

2012 On-Farm Biodynamics Workshop Session Descriptions

Presentations & Demonstrations:

On-farm slaughter of beef and lamb (Island Grown Farmers' Coop butcher and crew). Motivated by the desire for humane treatment of farm animals, S&S Homestead Farm spearheaded the development of the first federally inspected mobile slaughter unit in the U.S. Animals that are butchered where they were born and raised are healthier, and the meat superior in nutritional quality, tenderness and flavor, than animals that are factory-farmed and processed. The solemnity of the slaughter and butchering process exemplifies the love and respect with which these animals have been treated all their lives. 5 hours.

Composting of slaughter offal (Henning). Slaughter offal can pose pollution and health hazards on an industrial scale. On the small-scale, biodynamic farm, properly processed offal provides an important and health-promoting resource for fertility. 1 hour.

Harvesting animal sheaths (Barry & Henning). The horns, hooves, mesentery, intestines and skull of a lactating cow are some of the vessels which Rudolf Steiner indicated for fermenting biodynamic preparations. We will demonstrate how to identify and harvest these animal parts and process them for making the preparations. 1 hour.

Making and Applying Biodynamic Preparations on the Farm (Barry & Henning) Participants will gain hands-on experience in harvesting the animal sheaths in which to ferment the preparations in the soil, filling some of them, burying others, pressing valerian flowers to extract the juice, as well as stirring and spraying preparations. 6 hours.

The Economics of the Self-Sufficient, Small-Scale Farm (Henning). As an integrated farm organism, S&S Homestead Farm relies on its own resources to meet its needs for food, animal feed, fertility, water, energy and lumber, which frees the farm from the dictates of the market and enables it to focus on health rather than on maximizing profit. This talk will examine the meaning of associative economics in the context of the biodynamic mandate to "heal the earth," and will review farm budgets and production logs to show how a values-based economic system works out in practice. 1 hour.

A Natural History of Metabolism (Barry) "Molecular fossils" abound in our bodies. From a conventional scientific perspective, drawing upon Harald Brüssow's *The Quest for Food: A Natural History of Eating*, you will learn of our deep evolutionary connections even to the threshold of the mineral realm. From a Goethean/anthroposophical perspective, you will also hear of Wolfgang Schad's "Sensible Kind of Chemistry." These help us to approach Steiner's imaginative depictions of the chemical elements in the *Agriculture Course*. 1 hour.

Grow plants lawfully: artistic work with the laws of plant growth (Barry) No, not *Cannabis*, but rather the "archetypal plant" of Goethe. Using pastels on paper, you'll be led step-by-step through drawing exercises in order to "grow" an "archetypal plant," following the "lawful" rules of the morphic movements of leaf morphogenesis described by Jochen Bockemühl in the context of Goethe's laws of plant metamorphosis. This is all to embody these concepts in your imagination by means of artistic experience, rather than by schematic illustrations and lecture. No need to be an artist.; yet you will go home with an attractive schematic portrait of these laws of plant growth and maturation to hang on your wall: a useful reference for your seed work, horn silica applications, herbal work, and other legal activities back on the farm. 1 hour.

How to Form a Healthy Farm Organism (Henning). This farm walk and discussion explores the biodynamic concept of the farm as an individualized organism in interaction with the ecological, social, economic and spiritual whole of which it is a part. 1 hour.

(continued)

Biodynamic Nutrition (Elizabeth and Roy). The biodynamic farm integrating plant and animal production offers unique opportunities to implement a complete and healthy diet: high-quality animal proteins from grass-fed beef and lamb, and from pigs and poultry raised on non-GMO grains, vegetables, fruits, and dairy products; saturated animal fats, organ meats, bone broths, and eggs, all of them rich in vitamins and minerals; fresh and fermented dairy products, as well as fermented grains, nuts, legumes, fruits and vegetables. The discussion will touch upon Rudolf Steiner's concept of plant, animal and human nutrition (ref. *Agriculture Course, Lecture IV*), as well as time-honored diets in traditional cultures (ref. the research of Dr. Weston Price and his students, notably Sally Fallon, *Nourishing Traditions*), and the discrediting of the so-called lipid theory in modern biochemistry. The session will end with a discussion of how people who do not produce their own food still can secure a wholesome diet to protect themselves against obesity, diabetes, autism, cardiovascular disease, cystic fibrosis, and other consequences of the industrialized food system (2 hours).

Celebrating Farm-Produced Food. (Elizabeth & Matt) Lunches and dinner will be prepared from farm-produced ingredients. Participants will experience the broader context of real food on the farm. Feel free to bring biodynamic wines you would like to share. 4 hours.

Presenters:

Barry Lia, PhD, Educator, S&S Center for Sustainable Agriculture; Regional Coordinator for the North American Biodynamic Apprentice Program and Washington Biodynamic Group; Lia BD Consulting; Adjunct Faculty in Botanical Medicine at Bastyr University.

Roy Ozanne, MD, HMD practices homeopathy on Whidbey Island. In 2007, he started Whole Health Programs on S&S Homestead Farm, and began participating in health-related workshops at S&S Center for Sustainable Agriculture.

Henning Sehmsdorf, PhD, S&S Homestead Farm; Director, S&S Center for Sustainable Agriculture; Adjunct Faculty, WSU Center for Sustaining Agriculture and Natural Resources, and Huxley College of the Environment (WWU).

Elizabeth Simpson, PhD, S&S Homestead Farm; Co-Director, S&S Center for Sustainable Agriculture; Ecological Food Production Educator, Lopez Island School District.

Matthew Smaus, MS, Intern, S&S Homestead Farm.