



by Kacper M. Postawski

“If at first, the idea is not
absurd, then there is no hope
for it”
~ **Albert Einstein**

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What The Heck Is Biodynamic Farming?

Remembering Ancient Secrets...

Children are incredibly intelligent beings, unpolluted yet by clouds of dogma and life experience, their intelligence may not appear conscious, but lies within their root-deep connection to mother earth, and nature. They feel things we do not.

Ever since I was a little boy, I remember feeling that there was something terribly wrong with the world of the human beings with whom I lived with.

I felt there was something we're all forgetting, like we were somehow grinding up against simplicity itself, and making everything extremely complicated and wasteful. I felt there was a clear blue pristine sky of clarity and truth that we weren't in tune with.

This morning, as I give my 2 year-old daughter an iodine treatment for the radio-active rain falling from the sky in Vancouver(as a result of Nuclear Meltdown in Japan), I find that same feeling I felt as a little boy, only this time its glaring me right in the face, and it's not so subtle.

We are destroying this planet at an alarming rate, and we are on the brink of extinction.

The biggest crisis looming on the horizon right now is the food crisis.

The time of getting your food from the super-market every week is quite simply coming to an end.

As inflation and oil prices sky-rocket, food shortages will begin, and at one point, the food will simply stop coming.

All the crops in North America are being destroyed by devastating farming practices which are depleting the soil. The food in stores right now is poisoning the population with pesticides and Genetically Modified organisms.

The large underground water reserves in the central USA states (Arizona, New Mexico), which are responsible for 80% of the national food production are depleted, and are leading to record high food prices and shortages as draughts turn the land to dead desert in many areas.

All this, and pages of other reasons, are why it's important for anyone who's awake to the times, to start remembering "**the old wisdom**", and begin growing their own food... but how? How do you start growing food in such a polluted environment?

Is there a way to grow food in a way that is so harmonious that it can:

- 1) Grow incredible food for your family, with extreme nutrient density.
- 2) Help bring dead soil back to life and heal the planet.
- 3) Require minimum effort on the gardener / farmer.
- 4) Benefit your life in a way you never imagined gardening could: give you more peace, joy, and happiness in your life.
- 5) Open a doorway to a new dimension in your life.

There is such a way, it's called **Biodynamic Farming**, and it's why I am writing this book.



Rudolf Steiner

Times of famine and suffering aren't new to this planet, what we are experiencing now was foreshadowed many years ago after World War 1.

After the war, many farmers weren't able to grow food. The soil was dead in many areas due to warfare, chemical weapons and a host of other problems. They were desperate, and turned to this man(above), Rudolf Steiner.

If you don't know him, you soon will, because he may save your life. Rudolf Steiner was a genius and a mystic clairvoyant, his philosophies have contributed greatly to our world in the area of alternative schooling and alternative medicine.

During this time of agricultural disaster, Steiner gave a series of 8 very important lectures which have since become famous, and the foundation of Biodynamic Farming.

After farmers implemented what Steiner taught them... magically, everything came back to life and they began thriving again.

Biodynamic Farming is seriously the real deal, and the scope of what is possible goes way beyond "**organic farming.**" Do not confused biodynamic farming with organic farming, two very different things.

Biodynamic Farming is a series of simple, mystical, and incredibly odd steps one can take to begin to:

1. Turn dead soil and dead plants into alive, incredibly radiant life giving soil and thriving plants.
2. Greatly increase harvest yields of all fruit and vegetables
3. Grow food that is incredibly dense with nutrients, way beyond that of conventional, or even organic farm.
4. The food grown biodynamically has incredible healing abilities on the human body.

Today biodynamic farming is largely used in the wine industry, **biodynamic wine** is the most expensive and incredible wine in the world.

There have been a few scientific experiments to see just how biodynamic farming out-performs regular food production methods, and the results are off the scale.

However, if you're interested as to **why** it works, I'm afraid you'll be sorely disappointed. To date, modern science cannot explain as to why biodynamic farming does what it does.

The basic steps and principles to bio-dynamic farming are rather simple... there really aren't many... and may seem a little... "weird" to a newcomer.

For example, one of the biodynamic core principles is vortexing water, something you'll be doing a lot of soon. Vortexed water is now beginning to be widely used in "progressive" science, and water filtration applications, but "modern", and "official" science is light-years away from understanding it.

Steiner was a mystic, not a guy who followed the rules.

He channeled ancient cosmic wisdom and gave it to the people. He didn't care if people would understand or what they would think.

In my opinion, conventional science will never understand biodynamic methods. Quantum science may perhaps.

This is because biodynamic farming takes you deep down the rabbit hole of reality. It's why I said the final benefit of it is:

5) Opening a new dimension in your life.

The most beautiful part of biodynamic farming is not that you get an incredible amount of amazing produce... it's that you begin to realize your incredible connection to this Earth, and the cosmos.

Any muscle you don't use over time begins to atrophied, and go stagnant, until you don't even feel it anymore.

Each one of us has a pineal gland, that is said to be largely responsible for wisdom, psychic connection, telepathy, etc.

Biodynamic Gardening, if you tune into it, will begin to use this part of your brain.

Many well practiced bio-dynamic gardeners, (I kid you not) are very telepathic, especially with plants. They don't rely on charts, steps, or "knowledge" anymore, they simply talk to the plants and listen to what they want.

If you're new to this, then maybe all this sounds like voodoo hokey pokey kumba-ya type of nonsense.

However, if in your heart things rings true, then let me take you on a short journey through this book, as I introduce to you the very basic foundational wisdom of biodynamic farming, and how to begin applying it.

Section 1

The Biodynamic Garden and You

Energy and Rudolf Steiner

Biodynamic farming really isn't about doing "physical" things to get results, such as adding better compost, or watering more, etc. All those actions fall into the regular "farming/gardening advice" category. To understand biodynamic farming, you have to broaden your awareness to the world of energy.

Let's look at the term "biodynamic" to start our discussion. As you know, many of our modern words come from the ancient Greeks and this is no exception. "Bios" means life and "dynamis" means energy.

As a gardener, you know that the soil in which you grow is quite literally alive. It's full of living microorganisms, bacteria, and life forms that help oxygenate and provide nutrients for your soil and, ultimately, to your plants.

Of course, the plants you grow are also alive. Their root systems use the nutrients available in the soil as well as the vitamins and minerals you provide to grow produce for you and your family. These plants also provide nutrients to insects like honeybees for them to grow and continue pollinating other plants.

It is this symbiosis, this working together, of soil, plants, and animals that nurtures the biodynamic growing revolution.

You may be asking yourself what the difference is between biodynamic gardening and regular gardening. The difference is found in how field sprays and compost are created.

Back of the early 1920s, when the Industrial Revolution had staked its claim on farming, agriculture began a drastic change that influenced how we've grown crops throughout the 20th-century.

Larger combines were built and "bigger and faster" were the hallmarks to food production. Unfortunately, chemical sprays were starting to be used in addition to large automated machines as farmers could see they could control insect population and increase production.

This new "modern" way of farming and gardening took away the symbiosis between soil, animals and plants and put crop productivity in the hands of man instead of nature.

Farming became more about money than about growing good, organic food.

Rudolf Steiner's Background

Rudolf Steiner is to biodynamic agriculture as John Deere is to large combines.

Born in 1861, Steiner was the son of a railroad stationmaster in Austria. He was exposed to both ancient rituals as well as 19th-century modern inventions like the railroad and telegraph. In his day, agriculture was a large portion of peasant life and he observed how the Austrian farmers seems to have an innate sixth sense when it came to nature, the changing of the seasons, and what was needed to be done to grow high-quality crops.

Steiner grew up among the peasant people of Austria. He planted crops and helped with livestock which all led to his belief in and founding of biodynamic agriculture. He had a background in science that lent itself well to this kind of gardening and he spent his lifetime studying all of the nuances of life and growth.

It was in 1924 that the fundamentals of biodynamic gardening came to fruition. Simply put, biodynamic gardening joins earth ecology and the universe in a mutually beneficial way.

Steiner's methods help restore balance and equilibrium to the earth by the addition of broken down organic matter known as humus and through crop rotation, field sprays and biodynamic composting.

The Basics of Biodynamic Gardening

So what are the basics of biodynamic growing? Biodynamics looks deeply at the soil itself as a living organism. So many of us look at soil as just a medium for growing the produce we want.

But it is so much more.

What do you think about when you grow tomatoes? I'm not talking about just the act of planting a tomato plant or harvesting the fruit. In our world of bigger, better and faster it's so easy to overlook the importance of the earth.

But the soil is an entity all its own. It's a living, breathing organism that must be nurtured and maintained in order for it to be the gardening partner you want it to be.

And the soil is not just a combination of minerals, organisms, and bacteria. This is a very western view.

Imagine having to chose a romantic partner, but instead of being able to meet them face-to-face, you were given 10 partners to chose from, and got a detailed analysis of each person on paper which described each person according to their mineral and atomic content:

Jane Smith

60% Water

2% Iron

33% Carbon

etc.

This kind of view reduces the world to flatness. And when most people say "yes, the soil is alive", they don't really mean what they say, what they're really saying is "Yeah, there's bugs in there and all kinds of living organisms"

This is not what biodynamics refers to when it says "Life"

When Steiner said the soil was alive, he really meant it!

It's a real, living, **CONSCIOUS BEING**. With it's own agenda, it's own way of processing information, **it has thoughts, feelings, moods**, etc. They are not human thoughts or moods, but they are thoughts and moods.

Every time you walk through a garden or a farm, you are visiting an alien being with a vast amount of wisdom and information. This being has it's own energetic heart-beat and it's own pulse.

To be a fantastic gardener / farmer, you do not need a fancy trick or the latest tip, the core deciding factor will simply be the extent to which you're in-tune with this conscious being.

This is also why the basics of biodynamics are so simple...

Biodynamics recognizes that the soil is a conscious being, it knows infinitely more than you know about growing food, after all, **that's what it's been doing for millions of years! It's got a lot more experience than you do.**

All you have to do, is step out of its way, listen, and apply the techniques to **help it return to it's natural thriving state.**

Your soil is like an incredible friend who can provide you and your family with everything you need to thrive and live happily in this world. This friend has been damaged and hurt, and is barely surviving. **With biodynamics, you can help the soil return to it's original super-conscious form in every sense of the world.**

Here are a couple of critical ideas that are the cornerstones of biodynamic gardening:

- Proper management of organic materials

- Use of “cosmic” field sprays. (This is the real “voodoo” weird fun stuff)
- Appropriate crop rotation
- Preparation of compost using biodynamic amendments
- Timing of when to plant

In Section 2, I'll give you how-to instructions on how to start your own biodynamic garden.

Section 2

Becoming Biodynamic

Getting Started

The best part about converting to biodynamic gardening is that you don't have to have a degree in science to do it successfully. What will help, though, is a healthy interest in how soil and plants interact with each other in addition to **how they are affected by cycles of the moon.**

If this sounds a little too “new age” for you, please hang in there with me because I promise that it won't feel confusing by the time we're done.

Biodynamics relies on the following three concepts:

- Two field sprays -- These are called BD 500 which is made from horn manure and BD 501 made from horn silica
- Five compost preparations -- These preparations are a mix of herbs that are added to compost
- A moon planting calendar -- This calendar is one you've probably never seen before. It's a correlation between different parts of the plant, the cycles of the moon, and an astrological chart

These concepts are the backbone of biodynamic gardening and we will explore and expand upon each one.

“Cosmic” Field Sprays

These sprays are not your typical run-of-the-mill sprays that you’ve seen used on fields and in gardens. While this may be a gross simplification, what these sprays do is change the very being of your garden. It sets up positive energy and good vibrations -- without having the Beach boys singing in the background.

The first spray mentioned in the list above – BD 500 -- works in the roots of plants and the second spray, BD 501, works its magic by influencing light and growth of plants when sprayed onto leaves.

I know I’ve said this before, but this seems totally “new age voodoo”, but trust me, just do it. I recommend you watch a bunch of YouTube videos on biodynamic farmers doing this. They swear by it, it’s really not as wacky as it sounds, thousands of people are doing this.

Cow Horns

The first thing you'll need to do to prepare your field sprays is to get cow horns. It's important that you use a cow horn and not a bull horn. The difference between the two is seen in the calving rings at the bottom as well as a solid tip. You can get cow horns from a butcher or slaughterhouse for a couple of dollars per horn.

If you do not live on a farm or have access to a cow horn, you can actually buy them online. One good source of cow horn is from the Josephine Porter Institute at <http://www.jpibiodynamics.org/>. You can also look on eBay to see if anyone is selling them.

If you're a vegetarian like me this might seem against your nature. I figure people are going to continue killing cows for quite a while, despite my disposition on the matter, so we might as well honor the animals by using what's left of their bodies to help the Earth heal itself, so more animals may enjoy it's bounty in the future.

BD 500 – Applied in Spring Before Planting for Root Growth

Here's a list of things you'll want to have handy before preparing BD 500:

- **A horn from a cow that has had a calf** – For a small garden, two horns will be sufficient. The general rule is to use 2 per acre of garden
- **Cow manure** -- It's best if the cow has had access to a pasture that was farmed biodynamically but it is not a game ender. You'll want the manure to be no more than a day old and preferably neither dried out, sloppy or runny

- **A container for water** -- The best containers will be from wood, clay, copper, or stainless steel. You do not want to use plastic in this application
- **Water** -- The cleaner and more pure the better
- **Glass jar to store the mature manure**

Preparing the Horn

Once you have your cow horns and manure, stuff the manure into the horn. If you only have a couple of horns you can use a teaspoon to stuff them.

The next thing you're going to need is a fertile area of garden in which to bury the manure-stuffed horns. You'll want to find a place in your garden where the soil is easy to work and where water does not typically pool and stand.

One you've found a good spot, dig a hole between 16 inches in 18 inches deep.

Put your horns in a layer flat on the ground. Cover with topsoil and clearly mark the spot where you bury them in a way that's easy to find 6 months later. Place markers at all four corners so you know the exact area to dig. These markers can be garden stakes or even a set of rocks that are piled up together. The point is you want to be

able to find this exact spot again when spring comes so you don't waste time digging up your garden. So use what ever it is you have at home that will help you do that.

What Does All This Do?

I really have no clue.

Steiner said through the geometry of the horn, a special type of energy is collected inside the horn over 6 months. When this energy is sprayed onto your garden 6 months later... magic begins to happen, and he wasn't kidding.

This is something you're really going to have to lay your skepticism aside for, and **just do it.**

If your neighbors ask what you're doing, tell them it's an art project or alternatively, quack like a duck and tell them you're on medications... Or just give them this eBook.

Timing

The timing of when you bury your horns is critical. You'll want to bury them in the fall right around the equinox on September 21.

This is when the earth is working hard to conserve as much energy for herself as possible.

The horns will stay buried until the spring equinox on March 21. That will give the manure around six months to cure and envelop itself with all of the energy needed to provide healthy root systems in your plants.

Over the winter, this manure will change into wonderful life-giving humus that will have a pleasant odor. Once you dig it up from the ground, gently tap the horn to remove the humus and store it in a glass jar in a cool dry place. If you can, it's best to store your jar or jars surrounded by peat moss. Why peat moss? **Because it helps retain the life forces built up in the matured manure.**

BD 500 is sprayed over garden soil in spring before planting to encourage rapid and healthy root growth for abundant harvests. The best time of day to spray your soil is in the late afternoon or early evening. This spray will ramp up the fertility of the earth and will increase earthworm and microbial activity.

It is prayed using a specific type of preparation involving vortexing water, I will explain exactly how to do that in a later section.

BD 501 – Applied during growing season for healthy leaves and fruit

This biodynamic preparation comes from fermenting **silica quartz dust** in a buried cow horn over the six-month period from the spring equinox in March through the summer when the sun is at its hottest. The same techniques are used that are detailed in the preparation for BD 500 – except for the difference in timing.

You can get the silica quartz from The Josephine Porter Institute for about \$3.00 a bag. Click here to check this out: <http://www.jpibiodynamics.org/catalog/15>

On or about the fall equinox – right about the time we will need to bury manure stuffed cow horns – these quartz-filled horns will be dug up and stored.

BD 501 is a spray that helps enhance the growth of leaves and production of flowers and fruits. This spray is typically done during the growing season to give energy to plants and produce as they are growing. The best time to apply BD 501 to your garden is in the early morning hours.

This above-ground preparation is crucial in the increase of photosynthesis and metabolism in your plants. You will find that not

only will your plants grow healthier and stronger with horn silica
spray but your fruits and vegetables will taste better.

Biodynamic Vortex Dynamizing

Preparing the Spray for Either BD 500 or BD 501

This section is about how to prepare the liquids for both the fermented manure and quartz to make a spray that will be used to enhance both root and foliage growth.

First, fill your container with water. Use a large circular bucket that you can fit between your feet as you sit on a chair next to it. Rainwater is best for this application but well water that has not been contaminated with chemicals is also good. Fill the container about two thirds of the way full and then add a handful of either the fermented manure or quartz depending on the time of year and type of application.



Biodynamic Vortex "Dynamising"

One of the most important things you'll be doing in preparing the spray is vortex stirring. Take a wooden handle and first stir counterclockwise until a vortex forms. A vortex is a hole that is created in the stirring action resembling the shape of a cornucopia (wider at the top and smaller at the bottom).

With a perfect vortex, you should be able to look down through the center of it and see the bottom of your container. After you've seen a vortex form, switch directions and begin to stir in a clockwise direction. Once again, wait for the vortex to form, stop stirring, and begin again in the opposite direction.

It's critical that you do not use a machine in this process, Steiner's instructions were very specific on this.

Also, Steiner's original instructions were to use your bare hands to do this, not a stick. Many people use a large stick, because...

You have to do this for at least one hour.

These techniques – stirring small amounts of material in water – are called “dynamising”. What you're doing is transferring an energy force from the fermented material into the water itself so it can pass on those life-giving properties to the roots and leaves of plants.

If you want to see this stirring is done, [click here and watch this video from Alderlea Biodynamic Farm.](#)

How to Spray

Use a sprayer that has not been contaminated with chemicals to lightly spray drops of these preparations. If you want, you can also spray by dipping a whisk broom into the water and spattering the ground or plants with the fermented energy. (This is how it was done in the old days, before air-pressure sprayers were invented)

Biodynamic Compost

If you've done any kind of gardening at all you'll know how important a compost heap is.

Composting is the act of breaking down organic material through use of heat, moisture and air into a crumbly black material that looks very much like rich loamy soil. Farmers call compost "Black Gold" for good reason: it is the world's best provider of nutrients for plants.

There are three basic ways to construct and maintain a biodynamic compost pile...

- **Static pile** – This is the traditional method for biodynamic farming where layers of brown and green materials are alternated one after the other. Herbal biodynamic amendments are added, the pile is sprinkled with a layer of topsoil and topped with straw, and then left for anywhere from six months to year. This type of compost pile is never turned or disturbed
- **Aerated static pile** – This is the type of pile that uses inserted pipes to increase oxygenation and allows the compost to mature quicker. This is also the method we detail a little bit later in this e-book

- **Turned compost pile** – This uses the kind of compost turner that you see marketed commercially (like a compost tumbler)

Whichever method you choose, the most important part is the material you put into your compost. You can use things like eggshells, vegetable and fruit peelings, stale bread, the remnants of plants that have gone by (as long as they have not been hit with any disease or bacteria), and even ground up leaves from trees. I've even been known to add coffee grounds as well as the filter as long as the filter is unbleached.

You do not want to add any types of meat, bones from meat, or dairy to your compost pile. These items turn rancid too quickly and attract animals too readily.

Getting it Together

Composting biodynamically is somewhat different from creating a regular compost heap because all of the very specific additional minerals and nutrients you will be adding by inserting a series of holes in your compost pile. Additionally, it's important to use the layer method in biodynamic composting rather than using pre-made composters or tumblers.

Creating a compost pile for a biodynamic garden is very similar to making a regular one. The difference is in the addition of the biodynamic components.

First, assemble the biodynamic ingredients you'll need for your compost heap which include ...

- 502 -- Yarrow blossoms (*Achillea millefolium*)
- 503 -- Chamomile blossoms (*Chamomilla officinalis*)
- 504 -- Stinging nettle [made from the whole plant in full bloom] (*Urtica dioica*)
- 505 -- Oak bark (*Quercus robur*)
- 506 -- Dandelion flowers (*Taraxacum officinale*)
- 507 -- Valerian flowers (*Valeriana officinalis*)

There is a final biodynamic preparation but it isn't used in the same way as the 6 listed above. BD #508 – or Horsetail (*Equisetum*) – is used primarily in "tea" form and works well for fungus, blight and mildew prevention

These preparations are typically made on biodynamic farms and you'll need to purchase them prior to starting your compost heap. They've all gone through a fermenting process similar to the field spray

fermentation processes for the most potent and bio-available amendments.

Assembling Your Compost Pile

This method will work best for most backyard gardeners. You will want to have the following on hand to construct your biodynamic compost heap:

- Shovel – One with a round nose works best
- 4 feet PVC pipe – 1 inch diameter
- Straw mulch
- Cow manure
- Lime
- Galvanized pipe – 3 feet long; 1 inch diameter
- Hammer
- 1/3 ounces biodynamic preparations 502 thru 506
- 1/3 ounce biodynamic preparation 507
- Empty 1 liter container
- Spray bottle
- Pitchfork
- Garden gloves

Step 1 – The Space

You'll want a space that's about 6 feet in width and 15 feet long. If you don't have this much room, use as much as you possibly can. Begin by placing a layer of straw mulch on the ground which is at least 4 inches high. Take your PVC pipe and stand it upright in the center of the bed. This will be for aerating the pile. With your garden hose, water the straw mulch until the surface is wet.

Step 2 – Wetting it Down

After making sure your mulch is completely saturated with water add a layer of cow manure that's 6 inches deep. Once again, you will use your garden hose to water the pile. Make absolutely sure there are no dry areas because moisture is one of the most important ingredients in good compost.

Here's how you can test whether or not the pile is wet enough: with a gloved hand, pick up some material from your compost pile and squeeze it. If water drips from your hand then you have watered it sufficiently. If you do not get this result, add more water.

Step 3 – More Straw Mulch

Another layer of straw mulch goes over the manure. Wet this down again and this time you will cover the mulch with lime. Make sure you are wearing garden gloves when you do this because lime can be extremely hard on your skin. You will only need a light dusting of lime and you want to make sure it does not come in contact with the manure. You'll want to continue this layering process until your pile is at least 3 feet high.

Step 4 – A Holey Pile

The next step includes inserting 6 holes in your pile. You can do this by using your galvanized pipe. You may need to have something to drive it into the pile like a block of wood or a hammer. The best way to do this is to have 3 holes on one side and 3 on the opposite side. If you have enough space to do this it's good if these holes are anywhere from 5 to 7 feet apart.

Step 5 – Adding Amendments

This is where the fun begins and you start adding your biodynamic preparations. For the first five holes you will add one third of an ounce of preparations 502 through 506. That leaves one hole for 507.

Step 6 – The Last Amendment

Stir the 1/3 ounce of preparation 507 into your liter jug and fill it with pure water. You'll need to mix this for a period of 10 minutes. Split this preparation in half placing one half in your spray bottle and pouring the other half into the last remaining compost hole. With your spray bottle, spray the entire contents evenly over the heap.

Step 7 – Turn, Turn, Turn

Turn the heap with a pitchfork after six weeks. The heap should be mixed every six weeks for four months for best results.

The Moon Planting Calendar

One of the most important parts of biodynamic gardening is using a planting calendar that is in conjunction with an astrological chart and the phases of the moon. This “technology” is as old as the sun, the moon and the stars.

Back in ancient times – before farmers had watches or smart phones to tell them what time it was – they used the cycles of the moon and the stars to guide them in planting and harvesting.

Farmers and gardeners alike found that certain plants did better when planted during a specific phase of the moon. Also, the harvest went more smoothly when done with an eye toward the stars.

Biodynamic gardening renews these age-old practices and puts them into use again. Does this mean that you’ll be out in your jammies planting your garden? No, probably not. But it does mean that you’ll want to be more aware of the different cycles of the moon and when plants need to go into the ground.

Moon Planting

Just as humans and animals are affected by lunar cycles – how many times have you heard nurses and doctors working in hospitals comment on how the behavior of people changes during a full moon?
-- plants and soil are also affected by lunar cycles.

There are three phases of the moon: **fertile, semi-fertile, or barren**. Naturally, these phases will be more important to you as a gardener when the weather is right for planting. Here are a couple of general rules you can follow in your garden:

- **Flowering annuals** (this includes annual vegetables as well) – Plant these just after the new moon when the light is increasing. These little seedlings will grow faster because of their shallow roots
- **Biennials, perennials and bulbs** – These do best when planted when the light is decreasing because they don't rely on wide root systems and a slower, waning moon gives them more stability

A way to refine your planting techniques is to combine the moon phase with the moon's current astrological sign. For instance, if you plant annual flowers or vegetables under a waxing Scorpio moon, the

growth cycle will get an extra boost. If you need to pull some weeds out of your garden, wait for the last quarter moon under a barren sign like Aries.

While I could certainly place a graphic here showing you the different cycles of planting, I thought it would be much more instructive and helpful to give you a web site where you can get information about planting days, moon phases, and moon signs:

Here is a terrific web site from Great Britain that not only shows you what to plant on the very day you're viewing the web site but also what to be ready to do in the next seven days. This web site is called The Gardener's Calendar and here's the URL: <http://www.the-gardeners-calendar.co.uk/moonplanting.asp>

Here's an example of one of their entries:

Date: 09 March 2011



🍒 Fruit ♈ Aries

Waxing crescent

Waxing crescent

Synodic:

Sow leafy vegetables and annuals that produce above ground. Lettuce, Spinach, Asparagus, Broccoli, Cabbage, Cauliflower, Sprouts, Sweet corn, Cucumber. Grains are also good to plant now. This is not a good time to pick vegetables if they are to be stored.

Biodynamic:

Moon in Aries: This is a Fire sign. This is a good time to sow Fruiting plants like Aubergines (Eggplant), Broad Beans (Fava), Cucumbers, Peas, Peppers, Tomatoes, but it would not be a good time to sow Leaf plants like Cabbages, Celeriac, Celery, Dill, Lettuce, Rhubarb, Spinach,

Sidereal:

Moon in Aries: Dry and barren. Good time for garden maintenance.

[Chart courtesy of The Gardener's Calendar]

As you can see, I've chosen a date at random but the information presented gives you everything you need to know for your biodynamic garden. It tells you the phase of the moon – waxing crescent – as well as the astrological sign the moon is in (Aries).

Don't confuse a moon sign with a sun sign. You may look at the ninth of March and think that the determination of Aires is incorrect. And you would be right if you were talking about a sun sign. The sun

is in Pisces on March 9 but the moon is in Aires and the moon is the most important planet for growing.

You will also get information on the types of vegetables and annuals to get ready to plant. One thing you may need to be concerned with is the recommendations of plants on a particular day. For instance, this web site is stating that March 9 is a good time to sow things like sweet corn, beans, eggplant, peppers and tomatoes.

As a gardener, you'll know that If you live in climates that are USDA zone 8 or colder, March is not the time to be planting these vegetables into the ground, it's just too cold. However, these warm season vegetables can be started indoors in March for planting out eight to 10 weeks later.

The Agriculture War

Thank you for reading this e-Book, and starting your journey into biodynamics.

As you now can see, biodynamics is really quite simple... however, 99.99% of farmers, even organic farmers, have no idea that any of the above information even exists.

The results you'll get by applying these simple methods are simply mind-blowing. I'll let you discover that for yourself.

Presently there is a large full scale agricultural war happening as companies like Monsanto are trying to dominate the entire planet with their GMO seeds. Poor farmers in developing 3rd world countries are forced to get these seeds and rely on them, as they simply can't grow normally anymore(thanks to GMO)

With biodynamics, we can heal the soil, heal the Earth, and begin growing again. We can do what the genocidal GMO maniacs don't want us to do.

Everyone needs to know about this. Spread the word!

Movies & Videos I Recommend

If you enjoyed this book, you'll love these, they'll be helpful in demonstrating some of the things I've been talking about here:

1. One Man, One Cow, One Planet

This is a beautiful movie about one biodynamic farmer who travels all around the world teaching people about biodynamics.

Incredibly inspiring!

http://www.foodmatters.tv/_webapp_291494/Food_Production_-_A_Model_For_The_Future

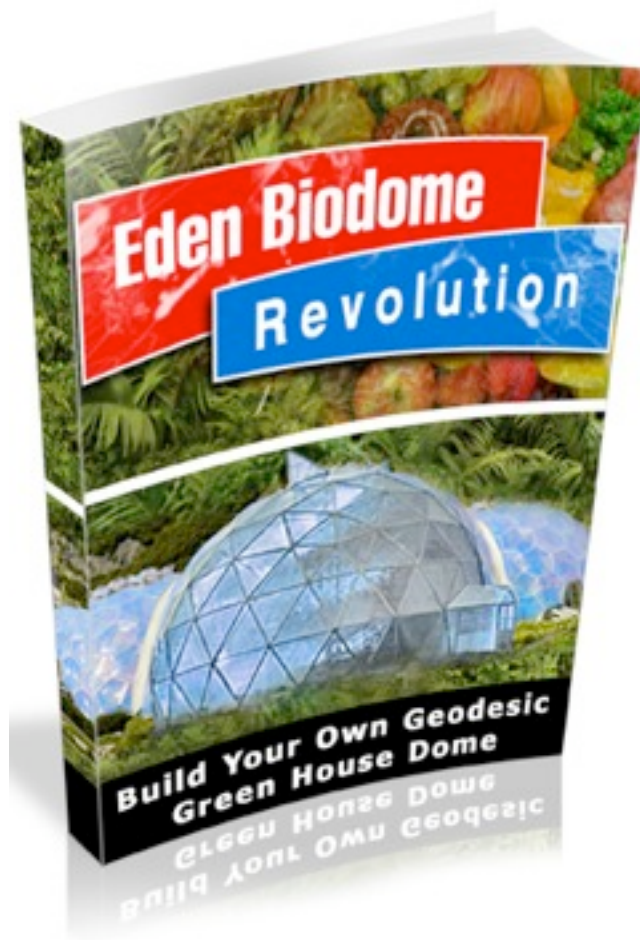
2. Arderlea Biodynamic Farm Videos

Watch all the YouTube videos by these guys, they're awesome. This video demonstrates the cow horn 501 BD technique, and shows the over-all spirit of Biodynamic Farming:

http://www.youtube.com/watch?v=fhJg_0ouUTM&playnext=1&list=PL4581B9996B0CD85D

Other Great eBooks

If you enjoyed this Book, you'll love the **Eden Biodome Revolution**. Which shows you how to construct your own geodesic biodome to grow food year round, **even in the dead of winter**.



[Click Here for Eden Biodome Revolution](#)

Resources

Josephine Porter Institute for Applied Biodynamics ([JPI](#))
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