADHD, valerian helps mental focus. It can lower blood

pressure caused by stress. Routine baths with valerian root tea offer pain relief from fibromyalgia and sciatica, while improving sleep.

Although we don't generally think of it as a food, valerian has been used as a spice throughout history. Anglo-Saxon recipes included it in soups and salads. It continues to be used as a food in many parts of the world.

In the Garden

Valerian blossoms are harvested to make BD 507, preferably on a flower/air day when the moon is ascending. After being ground up, the blossoms are squeezed to extract the juice, which is bottled and allowed to ferment in a cool, dark place with a loose lid so the bottle doesn't explode. When fermentation is complete, the mixture is strained and bottled for later use.

As the last of the six preparations enlivening the compost pile, valerian is added as a small amount of the fermented blossom juice (BD 507) to two gallons of water and stirred for 10 to 15 minutes. The mixture is inserted into a hole in the

pile and sprayed over the top of the pile where it will "stimulate the manure to relate in the right way to phosphorous."

For frost protection of flowering trees or annual plants, valerian water is misted over and around the plants on the evening of the expected light frost. It can be sprayed again in the morning when the frost is more severe. If there are unseasonably cool nights in summer slowing the ripening of heat loving fruits like figs and tomatoes, spraying valerian will help keep them cozy. "*Valerian surrounds the plant life with a warm mantle,*" wrote Manfred Klett.

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"12 Health Benefits of Valerian Root: Dosage & Side Effects," selfhacked.com/blog/valerian-root/

Biodynamic Valerian seeds: turtletreeseed.org

Welcome to JPI's New Managing Director

Emily Sepulveda's passion for agriculture is rooted in environmentalism and a deeply abiding respect for the earth and all her creatures, including the subtle energies that weave through and around every atom in the cosmos.

After time spent working in urban agriculture, permaculture, and viticulture throughout the state of Arizona, Emily arrived in La Veta, CO, in 2015. There, she and her teammates at Ladybug Farm harvested dandelions and tucked seeds into the earth under the sparkling Colorado starlight. This was her first formal exposure to biodynamics, and it gave her the language needed to express her intuitive belief that agriculture could be holistic, ecologically minded, and ethical. In her farming career, both before and after, these principles have guided her decisions every step of the way.

Emily's career path has taken her from vineyards to succulent gardens, from market farms to urban greenhouses, from rooftop beehives to raw milk goat dairies. She gained her skills in nonprofit administration through five years of program management in Denver, where she worked to address food insecurity through local produce.

Emily believes strongly that nourishing food is a human right, as is the opportunity to experience nature unspoiled. In biodynamics these principles marry, as the natural world, the food produced, and the beings that are sustained from it merge into one living organism, interdependent on each other.



Thrilled to bring her years of agricultural and nonprofit experience to JPI, Emily feels blessed to be residing in Floyd, VA, where the water is abundant, and the stars shine bright. She intends to serve JPI and the larger biodynamic community humbly as they continue to move forward, honoring the earth and the universal energies that connect all beings.

Remembering Gene Gollogly

The big-hearted spirit of Gene Gollogly (October 4, 1950–January 7, 2021) has joined the other accomplished biodynamic souls beyond the threshold to lend his support to the evolution of Earth and those who call Earth home. Caren von Gontard reported in her tribute for Viva la Vida that he had walked up the mountain behind his home on Epiphany and, though feeling unwell, he still helped neighbors shovel snow and walk their dog. He passed away the next day. She says that “it was his style and his nature to just ‘show up’ unexpectedly—whether for a seminar, for a quick overnight as he traversed the country...or just for a cup of tea...he gifted us with delight and inspiration.”

Hazel Archer Ginsberg reports in her January 9 blog, titled Champion (<https://reverseritual.com/blog/>) that he was the former director of Steiner Books, Anthroposophic Press, co-founder of Lanternbooks and a long list of other accomplishments. Gene “was a connector and helper to so many.”

You can also find other tender memorials on the Biodynamic Association site: <https://www.biodynamics.com/content/honoring-gene-gollogly>

Along with all those who loved him, we ask that you hold Gene in your hearts as he journeys on. May every step he takes be infused with light!



Beautiful Demeter Certified, biodynamic land in Lee County, TX; 56.764 acres, located one hour east of Austin. Sandy loam soil, barbed wire fencing, two ponds and four farm structures. Currently operated as Chickamaw Farm-Ranch & Wildlife. Presently Irish Dexter cattle operation selling premium beef at two prime locations at Austin's two premier farmers' markets. The land has great agricultural potential. Photos and additional information available. Bill McCranie, tel. 512.567.3456, chickamaw@gmail.com.

The logo for "Know Your Roots" features a stylized tree with its roots and branches forming the letters "KNOW YOUR ROOTS".

From Orchards to Herbs, Know Your Roots provides biodynamic consulting, mentoring, education and guidance for orchardists, farmers, and herbalists.
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The Biodynamic Farmer Foundation Year weaves together the practical, philosophical, and spiritual aspects of agriculture beautifully.

Anthea von Geloven, farmer at Spikenard Honeybee Sanctuary & participant in the 19-20 Foundation Year and 20-21 Development Year

Biodynamic Farmer Foundation Year

Delve into the practice of biodynamics with individual support from an experienced mentor farmer and either an apprenticeship on an established biodynamic mentor farm or a plan to implement biodynamics on the farm or garden you already manage.

The BDA's Farmer Foundation Year offers a cohesive learning curriculum of short readings, experiential exercises, observational studies, and lively conversation spaces in a cohort based setting. For more info, visit:

<https://www.biodynamics.com/farmer-training>




**BIODYNAMIC
ASSOCIATION**

“The senses are influenced in a remarkable way by silicon. And silicon plays the greatest imaginable part not only in the body, but also in the whole household of Nature”

Rudolf Steiner in the *Agriculture Course*, (Creeger/Gardner trans.), p. 21



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