

BDANC

Biodynamic Association
of Northern California



Winter 2009/10 Newsletter

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*Seek the truly practical,
material life
But seek it in such a way
that it does not numb you
to the spirit that works
within it.*

*Seek the Spirit, but not out
of spiritual lust or spiritual
egoism.*

*Seek it rather because you
wish to become selfless in
the practical life of the
material world.*

*Turn to the ancient princi-
ple: Spirit never without
matter, matter never
without Spirit.*

*And say to yourselves,
We will do everything
material in the light of
the Spirit,*

*And will seek the light of
the Spirit in such a way that
it enkindles warmth in us
For our practical deeds.*

- Rudolf Steiner -

The Biodynamic Association of Northern California, BDANC

is a member-run organization that aims to promote the biodynamic approach to farming and gardening. We allow time at our meetings for planning. Decisions are made by those who show up. We happen to really like getting together and through BDANC we have the opportunity to:

- gather a dynamic interchange of people from many arenas of biodynamics
- spread our collective knowledge, learn from each other and grow together through study
- get reports of activities in the larger biodynamic and farming community
- learn about the preps by making them together
- ensure availability of the preps to the community
- experience other farms and gardens
- renew our spiritual intentions and our commitment to each other

We accomplish our goals through:

- quarterly meetings
- a quarterly newsletter
- a membership mailing and emailing list
- making and selling the preparations
- meeting expenses with income from dues and preps

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Counting our Blessings

It's become a loving annual tradition to write this note during Thanksgiving, when thoughts of gratitude for the past year are so present in my mind. It's been another wonderful year for BDANC, with gatherings full of interesting presentations, working and playing together, making preparations, and enjoying fabulous meals. We found ourselves in the familiar and beloved settings of Frey Vineyard, Raphael Garden, and Live Power Community Farm. We also visited a beautiful new CSA farm, Mendocino Organics on Golden Vineyard, where we connected with the broader biodynamic movement through a visit by the new director of the BDA, Robert Karp.

My own relationship to this group was deepened and strengthened this year, both as my work in biodynamic education intensifies, but also, interestingly, through personal mishap. It was my friends in the biodynamic community who came to my rescue when, after a hectic summer of one crisis after another, my computer crashed irretrievably. Once again I was reminded that community lives in the big events, the fun gatherings, the many hands that make labor light, but also in the small things we do for each other: the email with a word of encouragement, the offer of help on a bad day, the heartfelt expression of thanks from one hard-working person to another. My gratitude goes out to the entire BDANC community and to each one of you, for the joy and support you bring each other, and me, as members.

Laura Liska, Editor

Purchasing the Preparations

	member/non-member
Horn Manure [500]	\$5 / \$7
Horn Silica [501]	\$3 / \$4
Compost Prep Set [502-507]	\$15 / \$18
Compound Prep [Barrel Compost]	\$5 / \$7

For purchase at the next meeting, contact Harald Hoven SEVERAL DAYS in advance.
916-965-0389 or hhoven@steinercollege.edu



Laura Liska, helps coordinate biodynamic training and education efforts locally and nationally. She is the administrative coordinator for Biodynamic Education at Rudolf Steiner College and Education Consultant for the Biodynamic Association of America. She now adds to her list of favorite jobs: teaching phenomenology to our apprentices and creating a forest garden in the woods around her Mendocino County home.



HELP WANTED

Community Supported Assistance

Help us help each other. If you have land available, equipment to sell, need a farmer, would like to farm, please submit your needs to our editor for printing in future issues. Send email to lauraliska@cs.com.

Apprentice Needed

Be Love Farm in Vacaville is looking for an apprentice (could be a couple) with good organizational skills for garden and greenhouse management. Must have some Biodynamic experience, an interest in personal transformation, developing community building skills. Some Spanish language would be helpful.

Contact:

Matthew Engelhart
matthew@cafegratitude.com
founder/owner Cafe Gratitude, L.L.C

Seeking BD Hops Grower

Dear BDANC,

The owner of an up and coming Portland, ME based organic brewing company has asked if I know anyone in California who would be willing to grow high quality Biodynamic hops for their brewery. He'll pay a good price and pay for shipping. To date, I don't think there any commercial breweries that are using BD hops or barley, so this would be the first.

Contact:

Jon Cadoux
jcadoux@hotmail.com
<http://www.peakbrewing.com/brews/>

Seeking Employment

Biodynamic/permaculture practitioner and flowform artisan seeks employment within the Biodynamic community of Northern California. I have a wide range of knowledge of plants, soil cultivation, remediation practices, and water treatment. I am seeking employment in an agricultural setting or in land management/restoration. I offer a diverse background in farming and gardening, as well as project management.. Willing to relocate most places in Northern California, currently in Sonoma County.

Contact:

Patrick Garretson
patrick@californiaflowforms.org

Farming in Big Sur

I am looking for a couple or an individual who dreams of working with the land in a broad sense: farming, grass-fed beef and goat in managed range land, honeybees, and working with me in sharing these activities with children and adults who come here to learn. Hill of the Hawk Farm is 5 years into development and thriving. I do much of the vegetable farming myself and I'm looking for people who need a place to get into the aspects mentioned above.

Contact:

Heather Chappellet Lanier
hilllofthehawkfarm@gmail.com

Local Support for a Biodynamic Conference in Oklahoma

Sue Tarr, who runs a 15 family CSA with emphasis on children's education (as well as directing the Peace Pilgrim Center) was the main organizer for bringing **Nancy Jewel Poer of Rudolf Steiner College and White Feather Ranch** to a biodynamic conference in Oklahoma City.

The event was sponsored by the Sierra Club and Sustainable Oklahoma and was held in an impressive green multimillion dollar Regional Food Bank facility which supplies the food banks for the whole state. It also has an Urban Harvest program headed by Bruce Edwards where sustainable community gardens are demonstrated.

Nancy gave a slide show and "BD 101" lectures and then led the 105 participants in the building of a biodynamic compost pile. She emphasized that aspects of Biodynamics can be practiced by almost anyone to help care for the earth. The evening included a down home barn dance with Nancy on the accordion and her husband, Gordon calling the Virginia Reel. A showing of *How to Save the World, One Cow, One Man, One Planet* followed.

The next day Nancy led a cow horn stuffing and prep stirring on the farm of Joe Glosemeyer who has had a



Our own Nancy Jewel Poer demonstrating how it's done!



Apparently Sue had waited her whole life for this moment



The mission . . .

of the Fellowship of Preparation Makers is to ensure availability of quality bio-dynamic preparations in North America, now and in the future, by supporting the making and using of biodynamic preparations by individuals, regional groups, and national facilities.

The Fellowship holds an annual conference (see details in opposite sidebar) and monthly conference calls to discuss various aspects of prep making. Four working groups have formed to address various aspects of the Fellowship's activity: future conferences, education issues, quality assessment issues, and questions and issues raised at the 2008 and 2009 conferences. Each month, one working group is highlighted in the e-newsletter. The report this month is from the group working on quality assessment.

BD farmers study group for many years. It was the first experience for the twenty participants and welcomed with enthusiasm. With so many interested in "Biodynamics/Beyond Organics" there are some real possibilities for BD work in the center of this country. They are looking forward to the compost pile opening party and festival for digging up the horns next spring.

Fellowship of Preparation Makers e-newsletter for November 6,

Prep Evaluation Group Status Report

This group currently consists of 12 members who meet monthly by phone (first Tuesday). The booking and funding of these conference calls is currently done by the Josephine Porter Institute.

Our overall goals are, for each prep, to a) understand Steiner's intentions, b) study how production variables affect the final preparation (and whether potential pathogens are neutralized during production), and c) develop low-tech evaluation methods and/or criteria for determining the quality (efficacy) of a given sample. We also want to use a wide variety of testing methods (including direct sensory, instrumental, picture-forming, bio-assays and field trials) in order to determine which are most useful and practical for our purposes.

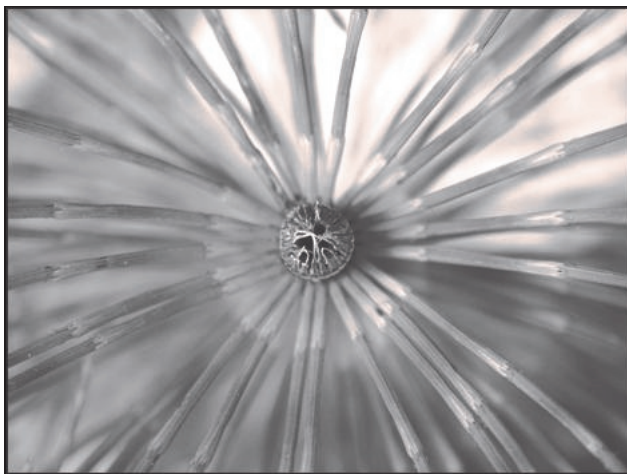
Rather than consider all of the preps at once, however, we decided to focus initially on horn manure. For horn manure, therefore, we want to design some sound experiments and then develop a detailed grant proposal so that they can be funded and implemented. Towards this end we have done a preliminary literature review and agreed on a pilot experiment led by Jeff Endelman that would repeat and extend Will Brinton's experiments from the 1980s (cf. www.woodsends.org/pdf-files/bd_500.pdf). This experiment is currently underway in 3 locations (New York, Virginia, Oregon), with one or more to follow.

In these pilot experiments, the moisture, carbon and nitrogen content as well as the pH and redox potential of the original manure has been or will soon be tested

and will then be compared with readings for these parameters from the final preparation when the sheaths are dug up next spring. Three types of sheaths are being used—cow horns, bull (or steer) horns and glass jars—and each set of three sheaths is replicated five times at each location.

So far the costs of this pilot experiment has been self-funded by the members of the group and/or their local communities. Jeff is doing his own pH and redox testing on the samples, but for the other three tests, the lab we are using charges \$35 per sample. At present we have collected only enough money to pay for two of the five replicate samples from each site to be tested in this way after they are dug up next spring. To be fully useful and statistically valid, however, the contents of all of the sheaths should be analyzed. Furthermore, it would also be very nice if with these controlled conditions we could also do some microbiological tests and some capillary dynamic tests on these samples.

To be able to do all these tests would require that we raise at least another \$1200 per location before next spring. Contributions from readers of this report, therefore, would be more than welcome. Please send any contributions to:
Prep Evaluation Fund
c/o Josephine Porter Institute,
P.O. Box 133, Woolwine, VA 24185.



Fellowship of Preparation Makers 2010 Conference

February 19 - 21, 2010
Josephine Porter Institute,
Woolwine, Virginia

If you have been involved in prep making and are interested in working with other prep makers to ensure the goals of this group, please join us at our 2010 conference. Each conference focuses on a different preparation. This year we deepen our understanding of the Equisetum preparation through a series of lectures, discussions, and sharing of information and experience. In addition, the pre-conference meeting will continue the work begun at the 2008 conference to address the future of our work together, developing the Fellowship. We are particularly interested in having representation from various regions of the continent and from various BD organizations.

Contact Florence Rewinski
info@ipibiodynamics.org
or 276.930.2463

San Francisco Biodynamic Collaborative

Submitted by Andey Nunes

The Collaborative was formed last fall in effort to organize a group of folks in the bay area who are looking to study, practice, and grow community around biodynamic approaches to food production and care-taking of the land. I created a new online social network site that I invite you all to participate in. <http://urbanbiodynamics.ning.com/>

I would like to extend the invitation for anyone to participate in the group by attending or offering to host a potluck social, post links to your blog or start discussion on the social network site, or reply to this email if you are interested in taking part in an Agriculture Lecture series group study in San Francisco.

A Sneak Preview . . . Biodynamic workshops in winter 2010

January 8, 2010

Macro & Micro: Etheric Forces in Nature

with Dennis Klocek

These lectures will trace the activities of warmth, light, and rhythm in the life forms of the natural world. The intent is to form a picture of "the etheric" which is both an important and difficult concept. We will move from an historical look at the idea of the ethers into some of the contributing streams in Rudolf Steiner's thinking such as the fourth dimension, the nature of warmth and the infinitely distant, and then finally to the current scientific research that supports the idea of the etheric realm.

A Coros Institute Event in conjunction with the Biodynamic Association of Northern California (BDANC) At Frey Vineyards, Redwood Valley, CA . To register and learn more, visit corosinstitute.org

January 16, 2010

Seed Saving

with Harald Hoven

The miracle of the seed is the form of the future it carries within. Instead of importing seeds, learn to save your own seed, a crucial part of creating a self-contained farm organism by encouraging varieties best suited for your environment. *Session 4 of 8, which can be taken as a series or individually.*

\$95 (Regular), \$75 (Students/Seniors). For information and registration contact Rudolf Steiner College 916.961.8727 www.steinercollege.edu rsc@steinercollege.edu.

January 30, 2010

Soul of the Garden---Flowers and Animals

with David Basile and Laura Liska

Within the lure of a flower and the sting of the bee, the soul of the garden is expressed. This workshop introduces methods of meeting and working with this soul. Our studies grant us insight into raising healthy chickens, bees, and flowers in the landscape. *Session 3 of 4, which can be taken as a series or individually.*

\$95 (Regular), \$75 (Students/Seniors). For information and registration contact Rudolf Steiner College 916.961.8727 www.steinercollege.edu rsc@steinercollege.edu.

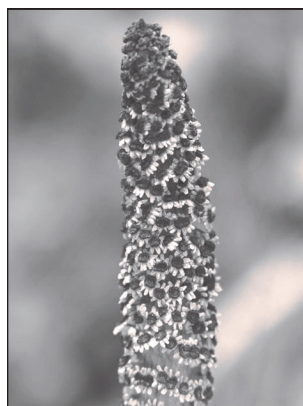
February 3 , 2010
To Every Season Turn:
Working with the Planting Calendar

with Dennis Klocek

Part I, Germination and Growth

Agricultural practices like cultivation, sowing and transplanting disturb the soil and fix into it elemental qualities that mirror the passage of the moon through the zodiac. These elemental qualities then unfold in the growth patterns of a plant during the growing season. The rising tide of life forces in Spring is linked in a unique way to lunar rhythms around the time of the equinox. This first of two workshops will address these critical patterns of early spring, highlighting optimum times for working with plants.

Held at Sophia's Garden, Petaluma. \$85 per workshop (\$45 students/apprentices) includes lunch. Pre-Registration required. Register online at DennisKlocek.com or contact LauraLiska@cs.com



February 13, 2010
Tree Care and Animal Husbandry

with Dan Crebbin

Fruit trees and animals complete a farm or large garden. The tree is a special bearer of life, and provides bird and insect habitat, and shade. Learn to select appropriate fruit trees for your locale and how pruning helps trees respond with an abundance of fruit. Animals ensoul a farm or garden, bringing additional joy. Gain an understanding of their role in the "farm individuality" through their capacity to process plant matter, produce manure, and give us meat and other products. *Session 5 of 8, which can be taken as a series or individually.*

\$95 (Regular), \$75 (Students/Seniors). For information and registration contact Rudolf Steiner College 916.961.8727 www.steinercollege.edu rsc@steinercollege.edu



February 24, 2010
To Every Season Turn:
Working with the Planting Calendar

with Dennis Klocek

Part II, Flowering and Fruiting

Working with fundamental lunar rhythms while cultivating, spraying and harvesting enables the practitioner to enter more directly into the flowering and fruiting processes of the plant. This can greatly enhance the keeping qualities of produce and the potency of herbs,





photos from the first annual
BDANC apprentice camping
trip to Cache Creek



and prove highly effective in post harvest operations such as fermentation and seed gathering. This workshop completes the work with the planting calendar through studying the elemental patterns of the moon during harvest season.

Held at Sophia's Garden, Petaluma CA. \$85 per workshop (\$45 students/apprentices) includes lunch. Pre-Registration required. Register online at DennisKlocek.com or contact LauraLiska@cs.com

February 27, 2010 The Role of Man in Nature

with David Basile and Laura Liska

As conscious stewards and designers, we overcome the destructive forces of materialism and rejuvenate our planet and ourselves. As we find our place in the world, nature adores us. In this final workshop, we'll discuss garden design and planning and learn to apply the artistic, living technologies of biodynamics—the spray preparations. *Session 4 of 4, which can be taken as a series or individually.*

\$95 (Regular), \$75 (Students/Seniors). For information and registration contact Rudolf Steiner College 916.961.8727 www.steinercollege.edu rsc@steinercollege.edu.

March 13, 2010 Cosmic Rhythms and Planting Calendars

with Harald Hoven

Life is rhythm. The plant is embedded in cosmic rhythms of days and seasons, guided by sun, moon, and planets. Learn about cosmic influences that affect plants and how planting calendars help you see plants in relationship to cosmic events, increasing awareness of the land's cosmic surroundings. *Session 6 of 8, which can be taken as a series or individually.*

\$95 (Regular), \$75 (Students/Seniors). For information and registration contact Rudolf Steiner College 916.961.8727 www.steinercollege.edu rsc@steinercollege.edu.

March 16, 2010 Scientific Research, Spiritual Research

with Dennis Klocek

Work with the land, plants, and animals is greatly enhanced when one eye is kept on the practical aspects and one on the spiritual. This workshop highlights research techniques that use the alchemical mandala of

the four elements to gain insight into patterns of the physical world. These same research techniques can then be used in contemplative approaches to problem solving through the development of enhanced imaginative capacities.

Held at Benziger Family Winery, Glen Ellen. \$85 per workshop (\$45 students/apprentices) includes lunch. Pre-Registration required. Register online at Dennisklocek.com or contact LauraLiska@cs.com

March 20, 2010 Natural Beekeeping--The Honeybee with David Basile

By understanding the instinctual wisdom of the honeybee, we discover how to work with her. You'll be introduced to the respectful ways of biodynamic beekeeping and get hands-on experience by assembling a hive, housing or catching a swarm, and inspecting a hive (weather depending). By day's end you'll be able to begin natural beekeeping in your school or garden. *Session 1 of 3, which can be taken as a series or individually.*

\$95 (Regular), \$75 (Students/Seniors). For information and registration contact Rudolf Steiner College 916.961.8727 www.steinercollege.edu rsc@steinercollege.edu.

2009 BDANC Apprentice Camping Trip

Towards the end of August, apprentices from Live Power Community Farm and Raphael Garden gathered for a weekend of fun, fellowship, swimming, hiking, great meals and late night discussions by the campfire. The event was organized by Laura Liska to bring the apprentices together over the summer, do a little phenomenology on landscape, share apprenticeship experiences, and offer some well-deserved R&R. The group camped at Cache Creek in Yolo County, a site chosen for its unique geology and natural beauty. The camp host was quite taken by the vocation and dedication of the apprentices, and endeared himself to the whole group with gifts of wood, rides on his ATV to visit local sights, and some late night banjo playing.



BDANC Winter Meeting

*A Weekend of Biodynamics:
January 9-10, 2010*

Keynote by Dennis Klocek

The Cow Horn: Form & Function

This lecture traces the laws of form that underlie a horn's structure, deepening our understanding of the choice of the cow horn for the 500 and 501 biodynamic preparations. By contrasting horn and antler formation as a polarity of skin and blood, and comparing protein structure to silica crystal formation, we will build a foundation for understanding the principles of capacitance and force amplification in the horn which make it the ideal sheath for the preparations.

Dennis Klocek is Founder of the Coros Institute for the promotion of dialogue between individuals in the sciences, the arts and business; Director of the Consciousness Studies Program at Rudolf Steiner College; international lecturer; author; and known as Doc Weather to those who visit his website Docweather.com

Hosted by

Luke and Emily Frey
At beautiful Frey Vineyard,
14000 Tomki Road, Redwood Valley

Schedule of Events

SATURDAY JANUARY 9

- 7:00 Breakfast
- 8:30 Eurythmy (Cynthia Hoven)
- 9:45 Announcements
- 10:00 The Cow Horn: Form & Function
(Keynote by Dennis Klocek)
- 11:30 Break
- 12:00 Stories from Our BD Farmers:
Women in Biodynamics
(Daphne Amory, Paula Manalo,
Holly Powell, Osiris Abrego)
- 1:00 Potluck Lunch
- 2:30 Farm Walk
- 4:00 Assessing Equisetum
(group study led by Natalie Brinkley)
- 6:00+ Dinner and Music led by the Freys
Bring your singing voices and dancing feet!

SUNDAY JANUARY 10

- 8:00 Breakfast
- 9:00 Annual BDANC planning session

Cost

We invite you to attend at no charge, but ask that you bring a donation for our keynote speaker. **Please note:** the workshop by Dennis Klocek on January 8th is a COROS event, held in conjunction with our BDANC meeting. Registration is required for this event. Details at corosinstitute.org.

Meals

Saturday breakfast and dinner and Sunday

breakfast are catered. Saturday breakfast (\$7), lunch is potluck so bring something to share, dinner (\$12), Sunday breakfast (\$7). Apprentice discounts available (\$2 off per meal).

YOU MUST RESERVE MEALS by January 4th.

Accommodations

Camping and RV space is available, and you can arrive late Thursday or Friday if you want to be there early the next morning. Apprentices can camp or stay in the wine tank, and there may be some room in the Big House. If camping isn't your style—it WILL be cold!—there are hotels in Ukiah, 10-15 minutes away: The Discovery Inn, 707-462-8873
Holiday Inn Express, 707-462-5745
Motel Six, 707-468-5404

Directions

From Hwy 101 take the "West Road" Redwood Valley Exit (just north of Ukiah and Hwy 20). At the top of the ramp turn east onto West Road. Follow for about 4 miles. At the "T" turn left onto Tomki Road. Follow for 1.9 miles. The entrance to Frey Vineyard is on the left. Proceed towards the main house and look for signs directing you to the meeting.

Contacts

Luke Frey at 707-485-8684
for meal reservations and questions
Harald Hoven (hhoven@steinercollege.edu)
to order preps in advance

BDANC Planning Session

Join us after breakfast on Sunday as we brainstorm possibilities and make our plans for 2010. We invite you to bring proposals for work or events you'd like BDANC to support. We are a member-run organization, so whatever happens does so because someone took up the challenge to make it happen!

Group Study

Assessing Equisetum

Led by Natalie Brinkley

We'll discuss the use of Equisetum by farmer's and vintners, and their results, starting with a review of the Winemakers Survey, prepared by Natalie Brinkley and Laura Liska for the 2010 Fellowship of Prep Makers conference (see information on this conference on page 5).

Natalie Brinkley grew up on a farm in the mountains of Virginia. Her husband, Joey, introduced her to biodynamics and they are currently working with Grgich Hills Estate in Napa Valley.



Newsletter and Calendar submissions

We welcome calendar items, articles and photographs for the newsletter. Submissions should be related to local biodynamic farming and gardening activities. Inclusion is subject to editor's discretion and space available.

Items need to be submitted electronically, in the simplest format possible (no formatting please).

*Deadlines are:
Spring : Feb 15th
Summer: May 1st
Fall : August 15th
Winter : Nov 15th*

*Please email our editor,
LauraLiska@cs.com*

BDANC Events

Jan 9-10, 2010 Winter Meeting
at Frey Vineyard, Mendocino County
Apr 10-11, 2010 Spring Meeting
at Rudolf Steiner College, Fair Oaks

Rudolf Steiner College Workshops

www.steinercollege.edu, 916-961-8727

Biodynamic Farming & Gardening Series

Harald Hoven, Saturdays 9am-5pm

Jan 16 Seed Saving

Feb 13 Tree Care and Animal Husbandry

Mar 13 Cosmic Rhythms and Planting Calendars

Backyard Biodynamic Series

David Basile & Laura Liska, Saturdays 9am-5pm

Jan 30 Soul of the Garden-Flowers and Animals

Feb 27 The Role of Man in Nature

Natural Beekeeping Workshop Series

David Basile, Saturdays 9am-5pm

Mar 20 The Honeybee

Special Events

April 24 The Cosmic Nature of Water

with Patrick Garretson, details at www.steinercollege.edu

Other Upcoming Events

Biodynamic Workshops with DENNIS KLOCEK

Jan 8 **Macro&Micro: Etheric Forces in Nature**

a COROS Institute event at Frey Vineyard,

contact corosinstitute.org

Feb 3 **To Every Season Turn: Planting Calendar part I**

a CLIMATRENDS event at Sophia's Garden,

contact LauraLiska@cs.com or visit DennisKlocek.com

Feb 24 **To Every Season Turn: Planting Calendar part II**

a CLIMATRENDS event at Sophia's Garden,

contact LauraLiska@cs.com or visit DennisKlocek.com

March 16 **Scientific Research, Spiritual Research**

a CLIMATRENDS event at Benziger Family Winery,

contact LauraLiska@cs.com or visit DennisKlocek.com

May 1 **Music of the Spheres: Formative Forces in Plants**

a CLIMATRENDS event at Fulcrum Farm,

contact LauraLiska@cs.com or visit DennisKlocek.com

BDANC Membership

Today's Date _____

Name _____

Address _____

City/State/Zip _____

phone number _____

email address _____

Are you a: new member? renewing member?

Are you a: farmer? gardener? teacher? other?

What would you enjoy having included in the BDANC programs this year?

How did you find out about BDANC?

Select one:

For BDANC membership only:

Please make checks out to BDANC for **\$25**

Mail check and this application form to

BDANC, PO Box 2423, Fair Oaks CA 95628

For joint membership with the BDA:

Please make checks out to Biodynamic Farming and Gardening Association for **\$60**

Mail check and this application form to

**Biodynamic Farming and Gardening Association,
25844 Butler Road, Junction City OR 97448**

Are You Due to Renew?

Membership is for one year. The last year for which you paid dues is indicated on your address label. IF YOUR LABEL DOES NOT SAY 2009, please use this application to renew your membership.

Thank you !

Your support contributes to the health of biodynamics in northern California, and allows us to offer this newsletter and special discounts..

BDANC membership includes quarterly issues of the BDANC newsletter, attendance at quarterly meetings and discounts on the purchase of preparations and on special events. Membership is for one year

National BDA membership includes the quarterly Biodynamic Journal and other member benefits.

Join BDANC and the BDA at the same time, and save! The \$60 fee covers both memberships.



Biodynamic Association of Northern California
PO Box 2423
Fair Oaks CA 95628

address correction requested

