

Biodynamic
Association of
Northern California

BDANC

Spring 2011 Newsletter



Inside . . .

- Our Spring Meeting
- Calendar of Events
- Reports from the winter Biodynamic Conferences

*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

Membership

Marney Blair, marney646464@yahoo.com

Newsletter

Laura Liska, lauraliska@cs.com

Steve Reynolds slreynolds@sbcglobal.net

Internal Correspondence (email blasts)

Patrick Garretson, patrick@californiaflowforms.org

Financials

David Basile, david.basile@steinercollege.edu

Preparations

Harald Hoven, harald.hoven@steinercollege.edu

General BDANC Correspondence

PO Box 715, Penn Valley CA 95946

National Biodynamic Correspondence

Biodynamic Farming and Gardening Association

25844 Butler Road, Junction City OR 97448

phone: 541-998-0105 or 1-888-516-7797

email biodynamic@aol.com, www.biodynamics.com

Visit us online! www.BDANC.org

A Celebration of Biodynamics

This year marks two special anniversaries for those of us involved in Biodynamics. With gratitude and joy we celebrate BDANC's founding 25 years ago. We also honor Rudolf Steiner's birthday, 150 years ago. This year at our Spring Meeting, we invite you to join us in celebrating these milestones.

Most of us are quite familiar with the wonderful work of Biodynamics. There are other gifts that came out of Anthroposophy—the philosophy of Rudolf Steiner—that we may know less about. For the Spring Meeting, we have asked people from the greater community to share aspects of the work in agriculture, education, medicine, movement arts and community life that have come out of the teachings of Rudolf Steiner and the philosophy of Anthroposophy.

We will also have a chance to consider what we have accomplished and learned these last 25 years, and where we are going. The question we carry into the beginning of the next 25 years is what is the purpose of BDANC's existence and who will step up to fulfill it?

I look forward to coming together with you in April as members of a community—to celebrate, reflect on the past and look towards the future.

Laura Liska, Editor

Laura Liska, helps coordinate biodynamic training and education efforts locally and nationally. She is the administrative coordinator for Biodynamic Education at Rudolf Steiner College where she teaches nature studies inspired by the work of Goethe and the Spiritual Science of Steiner.



*Photos this issue by
Laura Liska, Andy Scott,
and Fort Schlesinger*

PURCHASING 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 |

**To purchase preparations at the next meeting,
contact Harald Hoven SEVERAL DAYS in advance.**



A Special Celebration

This year, our Spring Meeting honors two important anniversaries: BDANC at 25, and Rudolf Steiner at 150. We invite you to join us in celebration and gratitude for Biodynamics and the gifts that came out of Anthroposophy (the philosophy of Rudolf Steiner) in agriculture, education, medicine, movement arts, and community life.



Making horn orthoclase at the Spring 2010 meeting

BDANC SPRING MEETING: "For the Future of the Earth and Humankind: BDANC at 25 - Rudolf Steiner at 150"

April 9-10, 2011
Hosted by

Harald Hoven and the apprentices
Raphael Garden at Rudolf Steiner College
9200 Fair Oaks Blvd, Fair Oaks CA 95628

Schedule of Events

Saturday April 9

- 9:00 Welcome and Introduction
- 9:30 Making the Horn Silica Preparation
- 10:45 Break
- 11:00 The Agriculture Individuality: an Image of the Human Being (by **Harald Hoven**)
- 12:15 Potluck Lunch
- 1:30 Farm tour of Raphael Garden; Digging up the preparations (horn manure spray prep; yarrow, oak bark, and dandelion compost preps)
- 3:30 Rudolf Steiner and his Impulse for an Education of the Whole Human Being (by **Nancy Poer**)
- 5:00 Catered Dinner and a celebration of the anniversaries . . . with cake!
- 7:00 Healing the Human Being; the Gift of Anthroposophic Medicine (by **Kelly Sutton**)

Sunday April 10

- 7:30 Catered Breakfast
- 8:30 Eurythmy (led by **Cynthia Hoven**)
- 9:45 The Community Impulse of the Camphill Movement: Working with Agriculture and People with Special Needs (by **Jonathan Reid** from England)
- 10:45 Break
- 11:00 Looking Back, Looking Forward: a celebration of 25 years of BDANC
- 12:00 Departure

Cost

Members and apprentices are invited to attend at no cost, but we ask that you help with a donation for our speakers.

Non-members pay \$20 at the door.

Meals are additional (see below).

Meals

Lunch on Saturday is potluck so bring something to share and your own plates and utensils.

Saturday dinner (\$13), Sunday breakfast (\$7).

Apprentice discounts available (\$2 off per meal).

PLEASE MAKE MEAL RESERVATIONS by April 1st to Shilo at ShilosCatering@hotmail.com

Accommodations

Dorm rooms at Rudolf Steiner College are available from Housing@steinercollege.edu. The nearest campground is Beals Point at Folsom Lake Rec Area, 916-791-1531 / 1-800-444-PARK. **Motor homes are not allowed on campus.** Three local hotels offer Rudolf Steiner College special rates:

Best Western Venetian Court 916-635-4040,

Hallmark Suites 800-444-1089 x420,

Windgate Inn 916-858-8680/800-228-1000

Directions

From **south** and **west**: Go east on Hwy 50 at Sacramento toward South Lake Tahoe. After 15 miles exit at Sunrise. Turn north [left] on Sunrise. After 2.5 miles turn left on Fair Oaks Blvd. After 2nd light at Bannister get in middle lane and turn left into Rudolf Steiner College.

From **north** and **east**: Take Interstate 80 to Madison exit. Go east on Madison. After 2.5 miles turn right on San Juan Ave. Turn left onto Fair Oaks Blvd. Take immediate right into Rudolf Steiner College.

Contacts

Shilo's Catering shiloscatering@hotmail.com
for meal reservations

Harald Hoven 916-965-0389
for questions or to order preps in advance

Housing@steinercollege.edu or 916-864-4816
for housing in the dorms



FROM THE COMMUNITY

Winter Conferences

By Karen Davis-Brown

Karen Davis-Brown, Indian Springs Organic Farm in Penn Valley, CA, has been actively involved in the Biodynamic movement at local, regional, and national levels since 1998, in both Northern California and the Midwest. She is a member of the Sierra Foothills BD Group.



In Northern California, “attend conferences” is an item on the organic or biodynamic grower’s winter “to-do” list, along with ordering seeds and cleaning tools. Not that we’re complaining. In many ways, it feels like the reward and the balance to a long, hectic, sometimes challenging season. We get to see our old friends and colleagues, meet new ones, problem-solve with the more experienced, and learn to do, think, or see a thing or two in new ways.

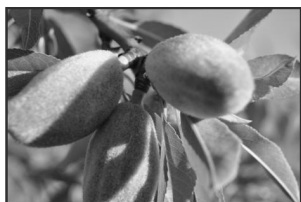
For me, it was three conferences in four weeks – from early January to early February. (There was a fourth in there, but time and money can only go so far.) First was the Biodynamic Association of Northern California (BDANC) meeting at Frey Vineyards in Redwood Valley. Second was the much larger and more broadly-based Eco-Farm Conference at Asilomar Conference Center in Pacific Grove. Lastly, the Placer-Grown conference in Lincoln, a small but dynamic one-day gathering with a series of local speakers and workshops, here in my own backyard.

The quarterly winter meeting at Frey’s has become a BDANC tradition, since they are one of the few active members who have the facilities to house so many of us indoors at one time! From Mimi’s Frey’s carefully crafted home-cooked meals to morning eurythmy in the warehouse to the sharing of inspiring personal journeys by our youngest colleagues, the event is eagerly anticipated by many of us as a time to reconnect with a richness that only time and tradition allow. A substantive addition to this conference has been a Friday pre-conference and Saturday morning lecture by Dennis Klocek, who this year taught about weather forecasting and the connection between earthly weather and the movement of the outer planets. Most years, including this winter, experienced Biodynamic

orchardist Hugh Williams from Threshold Farms in upstate New York also joins us and offered talks and post conference workshops on a variety of orchard-related topics.

The second conference I attended in January was Eco-Farm, a large, legendary gathering of organic growers from all over the world. I have never been able to justify the cost of Eco-Farm registration, but when the opportunity arose to staff the booth for the national Biodynamic Association (BDA), I took it as an opportunity to assure a BD presence and to connect with this new group of colleagues. The BDA booth was shared with Malibu Compost, whose northern sales representative David Perkins was a knowledgeable, enthusiastic and flexible neighbor. I saw several familiar faces in the crowd, both from Nevada and Placer Counties, and from BDANC, and made many new "friends" as we shared our concerns and hopes for the future of American agriculture. Asking over and over again the simple question, "Are you familiar with Biodynamic agriculture?" generated a wide range of responses and stories, and created instant connections across time and space. The availability of materials from BDANC and Demeter in addition to the BDA list of resources and "giveaway" copies of the most recent journal, guaranteed that we could send people away with opportunities to explore Biodynamics in new and deeper ways. David and I went away from that conference vowing that the workshops and plenaries would have a more prominent Biodynamic presence next year.

Conference number three, the Placer Grown Farm Conference, is held every year at the high school in Lincoln. My neck of the woods is known to be politically and economically conservative, and there were certainly a disproportionate number of cowboy hats and "Beef, It's What's for Dinner" bumper stickers. But here, too, I saw many familiar names and faces of local organic and biodynamic colleagues, and learned a great deal from the plenary and workshops on using Digital Storytelling as a potential venue for sharing community concerns about land use. The eminently practical



Painting tree paste on almond trees at Marion Farms during the Spring 2010 meeting

workshop tracks on growing viable crops and agricultural businesses in the Sierra foothills, and the visibly intergenerational nature of the attendees – including the active participation of the local FFA chapter – left me with the sense that “Eat Local” movement has brought my neighbors together in a cause deeper than politics – the deep, shared commitment to the land where they live and work, and each other.



Three different locations, sizes, themes, audiences – a tribute to the diversity of this beautiful and productive place we live. And one sign of the “growing” commitment to the best possible food for our neighbors and for the rest of the country. It was an honor to be in the presence of so many people who care so deeply for the health of their land and their communities, and will sustain me for the busy season ahead.

The Art & Business of On-Farm Mentoring

*North American Biodynamic Apprenticeship Program,
(NABDAP) 3rd Annual Farmer-Mentor Conference*

The 3rd annual NABDAP Farmer-Mentor Conference, “The Art & Business of On-Farm Mentoring” took place over the weekend of February 4-6, 2010, on the Rudolf Steiner College campus in Fair Oaks, California. The conference was hosted by the Biodynamic Association of Northern California (BDANC). It was sponsored by BDANC, the Agriculture Section of the Anthroposophic Society, the Biodynamic Center at Rudolf Steiner College, and the national Biodynamic Association (BDA).

The conference was a wonderful success, with 52 people in attendance, 20 of whom participated in presentations. In addition to farmer-mentors from NABDAP, there were farmers and past apprentices from as close as Steiner College’s own Raphael Garden to as far as Pennsylvania. People representing supportive or-

ganizations came from California, Oregon, Washington, and Vermont. Thanks to the generosity of the sponsors, we were able to offer the conference at a low cost for participants and offer travel assistance to several farmers and presenters.

The main focus of the conference was the current “hot” issue of the legality of apprenticeships. Many of the farmers attending were finding out for the first time that they have been operating out of compliance with labor laws. Farmers nationwide have been devastated by this issue and it is almost impossible for them to find information or help in resolving it. A variety of organizations are attempting to address this gap, but many of them have been working independently and often without the input of these small farm educators.

People and organizations who had never met did so over the weekend. There was an outpouring of support and goodwill. Several connections among organizations were made that hold great promise for a resolution to the issues discussed, and there has been a subsequent flurry of activity as the participating organizations have begun working together on a legislative solution.

A copy of the proceedings from this conference, including notes from each of the lectures and discussions, is available from NABDAP (see link below). We hope that these proceedings will be helpful to those who participated and to the many farmers who were not able to attend. Websites of organizations presenting or referenced at the conference are included in the “Links and Resources” section at the end of the document. Materials distributed at the conference are included in the appendices.

Proceedings available at:
[www.biodynamics.com/
nabdap-farmer-mentor-workshop](http://www.biodynamics.com/nabdap-farmer-mentor-workshop)

About NABDAP

The North American Biodynamic Apprenticeship Program (NABDAP), a program of the Biodynamic Farming and Gardening Association, is training the next generation of biodynamic farmers in the US and Canada. NABDAP combines two years of structured on-farm training and mentoring with a course of classroom study, providing a comprehensive education and certification in biodynamic farming.

*For more information visit:
biodynamics.com/nabdap*

*Or contact:
Thea Maria Carlson,
Central Coordinator
nabdap@biodynamics.com*



SPECIAL EVENTS

Sketching Nature

A Door to Perception
with Dennis Klocek



Designed to enable participants with no previous artistic training to develop the critical eye/hand relationship that awakens a deeper perception of forces and beings in the natural world. Focus is on the practice of sketching skills that strengthen the ability to perceive the sense world at a much more subtle level. This workshop focuses on sketching pattern motifs of bones and skulls as a doorway for entering meditatively into life gestures of the animal kingdom.

April 21, 2011 9:30am-3:30pm

Fort's Barn, Petaluma CA

Fee \$85 (student-apprentice \$45) includes lunch

Register online at www.DennisKlocek.com

questions? contact LauraLiska@cs.com

Awakening Nature Perception

Studying Color in Nature: Chicory & Sunflower
with Laura Liska



Red rock, black bird, blue chicory, yellow sunflower. In everyday life, color seems to be just another aspect of Nature's creations, like shape and size. But what is the significance of color itself, we might wonder. Is there a language within color I can learn to read? Does it tell me something about the world I see? This workshop explores these questions through exercises in observation and imaginative contemplation. You will learn to awaken perception in a way that develops insight into natural processes in minerals, plants and animals. This workshop, with a focus on plants, is for anyone who wishes to deepen their study of nature and strengthen their capacity for observation and the development of insight. Teachers and students, farmers and gardeners, artists and non-artists are welcome.

April 30, 2011 9:30am-3:30pm

Rudolf Steiner College, Fair Oaks CA

Fee \$75 (student-apprentice \$40)

Register online at www.steinercollege.edu



Myco-Dynamic Gardening:

Home gardening with mushrooms
with Patrick Garretson

Mushrooms are hidden and scarcely understood treasures in our gardens and farms. They are highly efficient at breaking down toxins, enhancing soil vitality, and providing nutritious and medicinal food. They are also a key component in ecology restoration. In this workshop, we'll explore these dynamics and mysteries of the mycosphere, experiencing hands on techniques of "myco-dynamic" gardening. Mushroom propagation will be demonstrated with enough material so students can take some home.

June 4, 2011, 9am – 4pm

Polcum Springs, Laytonville, CA

\$60 - \$90 Sliding Scale, Bring a bag lunch.

Alison Pernell 707.972.1364 www.polcumsprings.net



The Inner Nature of Water

with Patrick Garretson

Water is the medium through which all life emerged. It is the sculptor and blueprint of organic form, and the elixir that sustains every living being. Cultures throughout the world have venerated water as a divine substance, imbued with not only the essential energy for life, but also wisdom and knowledge of our true nature. In this workshop we will discover the hidden qualities of water and its relation to the greater universe, eliciting a deeper understanding of flowforms and other innovative water technologies. We will begin with simple observations of water's structure, its fluid motion, and its various expressions of vital quality. Then from the scientific perspective, we'll take a brief tour of water's role in mythology and culture, and cross-reference it with further scientific findings. Students will apply these concepts through a planning exercise focusing on energizing springs, ponds, and home-scale water systems.

June 5, 2011, 9am – 4pm

Polcum Springs, Laytonville, CA

\$60 - \$90 Sliding Scale, Bring a bag lunch.

Alison Pernell 707.972.1364 www.polcumsprings.net



CALENDAR

March

MAR 26: Fair Oaks, CA. **The Honeybee** with David Basile. Natural Beekeeping Series. Rudolf Steiner College: 916-961-8727 www.steinercollege.edu



April

APR 2: Fair Oaks, CA. **Springtime—Growing Plants, Managing Weeds** with Harald Hoven and David Basile. Biodynamic Farming & Gardening Series. Rudolf Steiner College: 916-961-8727 www.steinercollege.edu



Apr 9-10: Fair Oaks, CA. **BDANC Spring Meeting: For the Future of the Earth and Humankind: BDANC at 25 - Rudolf Steiner at 150.** Raphael Garden at Rudolf Steiner College. ShilosCatering@hotmail.com for meal reservations. Harald Hoven 916-965-0389 for questions and preps. Housing@steinercollege.edu for rooms in the dorm.



APR 21: Petaluma, CA. **Sketching Nature: A Door to Perception** with Dennis Klocek. Fort's Barn in Petaluma. Register online www.DennisKlocek.com or contact LauraLiska@cs.com.

APR 30: Fair Oaks, CA. **Studying Color in Nature: Chicory and Sunflowers** with Laura Liska. Awakening Nature Perception Series. Rudolf Steiner College: 916-961-8727 www.steinercollege.edu

May

MAY 7: Fair Oaks, CA. **Pests and Insects—Friends, Foes, and the Honeybee** with Harald Hoven and David Basile. Biodynamic Farming & Gardening Series. Rudolf Steiner College: 916-961-8727 www.steinercollege.edu

MAY 14: Fair Oaks, CA. **Care of the Hive** with David Basile. Natural Beekeeping Series. Rudolf Steiner College: 916-961-8727 www.steinercollege.edu

June

JUNE 4: Laytonville, CA. **Myco-Dynamic Gardening** with Patrick Garretson. 9am-4pm. \$60-90 sliding scale. Polcum Springs: Alison Pernell, 707-972-1364 www.polcumsprings.net.

JUNE 5: Laytonville, CA. **The Inner Nature of Water** with Patrick Garretson. 9am-4pm. \$60-90 sliding scale. Polcum Springs: Alison Pernell, 707-972-1364 www.polcumsprings.net.

JUNE 15-19: Fair Oaks, CA. **Weeklong Biodynamic Advanced Intensive** with Harald Hoven and Cynthia Hoven. Biodynamic Farming & Gardening Series. Rudolf Steiner College: 916-961-8727 www.steinercollege.edu

September

SEPT 24: Fair Oaks, CA. **The Harvest** with David Basile. Natural Beekeeping Series. Rudolf Steiner College: 916-961-8727 www.steinercollege.edu

STAYING CONNECTED

EXCITING NEWS ! We have a new website, designed by member Ralf Homberg. Thank you Ralf! Now there are three ways to keep up with Biodynamics in Northern California . . .

- Visit our website for general BDANC information and meeting updates at . www.BDANC.org.
- Get regular emails from BDANC by being on the email list. If you haven't been receiving email announcements send your email address to Patrick Garretson at patrick@californiaflowforms.org
- Keep your membership up to date. Membership is annual. Your renewal date is on your mailing label.

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 must be submitted electronically, in simple text (no formatting please). Calendar and Help Wanted items must follow the format seen here in the newsletter or they will be returned for rewriting.

*Deadlines are:
Spring : Feb 5th
Summer: May 1st
Fall : August 1st
Winter : Nov 5th*

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

HELP WANTED

Gardening Teacher needed Waldorf School of the Peninsula

We are seeking a full time Gardening Teacher for the 2011/2012 school year. The qualified candidate must have experience and knowledge of Bio-dynamic gardening, as well as experience working with elementary age students. Candidates should have an interest in Waldorf education and a commitment to working in an environment that fosters the education of the whole human being. We welcome inquiries from experienced Waldorf trained teachers with a bachelor's degree who will help envision growing our new campus and garden for our Middle and High School students. The San Francisco Peninsula offers the natural pleasures of redwood forests, mountain ranges, and seashores in a mild year-round climate. The area has a strong cultural emphasis, with internationally recognized colleges and universities. We are one of five well-established Waldorf schools in the area. This network offers many opportunities along with a rich calendar of events, workshops, and speakers. Our school has an outstanding community education program and serves as a teacher-training site for Rudolf Steiner College.

Interested candidates should e-mail their resume and three references to:
Donna Davies at donna@waldorfpenninsula.org

Agricultural Openings at Camphill Kimberton Hills

Camphill Village Kimberton Hills, located in Chester County, Pennsylvania, is a 432-acre agricultural and craft community that includes a 170 member summer CSA, a grass fed dairy, herb garden, orchards, woodlands, a large estate workshop, and an apiary. Currently we offer a few different agricultural positions: a one-year or two year garden apprenticeship, a one-year or two-year dairy apprenticeship, one-year service volunteer position in agriculture, and 1-6 month summer internships. We have IMMEDIATE openings for garden apprentices, starting in April.

To apply: information@camphillkimberton.org

To learn more: www.camphillkimberton.org

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 for printing in future issues.

Items must be submitted electronically, in simple text (no formatting please). Items must follow the format seen here in the newsletter or they will be returned for rewriting.

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*Please email our editor,
LauraLiska@cs.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 715, Penn Valley CA 95946

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 2011, please use this application to renew your membership.

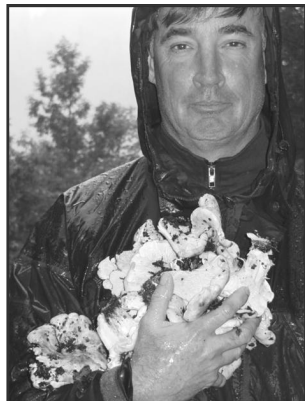
Thank you !

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 715
Penn Valley, CA 95946

address correction requested

