



Applied BIODYNAMICS

Winter, 2021

Periodical of the Josephine Porter Institute

Issue No. 102



News from the Farm
Heal Yourself, Heal Your Garden, Part 5
Ten Years: Reflections and Inspirations

From the Editor

Even if we forget to notice trees during all the other seasons of the year, they seem to call themselves to our attention in winter when each unique leafless silhouette shows its glorious outline against the sky. Oaks especially stand out, the mature ones particularly, robust and sturdy, towering above us diminutive humans with canopies many times our width. Although every tree deserves to be respected as an elder, a wise elder that has lived longer and, we hope, will continue to live longer than most of us, the oaks have long been honored as sacred trees. Druids worshiped in oak groves, according to Pliny, who lived in Gaul in the first century CE, and white oak wood burned bright and hot in their sacred mid-summer fires.

As winter is a time of both conclusion and preparation for renewal, we complete this year with a look at the final biodynamic preparation in Abigail Porter's series, "Heal Yourself, Heal Your Garden"—white oak bark. Indeed, with the conclusion of her series, Ms. Porter also will be leaving JPI's *Applied Biodynamics* staff for other opportunities. See her concluding article titled "Ten Years: Reflections and Inspirations," for a retrospective of those who have been important to her in the biodynamic agriculture community. Certainly, it is with mixed feelings that we witness her departure, nevertheless under-

standing that with every conclusion, renewal always follows. May her path hold this and more.

In addition, Emily Sepulveda provides insights into the work of JPI during the winter months. In this issue, we also mark the passing of Stephen Decater whose commitment to the land easily spanned half a century. Among humans, Stephen stood as tall as an oak. And like all great trees, he took in the educational nourishment he received from his elders, then passed it on to those who came to Live Power Community Farm to learn from him and Gloria.

Years ago I bought a book titled *Oak and Ash and Thorn: The Ancient Woods and New Forests of Britain*, written by Peter Fiennes. Near the end of the book, he writes of an encounter with an ancient oak: "Close up, it is dauntingly huge. I step forwards and set my cheek on its rough skin and then lean my arms and chest against its immense body. It is so soothing, like nothing I have ever experienced. A surge of energy races through my limbs. I can feel a restless agitation being drawn from me and then into the tree and up and away. More than that...there is an incredible connection of intensity and power."

For me, his words capture the energy of being in the presence of a true elder tree. I expect that the druid in each of us would likely echo a resounding "YES!" if we also had such an experience, no matter what the season of the year in which it occurred. Trees heal us, whether we always notice them or not.

—Mary Maruca

Front cover: The white oak planted in memory of Hugh Courtney continues to grow strong, a reminder of his influence on preparation making made visual with last year's skulls gathered at the base. Photo courtesy of Emily Sepulveda.

Applied Biodynamics

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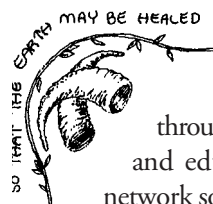
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Managing Editor, *Applied Biodynamics*
Josephine Porter Institute
652 Thompson Road SE, Floyd, VA 24091
Phone: (540) 745-7030; Fax: (540) 745-7033
info@jpibiodynamics.org
www.jpibiodynamics.org

Managing Chair—Mike Biltonen
Managing Editor—Mary Maruca
Co-Editor—Abigail Porter
Layout—Bruce Bumbarger

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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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Changing Leaves, Changing Rhythms

Emily Sepulveda

In autumn, we prepare for winter's rest.

It seems incongruous—the thought of ease—in the midst of a busy September, when summer's bounty is still hip deep in the fields. Or again during a frantic October, when farmers work well past twilight to harvest all they can before the first silvery frost. Rest is the last priority throughout a shivering November when the threat of a hard freeze motivates farmers and homesteaders to repair and secure their livestock's winter shelter, despite the numbness that cold brings to their fingers. Incongruent or not, these efforts are indeed the final hurrah before rest comes, before the earth settles down to finish the long deep inhale begun after the summer solstice.

Though JPI may not conduct heroic harvests, our yearly cycle follows rhythms that parallel those known to the farmers and gardeners we serve. All summer long we dance through the sunshine, collecting nettle and valerian, yarrow and chamomile and dandelion. As the days grow shorter and the light turns golden, we step up the pace, rolling up our sleeves to do the work of preparation making, inviting in the alchemy that transforms those spiny leaves and sweet flowers into biodynamic preparations. When the leaves start to change, we seek out viscera and skulls; and we give thanks to the beings that have sacrificed them as we bury preparations in the earth. They are a mirror of spring seeds, covered by soil in the autumn to provide bounty in the spring.

This fall, JPI stuffed 2000 cow horns and buried them with the tip skyward. We filled 100 sausages with chamomile and 15 deer bladders with yarrow. We buried 75 pounds of nettle and packed dandelions into 8 hand stitched peritoneum pillows. We placed 10 cow skulls, stuffed with white oak bark, near the river, enfolding them in a spot of earth that never really goes dry.

And now, in winter, the preparations rest, absorbing cosmic energies and becoming more than they were when buried. While JPI staff will put away our shovels and close our sewing kits in anticipation of their brief winter respite, we'll not be taking the season off. Instead, we'll be planning for next year, laying the foundation for our global distribution of biodynamic preparations.

The greatest part of this process is our Associative Contracts. Now open for 2022, these agreements between producer and consumer illustrate Steiner's principle of Associative Economics, a coordination between buyer and seller that serves both parties. Biodynamic farmers and gardeners pre-pay for their years' preparations at a discount, giving JPI working capital for the winter months, as well as the foresight

needed to synchronize our production rhythm with our community's needs. In this way, we ensure the preparations that our friends and fellows apply to their land are of the highest quality.

JPI will be accepting Associative Contracts until March 1, 2022, and the order form, as well as more information can be found at www.jpibiodynamics.org. This will be our rhythm for the season of rest when, along with biodynamic farmers everywhere, we will be preparing for Spring.

What to Do During the Winter

Winter is not the end of the garden's infinite opportunities to increase our biodynamic perceptions. If you don't already conduct these activities, here are a few thoughts for furthering your winter activities in the garden.

Biodynamic Preparations for use in Winter

- Tree Paste—can be applied in late fall after leaf drop or in late winter before sap flow, but when the temperature is above freezing.
- Valerian (BD 507)—offers protection from early fall or late spring frosts.
- Three Kings Preparation—this offering to the elemental beings is ground over midnight on New Year's Eve, then stirred and sprayed around the boundary of a property late in the afternoon on Three Kings' Day, or Epiphany.

Biodynamic Practices for Winter

- Burial of Seeds—this practice of burying seeds to simulate the natural cycle of seed drop is done on the Holy Nights (December 24–January 6) or during the coldest part of February. This exposes seeds to winter's crystalline forces.
- Calendars—winter is the ideal time to study the biodynamic calendar for the coming year.
- Preparations and calendars can be purchased at www.jpibiodynamics.org.

President's Report

Clay Wesson

As the outward expression of growth slows down with the shifting of seasons, the time of inner work is upon us. As perennial shrubs, trees, and vines show us, energy goes inward at this time to build the foundation for the year ahead.

Using the time to reflect and contemplate the last couple of years at the Josephine Porter Institute, I feel as if humanity as well as our own organization has traversed "the Fire Trial" Rudolf Steiner referenced in *How to Know Higher worlds*.

The initial concerns of the Covid pandemic were felt by JPI as early as the Fellowship Conference in January 2020, when board and staff made their way to the Michael Fields Institute in Wisconsin. While most traveled by air, our master preparation maker, Larry Mabe, took that journey with Hugh Courtney, making the long, cold, wintery drive up from Virginia.

As the world began to shut down in March of 2020, we made the difficult decision to postpone or cancel all our in-person workshops, which allowed those at the farm to focus on the physical work. At the same time, all our communications between board and staff were transitioned to the digital world. While acknowledging the challenges facing us, we were aware that the changes allowed for deep-dive visioning to determine both what was possible, as well as what was needed for the Josephine Porter Institute to carry its mission into the world.

In *How to Know Higher Worlds*, Steiner's exercise around the Seed of Life is explained as an opportunity for a student to hold a seed from which he or she contemplates and envisions the full expression of the plant as it rests invisible to the naked eye, encased in the small form the student holds. Likewise, doing our own envisioning, the JPI board of directors began meeting weekly in May 2020, as we began to create space in our hectic lives to come together to improve the foundation of the organization, supporting a vision of our highest hopes and ideals.

With the June 15, 2020, passing of Hugh J. Courtney, founder of the Josephine Porter Institute, we all felt both a sense of urgency and reverence toward our responsibilities, as we carry on the spirit and mission of JPI into the future.

As you will read in this issue, we will be bidding a farewell to Abby Porter, who is departing *Applied Biodynamics* and social media as she steps into her next chapter of life. It has been a blessing to have her ten years of dedication to JPI. I remember meeting Abby at the Fellowship of the Preparation Makers in Oregon back in 2013 and admiring that, while, highly knowledgeable, she also had a love and willingness to educate those in the community about making and using biodynamic preparations. As well as being the daughter of the namesake and

inspiration for our organization, Josephine Porter, she has been an integral part of both JPI's foundation and legacy. Her tireless and, at times, thankless work at JPI has empowered many people with the confidence to practice biodynamics. We wish her well, and we look forward to staying in touch.

While we are reminded of change with the seasonal shifts, it does seem there is a rhythm and familiarity returning to JPI. Although JPI canceled its in-person workshops for 2021, we had an outpouring of enthusiasm from volunteers who still wanted to be involved. In 2021, the staff on the farm have developed partnerships with both of our neighbors, Spikenard Honeybee Sanctuary and Riverstone Organic Farm, as shared in previous issues. The necessity for the use of biodynamics "so the earth may be healed" is as important as ever, and the JPI staff and board members remain excited and inspired for the future.

As you will read, stepping back by some opens space and allows new spirit and energy to come in. Up ahead will be some new employment opportunities as well as openings on our board of directors. We thank you for your support as we hold the seeds of hope and look forward to 2022!

In gratitude,
Clay Wesson

Make A Subscription to *Applied Biodynamics* Part of 2022

As we close out 2021, we extend the deepest gratitude to our *Applied Biodynamics* subscribers. We hope the publication has been helpful during the past year.

Applied Biodynamics plans to continue its quarterly publication schedule in 2022, with material to help you better steward your land, whether the land is your personal garden or a thousand-acre vineyard.

Remember that a subscription to *Applied Biodynamics* is a fantastic addition to any educational program, a wonderful gift for those interested in farming or gardening, and a valuable resource for established farmers looking to more closely align with Earth processes.

PDF subscriptions are available for \$20 per year, and print subscriptions for \$30 per year. Please visit www.jpibiodynamics.org to subscribe.

You also can purchase back issues of *Applied Biodynamics*. All 102 issues are available for digital download OR in a collectible print version! An index of back issues is available at www.jpibiodynamics.org.

Heal Yourself, Heal Your Garden (Part 5): Oak

Abigail Porter

“To have a healing effect, the calcium must remain in the realm of life.” (p. 97)

The last preparation plant in this series is the mighty oak tree. Since ancient times, oak trees have been sacred and held in high esteem in folklore and mythology. They were frequently associated with the gods of various cultures for their strength and repositories of cosmic wisdom. Oak groves held special significance for the rituals of the Druids (oak-knower or knower of the oak tree). And today, oak is still highly valued for its durable wood, and as an important habitat, shelter, and food source for a wide variety of wildlife.

Rudolf Steiner chose the outer bark of the native red oak (*Quercus robur*) for its high **living** calcium content, which is used in compost preparation 505 to stimulate resistance to plant diseases. In North America, we use the comparable native white oak (*Quercus alba*). The oak tree accumulates remarkably high levels of calcium in its bark as it is growing. And surprisingly, trees grown on sandy, calcium deficient soils have the highest calcium ash content of all. According to Steiner in the *Agriculture Course* (p.97), “Seventy-seven percent (77%) of its substance [the ash] consists of finely distributed calcium.” As a stage between living earth and plant, “the calcium structure of oak bark is the most ideal.” Ehrenfried Pfeiffer reports that the transformed oak bark preparation (505) has a calcium content of ten percent (10%) as determined spectrographically (*Pfeiffer’s Introduction to Biodynamics*, p.33).

“Calcium...restores order when the ether-body is working too strongly...and thereby makes free the influences of the astral body...” (p.97)

Calcium dampens down excessive etheric forces when there is rampant, lush, watery growth resulting from nitrogen over-fertilization, or too much moisture resulting from the moon forces working too strongly. When the etheric forces predominate, plants are more susceptible to pathogens. Calcium creates order by contracting and hardening growth, providing support and creating boundaries. Excessive etheric growth is subdued, allowing the astral forces to work. The oak bark preparation 505 added to the compost pile moderates excessive growth or liveliness in the compost, the soil, and the plants. The qualities of the oak tree—steady, strong growth—are brought to plants, providing resistance to disease and pests.

Oak trees are wonderful to have on your land for their wise and noble presence. In addition to providing habitat



White oak tree (Courtesy of Joshua Mayer)

and food for animals, birds, and insects, they provide us with medicine, as well as survival or foraged food. Although the bark doesn’t serve any culinary purpose, the acorns do. One mature oak tree can produce over 2,000 pounds of acorns. After the tannins are leached out, the acorns can be ground into flour to make bread, pasta or porridge. They can be used in soup, to make beer or a liqueur, and to serve as a coffee substitute. They also can be pressed for their oil. An appealing Spanish recipe simmers leached acorns in orange peels, cinnamon and honey. Although acorns are not usually eaten in America other than by indigenous people, they are a traditional food in Greece, Italy, Spain, North Africa, and throughout Asia.

Medicinal Uses

Oak bark has been used for centuries to treat a wide variety of illnesses and injuries. In addition to its high calcium content, oak bark is high in tannins, making it astringent, antibacterial, and antiseptic. It is also anti-inflammatory and contains quercetin.

Although the coarse outer bark has been used especially for external use, more frequently for internal use, we use the younger bark, including the inner bark stripped from pruned branches with a knife or vegetable peeler.

American Indians placed strips of oak bark in their mouths to treat oral infections and toothache. A powder of ground oak bark packed around gums and teeth before bed has resolved gingivitis, periodontitis, pyorrhea, and loose teeth.

A sitz bath with a strong oak bark tea can heal hemorrhoids. And compresses or baths of the same material relieve skin afflictions like eczema, acne, shingles, burns, minor wounds, insect bites, and poison ivy. Varicose veins can be treated both internally and externally with oak bark. The astringent properties of the tannins constrict body tissues on the inside and outside, and the antiseptic qualities prevent infection. Oak bark tones both internally and externally.



White oak acorns (Courtesy of Iowa State University)

Respiratory conditions also benefit from a tea made from oak bark. It can be used for infections, coughs and colds, sore throat, bronchitis, and asthma.

Oak bark is also a diuretic and can help treat urinary tract infections. It also may eliminate kidney stones caused by a buildup of uric acid in the blood stream. It has been used to treat arthritis and diarrhea, as well as many other conditions.

In the Garden

When excessive moisture is expected or has occurred, an oak bark decoction can strengthen plants so they are more resistant to disease and pests (much like equisetum does). A diluted spray on seedlings will help keep them healthy. Sifted, composted oak leaves is a beneficial addition to a seed starting soil mix.

According to Maria Thun, oak bark should be harvested on root days. She recommends that teas of all the preparation plants be used sequentially through the season to keep crops healthy and improve quality, flavor, yield, and storage. In *The Biodynamic Year*, Thun gives directions on how to make each tea and goes into detail on when and what to spray depending on the crop. She eliminated tomato blight and other diseases with the help of teas.

In Conclusion

Not knowing much about oak bark, I didn't appreciate its many benefits until I started researching this article. In fact, oak bark was my least favorite prep plant. But after learning more about it, I realized it will be a valuable addition to my herbal medicine chest. I hope you too will learn more about the preparation plants and make them a routine part of your culinary and medicinal protocols.

Steiner chose powerful native species to bring healing and vitality to the Earth. We can use these same plants

for our own nutrition and healing. By learning about how they can heal us, we can have a greater understanding of how these same qualities are brought to our farms and gardens through the biodynamic preparations.

Most native plants, considered by some to be weeds, are more nutritionally dense than any of our domesticated food varieties. They are adapted to local conditions, resistant to pests and disease, and resilient in the face of weather extremes. At one point, Steiner said that we need to go back to original species and selectively breed new plants because the domesticated varieties have lost their vitality. We may not want to do that but we can benefit from the many "wilds."

Our ancestral knowledge of plants has not been passed down for several generations now. We can relearn what our great grandparents knew. I encourage you to explore and research the native plants on your land, bring them into your life, and become more self-sufficient with your own healthcare and nutritional needs.

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Ten Years: Reflections and Inspirations

Abigail Porter

It is with mixed emotion that I leave my position as writer/editor for *Applied Biodynamics* (*AB*). I will be glad not to have the ever-looming due dates or my struggles with writing, which does not come easily for me. I will, however, miss interviewing and learning from wise biodynamic practitioners, and working with the current experienced *AB* team: our managing editor, Mary Maruca who has made a career of writing and editing various publications for many years, Bruce Bumbarger who I have worked with since the beginning, and more recently, co-writer Mike Biltonen. I am attempting to simplify my life by not going in so many different directions so I have time to get into a more consistent rhythm with my own garden and explore the medicinal and culinary qualities of native plants on my land. I will continue to mentor, consult, and give workshops on beginning biodynamics for the backyard gardener.

In 2011, Hugh Courtney asked me to join *AB* as East Coast writer and editor. I was honored, yet concerned. Having little experience writing, would I be able to live up to the standards set by Hugh; our then managing editor,



Christy Korrow, who was also editor for *LILIPOH*; the long time graphics and lay-out person, Bruce Bumbarger, who previously edited the Biodynamic Association Journal; and West Coast writer/editor Hunter Francis, founder of the Center for Sustainability at Cal Poly? I was welcomed with warmth and encouragement by all, and my fears soon fell away as my curiosity and interest in learning from experienced biodynamic practitioners pulled me forward. What led them to their life path? What were their practices? And how were they using the biodynamic preparations? I searched for answers to these questions and more.

As I reviewed the twenty-five issues of *AB* that I have contributed to, I realized yet again what a rich and rewarding journey these past ten years have been. My favorite part of the job has been the in-depth interviews with diverse and inspiring practitioners that enable me to learn from them, as well as share their knowledge with our readers and the wider biodynamic community. I am grateful these gifted people took the time away from their busy schedules to share their life experiences with us.

Among these wonderful people, Sherry Wildfeuer shared her serendipitous and intuitive path from not knowing anything about gardening to learning about biodynamics and anthroposophy from a friend in college. She apprenticed with Alan Chadwick in California where she had her sense of observation sharpened. Her desire and destiny to study in Europe led her to the Goetheanum where her task was to see if Maria Thun's experiments working with the elements of the constellations could be replicated. The results convinced her of the importance of Thun's work. From there, she took the agriculture course at Emerson College. Longing to live in community, she ended up at Kimberton Hills Camphill Village where she developed the well known *Stella Natura* biodynamic planting calendar for North America, first printed in 1978.

AB offered four very different approaches to farming in issues 74, 84, 90, and 96. Founded in 1988, the Community Farm of Ann Arbor is one of the earliest CSAs still in existence in North America. Farmers Paul Bantle and Anne Elder describe the founding, development, educational offerings, and innovative fundraising for capital improvements (issue 90). Also, Uli Hack, his brother, and their families farm 900 acres in Ontario, growing Demeter certified grains and cattle. Uli shares how his family was guided to come to Canada from Germany, how they converted from conventional farmland to biodynamics, and how they created a closed-loop farm organism (84). At the other end

of the spectrum, Linda Borghi shared her experience bringing biodynamics to an urban setting with high value, quick growing crops, following the SPIN-farming method (Small Plot Intensive). Using multiple, neighborhood backyards, market growers have low-cost access to land, and can generate up to \$100,000 per acre. Although this concept does not fulfill the biodynamic “whole farm organism” ideal, since much of the fertile farmland surrounding urban centers is lost to suburban development, this approach does help provide local food security and resilience (74).

Winter Green Farm in Oregon is an example of three families working together collaboratively, yet independently in their own area of expertise and interest, creating a diversified whole farm organism. Having developed multiple income streams while adapting to changing markets, Winter Green may serve as a model for future cooperative farms. Wali Via stresses the importance of good business practices for success as a value driven organization with a triple bottom line benefiting not only the owners but also the employees and the community (96).

Issue 94 explores the use of the preparations and the biodynamic planting calendar when saving seeds. It features three seed savers: Beth and Nathan Corymb (Meadowlark Hearth Farm, NE), who originally started Turtle Tree Biodynamic Seed Initiative in NY; Harold Hoven (Raphael Garden, CA); and Steven Adams (Chrysalis Farm, WI). Other issues highlight Jack McAndrew and his method for making compost (92), as well as Ehrenfried Pfeiffer and a 1952 article, “The City with Golden Garbage,” describing his pilot project for composting municipal waste, reprinted from *Collier’s* magazine (86). Festival sprays created by Dr. Basil Williams honor the

long neglected elemental beings and the rhythms of the year (88). Steiner encouraged us to revive the seasonal festivals and connect with the beings behind the processes of nature.

Not least are the two interviews (76 and 78) with Hugh Courtney on the procedure for making the compost preparations, chamomile (503) and dandelion (506). In the memorial issue (98), honoring Hugh’s many accomplishments and his legacy, students who are carrying on the work share their memories and experiences of their time with Hugh.

These are just a few of the memorable highlights for me from the past ten years. There are other helpful articles in these issues also, as well as a wealth of information in the many other back issues from other writers, including those issues where Hugh shares numerous insights. Hugh describes his development of the sequential spray to moderate weather extremes; his experiments with using individual preps for seed soaks and sprays to increase productivity and to enhance resilience during droughts; and his discovery that in his region, winter preps unearthed after Ascension Day yield better quality preparations.

I encourage you to get a hard copy collection of back issues for your permanent reference library. An index of all the back issues can be found at jpibiodynamics.org/collections/applied-biodynamics.

Ever since Hugh Courtney started publishing *Applied Biodynamics* in 1992, the mission has been to provide educational material and insights about the biodynamic preparations and their use. The preparations continue to be the focus of the publication. I encourage you to share your experience, anecdotes and antidotes, insights and research, so we can all continue to learn from each other going forward.

JPI is Hiring!

Development/Finance Director

Successful candidate would be responsible for overseeing primary development and office finance functions, including fundraising, grant writing, sales and marketing, networking, payroll, accounts payable, accounts receivable, and budgets. The candidate would work closely with the managing director of Applied Biodynamics, other directors, and outside counsel for full fiduciary accountability. This is a full-time salaried position with on-farm and remote work capabilities.

Farm Manager

Successful candidate would work with the managing director, preparations master, and farm development committee for all farm related activities, including gardens, livestock, orchards, and general farm upkeep, repair, and maintenance. This is a full-time hourly position located at JPI’s farm in Floyd, VA

Content Editor For *Applied Biodynamics*

Applied Biodynamics is JPI’s outreach newsletter for organizational education, research, and news. Successful candidate would work with existing publication staff to develop themes and seek out content for quarterly issues. The candidate would also be responsible for managing social media postings and responding to questions and inquiries. This is a part-time salaried position with primarily remote work capabilities. Frequent engagement with the farm staff, including farm visits, and with board of directors is critical.

Knowledge of biodynamic agriculture origins and practice preferred; compensation is commensurate with skills and experience. For more details visit JPI’s website or email personnel@jpibiodynamics.org. These positions are open until filled.

Crossing the Threshold—Stephen Decater

Sometimes a dream is like a seed. Planted in the heart and mind, it takes root and produces fruit. Such a dream is Live Power Community Farm, loved into reality by Stephen and Gloria Decater. Now Stephen has gone on to dream other dreams. He transitioned on November 4, his journey witnessed by his wife, three sons, and their families. Gloria wrote tenderly of his crossing: “Stephen left his physical body last night at 10:45 P.M. with son Nicholas and me by his side. We of course are incredibly sad to no longer have him with us physically, but are grateful to have been able to be present with him and witness his birth into the spirit. Stephen’s will, strength, love and passion for all he did are with us beyond measure.”

In the late 1960s, when Stephen studied at the University of California Santa Cruz, he met and began apprenticing with Alan Chadwick, himself a student of Rudolph Steiner as well as an English master gardener and educator. Stephen resonated with Chadwick’s belief in gratitude as the essential spiritual foundation of and approach to working with nature. After his university years, Stephen accepted an invitation to continue working with Chadwick in Covelo, CA. He did this for five years, eventually working part time on an adjacent property where he and Gloria, his then new wife, put their deep appreciation for the earth into practice when they created Live Power Community Farm. The name they chose for their land represented their decision to farm using renewable energy from draft horses, rather than by drawing down fossil fuel to run farm equipment.

They and their children carried this intention forward into the present, creating and sustaining a farm organism deeply resonate with natural processes. Though Stephen has travelled on, he leaves behind him the reality of Live Power Community Farm, whose operations will continue to be nourished by the deep wellspring of love for all the gifts of nature that he so fully shared. In this regard, it seems right to share words from Wendell Berry that one of the family’s close friends used to describe the essence of Stephen’s journey as he approached his transition:

The summer ends, and it is time
To face another way. Our theme
Reversed, we harvest the last row
To store against the cold, undo
The garden that will be undone.
We grieve under the weakened sun
To see all earth’s green fountains dried,
And fallen all the works of light.
You do not speak, and I regret
This downfall of the good we sought
As though the fault were mine. I bring
The plow to turn the shattering
Leaves and bent stems into the dark,
From which they may return. At work,
I see you leaving our bright land,
The last cut flowers in your hand.

—Wendell Berry



Stephen working with his horse

Make Your Plans For The 2022 Fellowship Conference in Ithaca, NY

The 2022 Fellowship of Biodynamic Preparation Makers conference is scheduled for February 24 to 27 in Ithaca, NY, at the Ithaca Waldorf school. The theme of the conference is “Working with the Etheric Forces of Dandelion and Chamomile as Plants and Preparations.” We have a number of incredible talks lined up, including a pre-conference intensive by Robert Karp.

Karp is the founder and director of New Spirit Farmland Partnerships and the Monarch Farms Project in Wisconsin, which help organic, biodynamic, and other conservation-minded farmers secure long-term access to farmland. The organizations facilitate partnerships with social impact investors. Karp will be speaking about how to work with etheric forces.

Other speakers include Harald Hoven, founder and director of Raphael Garden at Rudolf Steiner College in California; Mac Mead, Program Director and Farm Team Mentor at the Pfeiffer Center in New York's Hudson Valley; Melissa Greer, an anthroposophic family medicine physician in Phoenixville, PA; Lloyd Nelson of Sustainable Settings in Colorado; Stewart Lundy of Perennial Roots Farm; and Sea-Anna Vasilas of Eurythmy Spring Valley in New York's Hudson Valley. Several panel discussions will cover preparation making, evaluation, and research.

In addition, a special presentation will be given by a small group of biodynamic practitioners working on preparation quality evaluation using the chromatography techniques. This group has been discussing, comparing, and contrasting evaluative techniques and methods for the past two years, using this critically important and underused technique.

Food for the event will be prepared by local farm-to-table caterers that include organic and biodynamically grown fruits, vegetables, meats, grains, and dairy. We are in the process of arranging for accommodations, as well as other logistical necessities for participants and attendees. We also need volunteers to help with different aspects of the day-to-day operations, as well as sponsors to support the overall cost of the conference. This includes sponsors to provide for scholarships offering learning opportunities.

For more information please email Mike@knowyourroots.com. More conference details will be available in December on the conference website (now in development) that will also provide registration information.

Ongoing Activities

Biodynamic Association Courses and Webinar Series

For a small fee, the Biodynamic Association offers ongoing webinars on pertinent topics. <https://www.biodynamics.com/webinars>

Chesapeake Biodynamic Network (CBDN), College Park, MD

Meetings, networking, Agriculture Course study and biodynamic workshops held monthly in College Park, MD. Contact Michael Judge for the schedule at mjudge2000@gmail.com.

The Pfeiffer Center, Chestnut Ridge, New York

Workshops and trainings. www.pfeiffercenter.org

Spikenard Farm Honeybee Sanctuary, Floyd, VA

Classes in sustainable beekeeping and biodynamics. Apprenticeship/internship opportunities. www.spikenardfarm.org

Spiritual Food for the New Millennium Mail Order Service

Looking for Biodynamic Products

Since 1997 SFNM has helped Biodynamic growers share their goods with consumers. Our mission is to raise the nation's spiritual consciousness through increasing consumption of BD foods, and support BD growers with a fair income so they can focus on healing the Earth. If you have products to offer let's connect!

www.schooloflife.org/spiritual-food

301-654-4899

spiritualfood.sol@gmail.com

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*)

Online Resources

Rudolf Steiner Archive

Lectures and books; donation requested. www.rsarchive.org/

Rudolf Steiner Audio

Audio version of lectures and books. Donation requested.

www.rudolfsteineraudio.com

Bio-Dynamics Journal (1941–2007): Soil & Health Library

Articles by E.E. Pfeiffer, Sir Albert Howard, Albrecht papers and others. One time donation of 10 Euros. www.soilandhealth.org
<https://earthhavenlearning.ca/seed-regeneration.php>.

Download twenty years of research on seed regeneration by Georg Schmidt for free.

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and thereby makes free the influences of the astral body...”*

Rudolf Steiner, *Agriculture Course*, (Adams trans.), p. 97

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