

vortex

C-Dar Biodynamic Society Newsletter



C-DAR
BIODYNAMIC
SOCIETY

September 2011

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vortex

C-Dar Biodynamic Society Newsletter

C-Dar Biodynamic Society

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VORTEX C-Dar Biodynamic Newsletter

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EDITORIAL NOTE

The information provided in this magazine is for educational and informational purposes only. The views expressed here are not necessarily those held by the C-Dar Biodynamic Society.

Free classifieds should be sent to Eva Lorena Perez at elorenaperez@gmail.com.

FROM THE EDITOR

Blessings of the season to you all from us all at C Dar Lodge, as you embrace the cooler days, the colourful leaves and the shifting of seasons from summer to autumn in your gardens and also in your everyday life.

In order to encourage readers to contribute to Vortex, we have decided that for this edition we would introduce a photo competition with the theme of winter. Most of us have a camera and

have gardens (or friend's gardens) and nature in our lives in which to find inspiration for a beautiful photograph. Send us your favourite winter photos and the winning shot will appear on the cover of the next edition of Vortex. Please email your entries in hi-resolution (1MB minimum) to: elorenaperez@gmail.com by November 15, 2011.

DAWN GREEN
EDITOR

Biodynamic Fall Course

FROM MONDAY, OCT 3RD. TO SUNDAY, OCT 9TH.

During this practical course we will learn about biodynamic farming and gardening methods, we will make some of the biodynamic preparations and apply them.

Events Calendar

Free Biodynamic Talks

C-Dar Farm, Paradise Valley
5071 Paradise Valley Road, Squamish

MONDAYS

Lead instructor Ferdinand Vondruska has more than 30 years experience studying, teaching and practicing biodynamics. Ferdinand studied Biodynamic Farming and Waldorf Education at Emerson College with Dr. Herbert Koepf, a world renowned leader in the biodynamic field. He has instructed courses in Mexico, USA, Finland and other countries worldwide. His extensive work with communities in Mexico led to an invitation to teach a credit course at the University of Mexico in October 2009. Through his experiences around the globe he has learned how biodynamic methods can restore polluted and exhausted soils in almost any geographical region.

10- 11:30 am

Agriculture Study Group

WEDNESDAYS

This group, consisting of farmers, gardeners, foresters and people interested in the biodynamic farming and gardening methods is meeting on a weekly basis. Many topics will be discussed based on Dr. Rudolf Steiner's Agriculture Course. Anybody may join. Free of charge. Contact: Ferdinand Vondruska or simply drop in.

7-8:30 pm

From the C-Dar Biodynamic Society

by Martin Vondruska
President, C-Dar Biodynamic Society

President

Lately it seems we have been drowning in a sea of “eco-friendly, alternative, organic, sustainable, chemical- and hormone-free, good for your soul” ads and initiatives from every part of industry. Governments, chemical, and resource industries have all agreed to work together to make a greener planet. The problem is the industries’ main objective, (make money for their investors), and governments’ (the popularity for re-election), conflict with the greener initiatives. Who is looking out for our planet?

Varieties of small environmental groups fight for their community and try to take on industry and government at their game. Their problem is they lack the resources and expertise to challenge them efficiently. Once the groups do have the size and expertise, they need

resources to keep the organization going. For this reason they fall into the same trap as business - make money to survive.

It has become increasingly apparent that our efforts with biodynamics have been lost on the local community where we, the C Dar Biodynamic Society, live and operate. Even with our immense successes in Mexico’s farming communities and different levels of government, we are largely unknown in our home town of Squamish, British Columbia.

This is our challenge to overcome in the years to come - bring groups together from our local community and show how we complement each other and how we network out from here. It is my intention to connect the community with information and understanding through workshops, festivities and social

media, so that we can transform the Sea to Sky Corridor into a vibrant network of groups working for a better place for everyone. We are all here for the same reason: “To help this planet so all can live.” Instead of fragmenting our groups, we need to network them together.

At this point I would like to extend my thanks to each person that has been a part of the C Dar Biodynamic Society and the existing network of groups for their unfailing sense of devotion, responsibility, guidance and support, without which our flame would surely have burnt itself out long ago. ☼

Bringing your soil back to health

by Marc Nering
Director, C-Dar Biodynamic Society

I am a plant manager of a hydro-electric power plant during the day, and find relaxation in gardening in my spare time. It was always a dream of mine to own a few acres of land and start a nut and fruit tree farm, so I bought some land in Paradise Valley. I have planted over 300 fruit and nut bearing trees and shrubs, and have nearly a thousand nut tree seedlings on the go for future planting. In addition, I have a large vegetable garden which provides my family with fresh and wholesome food.

In the 25+ years I have been seriously gardening on my own, I have tried many different methods to grow the best tasting, most nutritious foods. What works best for me so far is mostly organic farming, with natural mineral supplements in the correct balance. With pre and post application soil testing by

a professional lab, I have improved my soil health greatly and have had great success with my crops.

However, correcting and balancing my soil with these organic and mineral supplements may not be sustainable. Items like rock phosphorous, and the different types of limes for example, while considered organic, are not sustainable in the long term. With our heavy rains, calcium and magnesium are leached out of the soil, and have to be applied annually.

Over the years I have been discussing farming with Ferdinand who is a close neighbour. He was always extolling the virtues of biodynamic farming. I became interested

and borrowed a copy of Steiner’s *Agriculture* from Ferdinand. While I have a lot to learn, I believe that it may be a very sustainable way to farm for a future where other farm inputs may be in short supply. I am looking forward to gaining knowledge in biodynamics, and to see the soil improvements and ongoing soil vitality from utilizing Steiner’s methods. ☼



Menos resultados en producción de alfalfa biodinámica en Colima

Ferdinand Vondruska refiere que -- ha registrado un avance sustancial en la dinámica en la entidad -- La alfalfa requiere 50 por ciento menos agua de riego y la producción de Colima

Uno se da cuenta ahora que el futuro es la educación y esos esfuerzos están siendo realizados", dice, pues asegura que por lo menos le ha hablado a alrededor de 700 u 800 maestros en estos días y percibe que hay mucha seriedad "por lo menos por parte del departamento de la educación" tanto el secretario Federico Rangel como sus asistentes, los sindicatos y todos con los que ha hablado sobre los beneficios de aplicar este método.

educativo esas conferencias y pláticas que ha impartido "mostrarán sus primeros frutos aproximadamente entre 5 y 7 años mientras que la agricultura puede dar frutos en un año o mucho menos tiempo".

Para él la cuestión de la educación de los niños es algo muy frágil "y por eso tenemos que darles tiempo, todos los que están involucrados en esto lo saben muy bien", indica de manera que no quieren apresurarse a hacer exámenes y pruebas, "eso se puede hacer con las plantas pero no con los niños".

A decir del también ecologista hay mucha confianza expresada por parte de quienes han presenciado sus exposiciones "y queremos que el proyecto Waldorf sea algo generado y creado localmente no algo importado desde Europa, ni siquiera importado de experiencias de otros estado de México, sino que debe ser creado y desarrollado aquí y por eso necesita un poco más de tiempo", insiste.

LA AGRICULTURA BIODINÁMICA EN COLIMA

En cuanto al método de la agricultura biodinámica que Vondruska también promueve en Colima, considera que se le hecho "un avance muy sustancial".

Pues luego de que algunos agricultores aplicaran preparados y técnicas de este método "tenemos" para pruebas muy claras "que los preparados biodinámicos..."

puertas como también lo han hecho otras muchas instituciones, quienes han mostrado interés en los conocimientos del entrevistado.

Otro avance que hasta el momento Ferdinand ha logrado es que el ayuntamiento de Colima lo haya contactado para los asesores en temas de residuos sólidos y la misma agricultura.

SEDER NO MUESTRA INTERÉS

Al cuestionarle si se ya ha tenido algún encuentro con las autoridades del sector rural del estado para plantearles la importancia de la agricultura biodinámica dice que no ha recibido ninguna invitación por parte del secretario de desarrollo rural, pero que si lo invitara con gusto lo haría y hasta podría hacer tiempo para ello.

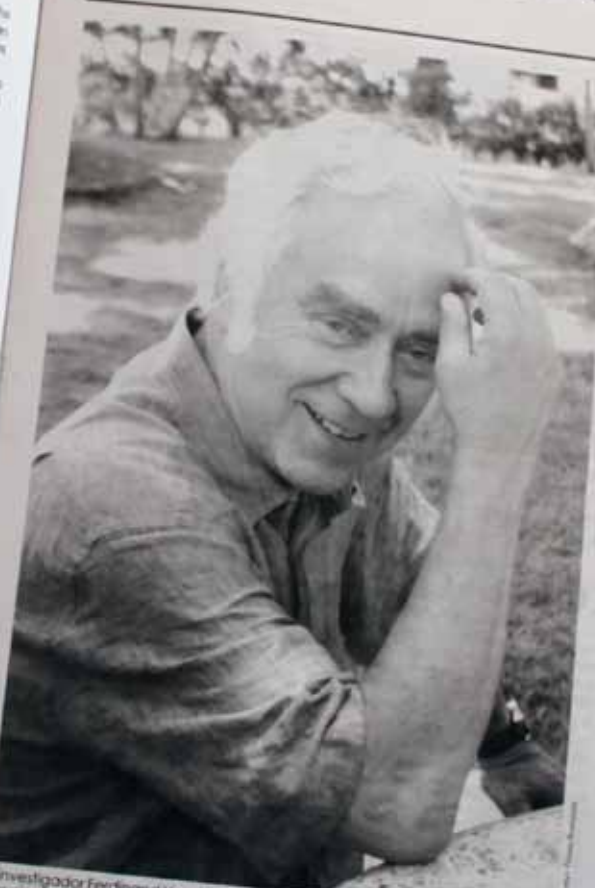
Ya que para el experto, muchos agricultores escuchan lo que dice el departamento de agricultura porque es una institución importante, de manera que sería muy benéfico tener ese contacto para proporcionar a los agricultores ese conocimiento y toda la información necesaria para cambiar sus métodos de producción, pero además de que podrían sugerir "qué es lo que se puede agregar a sus programas".

Sobre todo dice ahora que se está presentando el problema de la enfermedad de los cítricos --dragón amarillo-- que considera "es urgente que se atienda, no podemos seguir simplemente en lo químico, también debemos ir hacia lo natural".

Pues asegura que ellos tienen medicinas naturales que pueden ayudar "y eso sería muy importante -- dice -- así como fuimos invitados por el secretario de educación y entonces estamos compartiendo y dando información".

Sin embargo Vondruska cree que a los agricultores les puede mostrar el método biodinámico pero estos "pueden hacer los cambios que ellos quieren, pueden entrar a lo natural, a la biodinámica y pueden hasta parar", pues considera que es cuestión de educación.

Incluso dice que la misma Secretaría de Educación tiene la libertad de hacer lo que ellos decidan o que...



El investigador Ferdinand Vondruska señala que: "hemos explotado a las plantas por cientos de años" a tal grado que cree las hemos tratado como esclavos "y ahora las plantas están exhaustas".

donde por dos semanas conocieron de cerca el método biodinámico. Y adelantó que ya viene el curso de otoño, "y por lo menos otras 10 personas podrían asistir", el cual será en septiembre u octubre.

EL PELIGRO DE LOS TRANSGÉNICOS

Making biodynamic magic in



Fifteen years ago Ferdinand Vondruska, owner of C-Dar Lodge, travelled to Mexico and became aware of Mexico as a rather different culture to what we have in the U.S. and Canada.

Planting the seeds of change

by Dawn Green



CAMINO
VERDE

Agricultura
Biodinámica

“And then I realized also that there were enormous agricultural problems,” he said.

A Mexican friend introduced Vondruska to a gentleman in Leon, Mexico who was a yoga teacher. “He brought me closer to the people in Mexico,” said Vondruska.

This encounter planted the seeds for Vondruska’s vision to bring biodynamics to Mexico and sure enough, a few months later the first biodynamic course was held in Sierra de Lobos, thanks to this connection. Although there was a small turn-out, interest in biodynamics was piqued with local farmers and “out of this came the need for biodynamic preparation making,” said Vondruska which they undertook in further courses.

After a pause for a couple of years, due to life getting in the way, as he explained it, Vondruska once again returned to Mexico and revived his biodynamic cause. He headed out from Mexico City to a town located two hours outside the city to find a Waldorf school and was warmly welcomed by the teachers. “I said to them that I could offer... how Waldorf School teachers could introduce gardening to the children. So a biodynamic program was introduced into the Waldorf teacher training course.”

Given over the duration of two weeks, 38 teachers signed up for Vondruska’s course, and now, eight years on, biodynamic courses are now offered all over the country. “From there it spread all the way to Merida to Vera Cruz, to Cancun, to the west coast, and north. I basically have representatives from every part of Mexico, so that’s kind of how it came together,” said Vondruska.

Building on the momentum, Vondruska established a society called Camino Verde (Green Path). “I have then for the last eight years gone to Mexico two to five times a year to teach courses, to which sometimes up to 500 people came,” explained Vondruska. “The University of Mexico invited me to teach a program for the students. The agriculture college and other universities in Mexico have asked me to teach courses and out of this a whole stream of Mexicans have now come to C Dar farm—we must have had 30 or 40 or more Mexicans come to us here to take the course.”

Yet Vondruska dreams big and he is now looking to spread biodynamic awareness way beyond the borders of Mexico. “It was my idea to establish a bridgehead in Mexico for going further into Colombia, also into Brazil and into Argentina. And this is right now happening, in 2011 that there are people coming from the south from Guatemala, Honduras, from Peru, and from Ecuador,” he said.

Camino Verde now has more and more biodynamic stations along this “green path”, which he hopes will one day stretch from Alaska down to Tierra del Fuego at the bottom of South America.

Vondruska credits his vision to Steiner. “It came out of a saying by Rudolph Steiner where he indicated that we have to bring biodynamics through the entire world, and if we don’t do it there could be tremendous cultural and agricultural damage

done. He said this in 1920,” Vondruska explained.

“We have now 1,000 people, farmers and gardeners who are working on this and one always wants to have more,” he said. “My friend Peter Procter does this in India and has 50,000 farmers. And when you look at 1,000, then you always feel a little bit humble, you know, but he started 25 years ago. So if I would live another 25 years that would be close to 100. I could also have 50,000 or perhaps a 100,000 or 200,000 because the time is now really right for it.”

What is the next step in Vondruska’s vision? “I need instructors, I have to teach instructors,” he said. “My son always says, ‘Dad what if you can’t do it anymore? Let’s say you walk off the job, you are kind of a little kingpin, and we have to get away from kingpins, he said.’ And that’s true, but it is very difficult to find people who will devote their time to this 100 per cent.”

But Vondruska is certainly not one to give up and his current focus is on continuing the biodynamic courses in Mexico and also developing instructor training courses. His plan is to designate two or three farms or universities in Mexico, Honduras or Columbia which are working according to biodynamics. “Along this Camino Verde (green path) there needs to be some exemplary biodynamic farms,” said Vondruska, adding that these farms can be bases for biodynamic courses and for spreading the message to others.

He looks to future generations to carry on his biodynamic message and embrace its philosophy. “That is where the young students need to come to this philosophy,” he said. “We teach people so many things, just so they have the tools. But why do you have the tools? Why do you have to know certain things? You need to know more out of the depths of your being. For everything in your life, in a sense, you need a deep inner philosophy.” 🌿





LIGHT AND DARKNESS

by Ferdinand Vondruska
Chief Executive Director

*What is light?
What is darkness?*

Dr. Rudolf Steiner makes it abundantly clear that as long as we believe 'light' can be seen, we'd be unable to escape our materialistic world views and actions. Light, as it is very obvious, cannot be seen - only the objects onto which light falls - the space between objects appears totally dark and as long as no further object is placed into it, it remains so. This situation may greatly shock us knowing that we are surrounded by darkness. Therefore, we avoid any further contemplation and do not take 'such a thought' seriously. However, if we truly live with this reality and know that we are surrounded and live in total darkness, our thinking and actions may take on new directions.

When teaching at universities or biodynamic conferences, I often ask my students to observe the moon, the full moon that is. Then, I point out that if, for example, one would put an additional moon beside the present full moon, one could see two fully illuminated moons. And in the very space, where the second moon is now placed and 'shining', one could observe that there is light (where there was darkness).

During the Middle Ages, people knew that the dark sky was light-filled, mystically illuminated - invisible light. In those long by-gone-days, our forebears could 'see the light'. They could see this light with their third eye and painted it in the form of a golden background on tableaus, scenes or saintly pictures. Yet, materialistic thinking has closed and often destroyed these third eyes that are so wisely placed in the centre of our skull and indicated with a red dot (in some cultures) on the forehead. We've truly fallen into a dark hole!

Knowing that light is truly invisible, will cause a total collapse of our present way of thinking and behavior. Yet being surrounded by 'darkness' is a wonderful experience which can give us a feeling of security. Darkness is like a coat, a cloak, a protective mantle or a skin.

Circumstantially, light reveals itself in many ways, of course. And due to this 'circumstance', we believe that light can be seen. Yes, we do get brown skin (when exposed to light) - chlorophyll is produced in the presence of light. We are able to move around at far greater ease when light illuminates the subjects surrounding us. That, however, does not mean that light can be seen. It simply says light is an energy that is present, which can be sensed but only circumstantially.

What, then, is darkness? If darkness isn't the absence of light, isn't darkness as much of a force as light? Darkness is a force we are working with when applying our preparation 500 (horn manure) - for the development of the roots, and light is a force we are working with when applying preparation 501 - for the development of leaves and stems. ☼



by Dawn Green

Vortex - What was your reason to coming to C-Dar Farm, how did it all happen?

Michele - A good friend of mine lived here for three months, two and a half years ago. And all the stories she told me were so impressive - she showed me lots of pictures of the farm. So we decided to come to Canada and decided it would be a good experience to have the first stop here for a while to see it for ourselves.

Vortex - You've been here for awhile now - what is your impression on the farm and how it works?

Michele - The people we have met here, especially the family, are very nice. I like the way Ferdinand teaches a lot about all the things that we do here, so it is not just working. We learn why we do certain things on the farm.

Vortex - For you what are some of the highlights of being a WWOOFer here?

Michele - A highlight was definitely the arrival of the chicks - it was very impressive to see how fast they grow, they double their size every four days. When they arrived they were little tiny ones, and now they have real feathers and are becoming real chickens. It is very impressive to see how it all works in Nature.

It is also nice that we share lunch together and every day another person is preparing lunch. It is relaxing having a siesta during the working day - it is a really great way of living.

Vortex - How would you describe your feelings about being here at C Dar Farm, Jan?

Jan - I am enjoying it very much because it is such a nice quiet place. The work we do is not so hard - you have enough time to do the things you want to do. I have gone a couple of times out on the mountain bike and we often go rock climbing.

Vortex - What does it mean to you to be a WWOOFer?

Jan - To be a WWOOFer is a good opportunity to stay at the place and get accommodation and food and work and of course we learn a lot here - Ferdinand is a good teacher. It is good to get this biodynamic thing, and another view on life.

Vortex - What would be one good thing about WWOOFing, one highlight?

Jan - The positive thing is being out here in Nature and there is nothing around - it's just you and Nature and the animals. 🐾

Interview with C-Dar Lodge

WWOOFERS

World Wide Opportunities on Organic Farms

C-Dar Lodge has been a proud host of WWOOFers for over 15 years and these working visitors hail from all parts of the globe. Michele Hengst and Jan Dlouhy, our latest WWOOFers from Germany, arrived on the doorstep of C-Dar Lodge in June 2011 and have since plunged in and quickly adapted to life on the farm. We asked them to share their perspectives on C-Dar Farm.

Spraying for humidity and rain

by Ferdinand Vondruska
Chief Executive Director

You may think we've gone totally nuts but... wait a minute! If, for example, 100 years ago someone would have said that one can seed clouds (with dry ice or silver nitrate) and induce rain, people would have said... 'take a hike – you belong to the nut house.' Cloud seeding is done in China, the U.S., in Africa and other countries, with results that do not exactly please everybody. In some parts of the world, cloud seeding has caused inundations and catastrophic rainfall, whereas in other parts, droughts followed such actions. In cloud seeding, clouds are 'bombarded' with rockets and dry ice is exploded inside the cloud – therefore causing extreme cooling down which, thereafter, may (or may not) cause rainfall. In this article www.sodahead.com

[com/united-states/cloud-seeding-gone-wrong-in-china/news-467](http://www.sodahead.com/united-states/cloud-seeding-gone-wrong-in-china/news-467) heavy snow fell after the seeding of clouds. Steiner warned of cloud treating in one of his lectures and warned that it may cause one of the greatest weather problems of all times.

Well, in biodynamics, we do not want to interfere with clouds on a technical basis. We do not want to bombard or aim rockets at clouds. We want to do it organically. We know that there are elemental beings in the water, the earth, the air and in the light and we wish to stay in gentle communication with them. Our preparations are part of such a communication process. We, therefore, use:

On the first day: a spray combining Barrel Compost plus Preparation 500

(Horn Manure). We stir it together for an hour and apply it at sunset.

On the second day: We take Preparation 501 (Horn Silica) and 508 (Horse Tail). We stir the two preparations together for an hour and spray them near sunrise.

Remember, the moon must be in a leaf/water constellation. For appropriate times and details, we suggest that you consult the Stella Natura Calendar and Josephine Porter Institute of Applied Biodynamics. ☸

Tree Paste by Ferdinand Vondruska



For years, we have applied this Tree Paste (TP) on bushes (filberts, hazelnuts) and any trees (apple, cherry, chestnut, even oak) or on berry bushes (blueberries). Tree paste can be applied on almost any deciduous tree with most astounding rejuvenating results.

The Tree Paste can be quickly made as follows:

1/3 Cow manure (from a cow - no bull or heifer or calf)

1/3 Clay (any good clay - red, green, grey)

1/6 Waterglass (that's the stuff that eggs were kept in and stayed fresh for years - ground silica SiO₂)

1/6 Milk (natural, non-boiled, with cream and everything included)

Depending on quantity: 20 g of Preparation 500 - Horn Manure, for 4 - 10 trees. 40 grams for 11 - 20, 60 g for 21 - 35 trees and so forth - yes, less and less of Preparation 500, the more TP you produce. Add water until the mix is as liquid as catsup. It can be made thinner, if you wish to apply it with a spraying machine or a pump. Make sure that the TP is filtered before you use it in your spraying device as it will clog the nozzles of your machine. Remember, you must mix the basic ingredients most thoroughly, no lumps.

Apply the TP in early spring and late fall on a dry and sunny day. The TP must be able to dry so that it won't wash away in a subsequent rain storm.

The spring application will help the tree or bushes to close winter wounds, grow an exceptionally smooth bark and help the sap rise vigorously. It also feeds the tree through its bark.

The fall application will help the tree or bush to resist winter damage caused by a variety of insects and fungi. It will seal the bark and kindly protect the cambium during the winter.

I've rejuvenated 60-year-old apple trees with the TP and the bark became as smooth as a baby's face plus the trees produced good fruits for many more years.

In some areas of Europe, orchards (apple, pear, even wine yards) are sprayed twice per year with this wonderful mix and have proven to be the life elixir that the plants need. However, make sure that you do not spray it too late in spring as it may damage the leaves or blossoms. All ingredients are natural and harmless and will be integrated into the soil beneath the plant that you are spraying.

The Vortex is long overdue...

by Ferdinand Voncruska
Chief Executive Director

Our newsletter was due for years - however... we were missing precisely those contributors that were able to create such wonderful art work. Many years of work in 'secrecy' have, finally, opened the doors and a most creative team has come together. ... and we are able to present to you our latest creation: the VORTEX.

The word VORTEX: as in a spiral, whirl-pool followed by a chaos, is used at the moment when one, for example says: "don't create any disturbances or chaos!" With this one wishes to say: This kind of chaos may cause problems - your agitation may cause great disturbances and may cause unwanted consequences. This may, indeed, be the case in situations that are stuck: in a marriage, in a political situation, in a company, a school or where people live together and so forth. Situations like this may, indeed, have to go through chaos in order to arrive at a 'new beginning'. It is well known that chaos can be followed by extremely unacceptable results - we are aware of this. Whoever causes chaos must know that it may be followed by something 'new'... Yet, often, the new creation may not exactly be what we may have been bargaining for. If, however, one does create a vortex, followed by chaos in such a way that it is well-defined

and executed, excellent results may follow. When working with biodynamic preparations, and before spraying them onto plants and land, one can do this in a oak barrel and with a wooden staff made of birch.

Certain preparations are stirred (for example in 20 - 200 liters of water) for one hour and to the point where a deep vortex is being created. At this point, one leaves the vortex 'to itself' for a few seconds and continues the stirring into the opposite direction - as vigorously as possible - splashing, frothing and gargling. In such a moment one does create a vigorous and forceful chaos... and it is precisely such a chaos that opens up the water in order to make it 'available' for cosmic information (of planets, of fixed stars and from the person who is stirring the preparation mix). Such information will stay in the water for hours and occasionally for days. Together, with the biodynamic preparations, which are stirred into the water as well, we receive a mix of a highly informed and wise brew. Within a short period of time we must apply our creation to seeds and soil so that it may stabilize and heal the soil and plants (fungal attacks, transformation of sugar into starch 501, etc.)

In this connection there exist many

good books which we recommend for further studies such as:

Wasser Bewegt, by Haupt Verlag, ISBN # 978-3-258-07521-1 - a truly artistic creation.

Vortex of Life, by Floris Books, ISBN # 0-86315-148-5 - a detailed study with many technical details.

Living Energies, by Gateway Books, Bath UK, ISBN # 0-46551-97-0 - including Victor Schaubert.

Energizing Water, by Sophia Books, ISBN # 978-1-85584-240-3 - an outstanding collection by John Wilkes - Wilkes who studied the creative forces of water for the past 50 years.

Wasser Klang Bilder, by AT Verlag, ISBN # 3-85502-775-7 - Alex Lauterwasser This is a truly wonderful creation of heavenly proportions.

And Agriculture Course by Dr. Rudolf Steiner.

<http://www.whatthebleep.com/crystals/>

With my very best regards:
Ferdinand Vondruska

Classifieds

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Bio**d**ynamic

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Fall Course 2011

Monday, October 3rd - Sunday, October 9th

Course Leaders:

Lloyd Nelson
Philip Harmon
Sarah Weber
Jorge Rodriguez
Paul Schilperoord
Ueli Wittorf
John Drivnovz
Ferdinand Vondruska

During this practical course we will make some of the preparations and apply them.

500 - Horn manure - interring
501 - Horn silica - unearthing
502 - Yarrow
503 - Chamomile
505 - Oak Bark
506 - Dandelion
508 - Horsetail
Barrel Compost



C-DAR
BIODYNAMIC
SOCIETY

Space limited to: 15 persons
Course Fees: \$500 for 7 days
Hosted at C-Dar Lodge Farm, Paradise Valley
Accommodation: \$30/night.
Shared rooms. 10 spots
Meals \$ 40 per day for breakfast, lunch and dinner