

## 2010 ON-FARM BIODYNAMICS WORKSHOP SESSION DESCRIPTIONS

### ***Presentations & Demonstrations:***

***Old and New Peasant Farming: economy of scope vs. economy of scale*** (Henning Sehmsdorf, Barry Lia). The biodynamic farm individuality has multiple implications for our current agro-social dilemma. Henning will make such connections drawing from the recent book, *The New Peasantries: Struggles for autonomy and sustainability in an era of Empire and Globalization*. Barry will touch upon the urban homestead situation, drawing from the recent book, *Radical Homemakers: Reclaiming domesticity from a consumer culture*. 1 hour.

***Goethean animal morphology*** (Barry). This presentation will draw on the work of Wolfgang Schad and Mark Riegner regarding vertebrate morphodynamics, building upon Rudolf Steiner's concept of the threefold organization of the organism. This might lead to more subtle aspects of animal breeding than the usual conformation points. Artistic activity with clay will afford hands-on experience of morphogenesis. 1 hour.

***Forage quality and the Pfeiffer BD Field Spray*** (Henning). How do sheep thrive when a forage expert would declare the forage quality inadequate? What is the Pfeiffer BD Field Spray doing? 1 hour.

***Biological rhythms in the life of the farm organism*** (Barry). We hear much of Maria Thun's sidereal moon signs, but there are more subtle and complicated moon rhythms and there is a wealth of chronobiological research to consider. Not only plants, but even microbes may also respond to cosmic rhythms. 1 hour.

***Livestock: from bees to beeves*** (Henning). Although pollinators continue to be plentiful on Lopez Island, we consider it important to introduce domestic bees on the farm in order to call attention to the worldwide collapse of honey bee populations and recently of wild bumblebees (newly domesticated to replace the disappearing honeybee in pollinating commercial tomato crops). S&S Homestead Farm cultivates honeybees using non-chemical, biodynamic methods, and in this workshop we explore the reasons for the demise of pollinators and what farmers and homesteaders can do about it in their own fields, gardens and forests. 1 hour

***Biodynamic Nutrition*** (Roy Ozanne, Elizabeth Simpson, Henning). 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. Sally Fallon, *Nourishing Traditions*), and the discrediting of the so-called lipid theory (ref. Michael Pollan, *In Defense of Food*). 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.

***Making and Applying Biodynamic Preparations on the Farm*** (Barry & Henning). Participants will gain hands-on experience in making the Koepf/Goldstein Compound Preparation, an improved "barrel compost" with nettles in the mixture. We will make the oak bark preparation and the equisetum spray. We will also demonstrate a farm-built spraying rig. 5 hours.

***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. 2 hours.

***Celebrating Farm-Produced Food*** (Elizabeth & Cristina Melito). Breakfast, lunch 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:***

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 WWU Huxley College for the Environment.

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

Barry Lia, PhD, Educator, S&S Center for Sustainable Agriculture; Regional Coordinator for the North American Biodynamic Apprentice Program and Washington Biodynamic Group; Biodynamic Researcher Working Group member; Lia BD Consulting.

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.

Cristina Melito, Intern, S&S Homestead Farm.