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BIO DYNAMIGHT
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WORKSHOP BRINGS BD TO LIFE

A lively exchange of energy between the KZN group and members of the newly formed The Craggs study group from Plett took place at a workshop, led by Avice Hindmarch, held at Tourgar Farm in KZN on 5-6 April.

On the Friday a ceremonial Zulu ritual killing of a bullock was performed, and the required organs were prepared for the BD prep making that took place on the Saturday.

On Sunday Avice shared the thinking behind biodynamics, the role of the preps, the impact of the lunar and zodiac cycles on life and how to use the biodynamic planting calendar. She explained the underlying principles behind the mystery of life, including the influence of the cosmic forces on the earth. This resulted in enthusiastic discussion, especially among participants hearing of this for the first time.

This issue provides an introduction to the preps and the use of the biodynamic planting calendar.

Because Biodynamics enables the compost to be intelligent to the cosmos through the use of the preparations, it is able to break through all the pollution affecting life on earth, including the interference created by wi-fi, 5G and satellites.



Overcoming the challenges

Avice stressed the importance of people working in groups (like the PGS groups introduced by BDAASA) for their mutual benefit, learning from each other, sharing resources and building ecological and social systems on our farms. This is especially important at this time when systems are breaking down.

"The major threat today is the electromagnetic grid that surrounds the earth for wi-fi and 5G use, creating a boundary between the cosmos and the living earth with a different electromagnetic frequency, not to mention the sky pollution generated by satellites circulating the globe.

"In Biodynamics, which means the dynamic of Life, we acknowledge how the forces from above and below come together to create life. For example, in plant life, the root and leaf growth is influenced by the near planets, whereas the flowers and fruit respond more to warmth and light forces from the distant planets from above. In the fruit lies the seed that carries the information for its next generation.



▲ Avice leads the prep making

"BD recognises that there are systems within systems within systems and that all systems correspond to each other, a little like a Russian Doll. To create something new, things have to come together in synergistic relationships," Avice explained. Dr Rudolf Steiner recognised these correspondences between the different life forms on earth with the cosmos, and the influence of the cosmos on agriculture.

"He suggested that farmers make specific preparations by linking similar processes with patterns that exist within a planet, plant, animal organ and season. Burying these in the earth in specific ways enables the energetics to be captured and even enhanced to influence soil biology, plants and nutrition for animals and man."



▲ Prepmaking in full swing

Preps and their roles

The BD preparations connect the compost heap full of life forms to the cosmos, helping to nourish soil, plants, animals and man, tuning into forces that work collectively to support and bring new life.

Horn Manure (500) is a field spray applied late afternoon to moist soils to encourage growth and development of the plant (moon forces).

Horn Silica (501) is a field spray applied into the atmosphere, early morning on a clear sunny day to encourage the structural development of the plant (light forces). The silica goes deep down into the crystal in the earth and communicates with the outer planets beyond the sun.

The six preps added to the compost enable the soils to respond and be sensitive to the formative forces from the planets and into the plants. The two field preps will not work unless you have compost to create balance between the downward and upward forces. The six preps are:

502 - Yarrow - which has been stuffed into a stag bladder (a very sensitive organ from a very sensitive animal). This infuses crops with sensitivity, pulling carbon, nitrogen and trace elements from the air into the soil, connecting the cosmos to earth to support the farm /garden as a living organism. Very little is needed to enliven everything including the people.

503 - Chamomile - which has been stuffed into the intestine (organ with a large surface area for absorption/digestion). It helps balance sulphur/ carbon ratios.

504 - Nettle - which has been buried in a clay pot. Its role is to balance solar energy above and minerals below, drawing minerals up from deep in the ground to the topsoil.



▲ Covering the intestine stuffed with chamomile with clay

505 - Oak Bark - which has been buried in the skull of a cow. Oak bark is used to protect, strengthen and correct weaknesses in the soil, just as it protects the tree from harmful diseases, in order to promote strong, steady, healthy growth.

506 - Dandelion - stuffed in mesentery (gut). This gives the soil

inner brightness and sensitivity so that it draws what it needs in terms of light, heat, water and food.

507 - Valerian sprayed directly on the garden provides mother's love to the organism. This is a bringer of light that mobilises phosphorus-producing bacteria in the compost and soil to support photosynthesis.



▲ Finished preps ready for burial or storage



The Biodynamic Planting Calendar

Avic explained the lunar cycle, including the different types of movement of the moon and its journey through the constellations, all of which have an effect on plant life.

For example:

-  **Day/Morning - earth breathes out.**
 - Harvested leaf plants stay fresh longer.
 - If soil is too wet, hoeing in the morning will help it exhale excess water.
-  **Night/Afternoon - earth breathes in.**
 - Best time to harvest root crops.
 - If soil is too dry, hoeing in the evening will help it breathe in moisture.
-  **Waxing Moon - earth breathes out and light becomes stronger stimulating flow of sap and water in upper part of plant**
 - 48 hours before full moon
 - Seeds will germinate well and give good yields.
 - Spray Prep 500 for optimal results.
-  **At full moon**
 - Insects, slugs and snails are more active and conditions are favourable for fungus growth.
-  **Waning Moon - light decreases reducing flow of sap and there is more activity in the soil**
 - Best time to harvest.
 - Good time to turn manure and cut hay.
 - Avoid sowing seeds at new moon as sap is at rest.

Moon distances from the earth and whether the moon is ascending or descending also have an influence on the plants, as does the moon's journey through the constellations of the zodiac.

These constellations relate to the four earth elements: water, fire, air and earth and these elements also relate to parts of the plant - root, leaves and stems, fruit and seeds and flowers.

Their influences take effect when the soil is disturbed when BD preps are used during pruning, harvesting, making cuttings and composting. Whatever one wants to cultivate on the plant, one does while the moon is passing in front of a constellation favouring the corresponding element:



EARTH **ROOT**

Taurus, Virgo, Capricorn



WATER **LEAF AND STEM**

Cancer, Scorpio, Pisces



AIR/LIGHT **FLOWERS**

Gemini, Libra, Aquarius



FIRE/WARMTH **FRUIT & SEEDS**

Aries, Leo, Sagittarius

The Biodynamic planting calendar follows the moon's journey through the astrological constellations, indicating when it's best to cultivate what, based on the cosmic rhythms.

Our 2025 calendar, adapted for the Southern hemisphere, is available from BDAASA. Contact info@bdaasa.org.za

AN OPPORTUNITY TO SHARE & LEARN



▲ Day 1 at Chatham community garden October 2020

The workshop brought together like-minded people - experienced, new to, and interested in BD agriculture. Among the newbies were two representatives from the newly-formed The Craggs group - Jonathan Cumming and Fotini Babaletakis.

Jonathan Cumming, who is working with Avice works with the Embo group of farm workers who are learning

BD practices, as well as with landowners, in addition to recovering addicts who have undergone rehab.

His previous experience includes managing the Green Pop Nursery in Woodstock, as well as working with an NGO called Neighbourhood Gardens, which has turned derelict plots that had become dump sites into community gardens in Salt River and Observatory.



▲ Chatham Community Garden today

"Five years later the NGO is self-sustaining and has converted 750 m2 of previous dump sites into gardens. Although the gardens are unfenced, nothing has been stolen or vandalised, because we only got involved if the community wanted the gardens. Community members helped create them and now take care of them. Neighbourhood Gardens today includes vegetable gardens at schools in the area and has introduced bee- keeping to the community."

Jonathan left Cape Town in early 2024 and moved to The Craggs, as he was drawn to the people and the environment.

"My exposure to BD began when I met Avice and it really resonated with me, as I it works well with permaculture and connects to the cosmos – the part that got lost in societal thinking.

"I am now working in Kurland Village, the township/informal settlement in The Craggs where there is a big drug abuse problem. RAP the Craggs is a community project that sends people struggling with addiction to rehab. I work with them in the community garden when they come out of rehab. We use the Circular Collective to collect leftover food waste which goes into our compost.

"There are lots of smallholdings at The Craggs and a big group of people looking for alternative ways to live. People are looking for deeper connections with nature and people. Being small holdings versus commercial farms, there is greater scope for experimentation and the set-up enables us to explore collaboration. Our study group of about 15 meets once a week on a Wednesday and we also do a monthly farm visit where we review the farm's progress in terms of the PGS.

"Our members are getting wonderful results. However, to promote the growth of BD, and its adoption by bigger farms, we need more case histories and data that provides proof of its effectiveness, as commercial farmers are less willing to take risks," said Jonathan.

Fotini Babaletakis (a homeopath) and her husband (a retired geo physicist) moved from Cape Town to The Craggs two years ago. They were drawn to the idea of living on a smallholding during Covid.

"We wanted to grow our own food and live a peaceful life, as well as play our part in healing the earth, others and ourselves by living simply, caring, growing community and learning," explained Fotini.

"I did a permaculture course and we then set up an agro-forestry system that was designed by Alix Kruger to form soil on which to grow food crops quickly, but first we had to kill off the kikuyu, which was the only thing growing on the land, by covering it with plastic. Alix's students then helped us plant our system. The key to the agro-forestry system is plant diversity and to have as many roots in the ground as possible. We now have 53 perennial food crops, including tree tomatoes, artichokes, finger limes, beans, peas and a whole lot more, and are happy with the produce we are growing.

"Our plan is to produce, process and share what we grow and then to help others in The Craggs to grow their own. We are trying different natural ways of producing food. Being a homeopath, BD is not a foreign concept to me and after meeting Avice, I decided to join The Craggs group to network and learn from others. It's a big fun experiment!"



▲ Fotini's food forest - one year after planting