

Biodynamic Agricultural
Association of
Southern Africa



OFFICIAL
NEWSLETTER

ISSUE 21

MAY/JUN
2025

BIO DYNAMIGHT SOUTH AFRICA

MARKET DRIVE ENSURES GROWING COLLECTION OF BD PRODUCE REACHES CAPE TOWN HOUSEHOLDERS

BDAASA in the Western Cape is focusing on driving sales through The Harvest Hub and a regular presence at one key market to ensure its growing collection of BD produce is readily available to householders in the region. BDAASA also continues to participate in shows such as the recent GOOD LIFE SHOW at the Cape Town International Convention Centre.

Thomas Grimley and Khotso Taetso, who are at the coal face educating and marketing Demeter PGS certified and BD grown products to the public, provided this update.



Where and how are you selling your products?

This year we have focused on developing the Harvest Hub, which collects produce from farmers and delivers directly to customers who order online.

We do one key market in **Cape Town: the Oranjezicht City Farm Market in Sea Point**, where we showcase **biodynamic produce** and **introduce BDAASA** and the **Demeter PGS**, once a month.

In previous years, **BDAASA** participated in various markets across the Cape Town region, including:

- 🥕 Scarborough Community Market (Cape Town)
- 🥕 Mountain Market (Cape Town)
- 🥕 Lourensford Market (Somerset West)
- 🥕 Riebeeck West Market (Malmesbury)
- 🥕 Goedgedacht Market (Malmesbury)
- 🥕 Earth Fair Food Market (Cape Town)
- 🥕 Constantia Waldorf School Market
- 🥕 Triggerfish Market (Somerset West)

We've also taken part in major events such as:

The Plant Powered Show & The Good Life Show by Live Events and The Organic & Natural Expo, held in both Johannesburg and Cape Town.

What has enabled this growth?

This growth has been driven by the dedicated efforts of the BDAASA team and those involved in marketing our products. The launch of the Harvest Hub has been a major catalyst, as consumers often asked where they could access biodynamic products, a challenge we faced due to the limited number of biodynamic farmers in South Africa.

Additionally, the development of the Demeter PGS (Participatory Guarantee System) programme has helped onboard more farmers into biodynamic practices, making more products available and increasing our visibility.

What areas are you serving?

At the moment, we are serving areas in and around Cape Town. These are the locations where Harvest Hub currently delivers products directly to customers' doors.

HAS THE RANGE OF PRODUCE AVAILABLE BROADENED?

Yes, the range of produce has broadened significantly. We now offer:

Fresh fruits and vegetables

Wines and spirits

Pantry goods

Meat and dairy

Body care products

Teas

Cleaning products

Honey

Seeds and seedlings

Essential oils

WHERE IS THE PRODUCE COMING FROM? IS SOME OF IT COMING FROM THE COMMUNITY GARDENS?

Our produce comes from a range of farms, with most fresh produce sourced from community farmers in Khayelitsha and the Philippi area. These are farmers who have recently joined the Demeter PGS programme and are committed to transitioning into biodynamic practices and attaining Demeter PGS certification. Current active community gardens include:

Moya weKhaya

Siyazama Community Garden

Masiphile Community Garden

Vulamasango (NGO)



What are people looking for? How important is the Demeter mark to the public?

From what I've observed at the markets, people are primarily looking for healthy food, but many don't fully understand what "healthy" truly means. It goes beyond how the food looks; it's also about how it's grown and the environment it's grown in.

We spend a lot of time educating customers about what makes biodynamic food different and special. While the Demeter mark is still not widely known in South Africa, we take every opportunity to explain what it means and why it's important.





Beekeeping workshop encourages participants to just do it!



BDAASA recently hosted an introductory workshop on Biodynamic Beekeeping led by Gerard Frater at the Collaborative Healing Centre in Kyalami, Johannesburg.

Gerard, a biodynamic farmer and beekeeper from the Western Cape, has worked with bees for more than 30 years, producing his own honey and helping others to set up their own hives.

The workshop led delegates into the fascinating world of bees, the different bees and what they do, why they swarm, their life cycle, and most importantly, the role they play in the biome, including their impact on pollination-dependent crops, as well as other benefits they bring to life on earth.

Gerard encouraged people to start their own hives and learn from

experience. "He explained to us that your care and love for bees develops once you have your own hive and start to see how the bees work," said Sheila Bischoff who co-ordinated the event.

Gerard took lots of questions from the participants who included those who already had hives and those who were interested in starting their own. The group also walked across to a neighbouring property to examine one of their hives and learn more about the bees' response to aspects of the hive's construction.

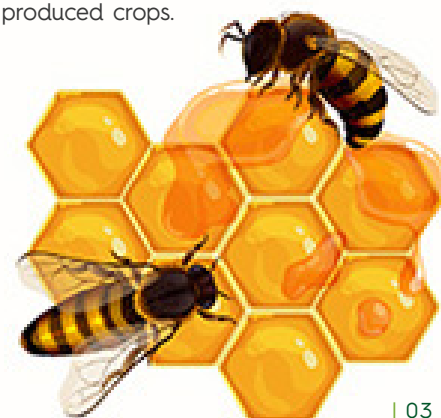
"For those starting out, Gerard provided pearls of wisdom, such as before you buy or build a new hive, contact the Bee Association in your area to find out if they have any abandoned hives to sell, as the smell of an abandoned hive will help to attract a new swarm," said Sheila.

He also warned people looking to semigrate to other areas never to try taking their bees.

What was encouraging was that South Africa still has lots of bees providing opportunities for people to generate income from beekeeping while contributing to the health of the nation.

Gerard acknowledged that during his many years of beekeeping, he had tried methods that included some manipulation, but had come to the conclusion that nature knows best.

Gerard touched on some of Steiner's insights, while acknowledging that biodynamic beekeeping was a "purist" approach and it was virtually impossible to guarantee 100% biodynamically-produced honey in South Africa. The reason for this is that bees can fly up to six kilometres and cover a 56 m² area, so are likely to come into contact with commercially produced crops.



BD PLANTING CALENDAR WORKSHOP

Following on the success of the Biodynamic Planting Calendar Workshop in KZN in May, Avice Hindmarch led a similar workshop at Sillery Farm in Constantia on 21 June 2025.

The workshop explored practical steps we can take to get in sync with Earth and the Cosmic rhythms. It covered the principles behind

biodynamics, including the influence of the cosmic forces on earth and how the biodynamic planting calendar is used to optimise the growth and quality of what we plant.

Avice also stressed the importance of farmers/gardeners working together, learning from each other, sharing resources and building ecological and social systems on our farms.



Avice in full swing



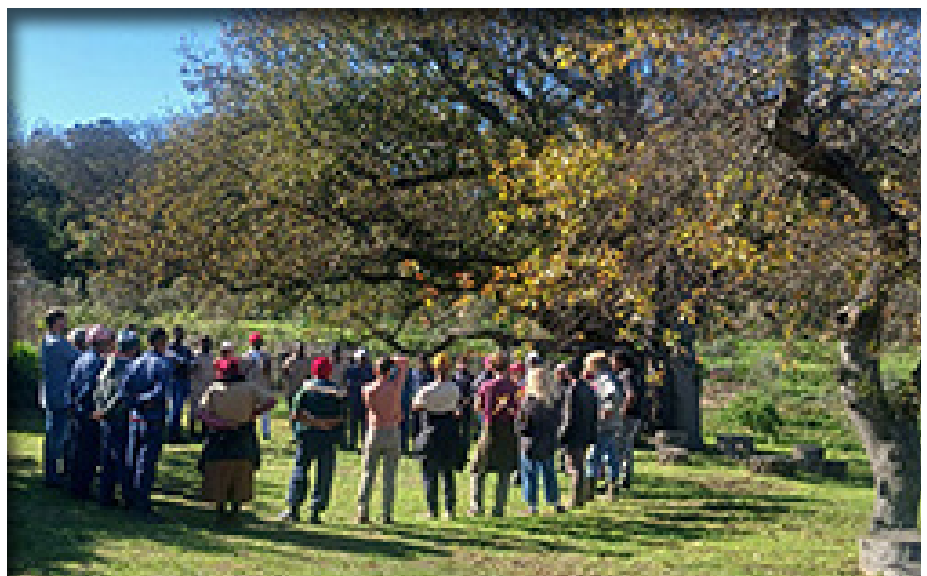
▲ *Quiet clay practice. Participants expressed their inner feelings with clay. Individuals in groups then placed their clay pieces on the ground to form a community and observed the patterns that emerged.*



▲ *Khayelitsha market gardens were represented at the workshop by Nomsa (Moya Wekhaya), Phuza (Masiphile), Liziwe (Siyazama) and Lindokuhle (Abalimi).*



▲ *A small group gets to know each other during a break.*



▲ *The group forms a circle to learn about the planetary movements via practical exercises.*