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BDANC
Biodynamic Association of Northern California

Winter 2010/2011 Newsletter
Seek the truly practical, material life
But seek it in such a way that it does not numb you to the spirit that works within it.
Seek the Spirit, but not out of spiritual lust or spiritual egoism.
Seek it rather because you wish to become selfless in the practical life of the material world.
Turn to the ancient principle: Spirit never without matter, matter never without Spirit.
And say to yourselves, We will do everything material in the light of the Spirit.
And will seek the light of the Spirit in such a way that it enkindles warmth in us.
For our practical deeds.

- Rudolf Steiner -

The Biodynamic Association of Northern California, BDANC

is a member-run organization that aims to promote the biodynamic approach to farming and gardening.

We allow time at our meetings for planning. Decisions are made by those who show up. We happen to really like getting together and through BDANC we have the opportunity to:

- gather a dynamic interchange of people from many arenas of biodynamics
- spread our collective knowledge, learn from each other and grow together through study
- get reports of activities in the larger biodynamic and farming community
- learn about the preps by making them together
- ensure availability of the preps to the community
- experience other farms and gardens
- renew our spiritual intentions and our commitment to each other

We accomplish our goals through:

- quarterly meetings
- a quarterly newsletter
- a membership mailing and emailing list
- making and selling the preparations
- meeting expenses with income from dues and preps

Membership
Marney Blair, marney646464@yahoo.com

Newsletter
Laura Liska, lauraliska@cs.com
Steve Reynolds, slreynolds@sbcglobal.net

Internal Correspondence (email blasts)
Patrick Garretson, patrick@californiaflowforms.org

Financials
Marney Blair, marney646464@yahoo.com

Preparations
Harald Hoven, hhoven@steinercollege.edu

General BDANC Correspondence
PO Box 715, Penn Valley CA 95946

National Biodynamic Correspondence
Biodynamic Farming and Gardening Association
25844 Butler Road, Junction City OR 97448
phone: 541-998-0105 or 1-888-516-7797
email biodynamic@aol.com, www.biodynamics.com
Another Memorable BDANC Year

Sitting under the oaks during our Summer meeting at Heart Arrow Ranch, hearing about the beginnings of BDANC, I found myself overcome with gratitude and admiration. Apprentice Ryann Mead gracefully elicited stories from BDANC’s longest-standing members and founders: Harald Hoven, Gloria & Stephen Decater. What a beautiful contrast. Youthful enthusiasm and beginner’s curiosity, seasoned experience and time-tested wisdom. From bits and pieces, a picture emerged of people with passion working together to bring something good into the world. So many inspired ideas became a reality over the years. And yet things always changed. Ideas came, did their work, and moved on. As did members.

On Sunday, landowner Julie Golden joined Heart Arrow farmers Adam Gaska & Paula Manalo in discussing the challenges of small farming. She painted yet another picture of how people, joined by passion, help each other bring goodness into the world. And how it is an ever-changing evolution.

I am reminded as we enter Winter of this same process. What a year! Things began, lived, bore fruit, and ended. So many of us experienced challenges, did our best, and moved on. Now the Earth breathes in and waits in quiet inward contemplation for Spring. May you each find time during the holidays to join the sweet Earth for rejuvenation and renewal.

Laura Liska, Editor

Photos this issue by Marney Blair and Karisa Centanni

Laura Liska, helps coordinate biodynamic training and education efforts locally and nationally. She is the administrative coordinator for Biodynamic Education at Rudolf Steiner College where she teaches nature studies inspired by the work of Goethe and the Spiritual Science of Steiner.

Observing the Oak at our summer meeting

<table>
<thead>
<tr>
<th>Purchasing Preparations</th>
<th>member/non-member</th>
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<tbody>
<tr>
<td>Horn Manure [500]</td>
<td>$5 / $7</td>
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<tr>
<td>Horn Silica [501]</td>
<td>$3 / $4</td>
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<tr>
<td>Compost Prep Set [502-507]</td>
<td>$15 / $18</td>
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<tr>
<td>Compound Prep [Barrel Compost]</td>
<td>$5 / $7</td>
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</tbody>
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To purchase preparations at the next meeting, contact Harald Hoven SEVERAL DAYS in advance. 916-965-0389 or harald.hoven@steinercollege.edu
We are honored to have BOTH Dennis Klocek and Hugh Williams presenting at our Winter Meeting this year. In addition to their keynotes, Dennis and Hugh are offering workshops before and after the meeting. See details on page 4-5.

Please Note:
The workshop by Dennis Klocek on January 7th is a special COROS event. Registration and payment required. Details at corosinstitute.org.

The orchard workshop by Hugh Williams on Sunday afternoon, January 9th is a separate event. Registration and payment required. Please contact Luke Frey 707-485-8684 or lukemfrey@gmail.com.

BDANC Winter Meeting

A Weekend of Biodynamics: January 8-9, 2011

Hosted by
Luke and Emily Frey
At beautiful Frey Vineyard, 14000 Tomki Road, Redwood Valley

Schedule of Events
Saturday January 8
7:00 Breakfast
8:30 Eurythmy (led by Cynthia Hoven)
9:45 Welcome and Announcements
10:00 Climate: Soul of the Earth (keynote by Dennis Klocek)
11:00 Break
11:30 BD: The Next Generation (Stories from Our Farmers)
12:30 Potluck Lunch
2:00 Farm Tour
3:30 Yeoman’s Keyline System Introduction (keynote by Hugh Williams)
5:30 Break
6:00 Dinner followed by music and dancing and . . .

Sunday January 9
7:00 Breakfast
8:30 Eurythmy (led by Cynthia Hoven)
9:30 Break
10:00 Yeoman’s Keyline System Farm Conversion (by Hugh Williams)
12:30 Lunch, cleanup and departure

Special Event following the BDANC Meeting
1:30 Orchard Workshop with Hugh Williams

Cost
We invite you to attend at no charge, but ask that you bring a donation for our keynote speakers and pay for your meals.
Meals

Lunch on Saturday is potluck so bring something to share. Saturday dinner ($15), Sunday breakfast ($7). Apprentice discounts available ($2 off per meal). PLEASE MAKE MEAL RESERVATIONS by JAN 3rd.

Accommodations

Camping and RV space is available. You can arrive late Thursday or Friday if you want to be there early the next morning. Apprentices can camp or stay in the wine tank. There may be some room in the Big House. PLEASE CALL AHEAD FOR CAMPING. If camping isn’t your style—it WILL be cold! — there are hotels within 15 minutes:
The Discovery Inn, Ukiah 707-462-8873
Holiday Inn Express, Ukiah 707-462-5745
Baechtel Creek Inn, Willits 707-459-9063
Best Western, Willits 707-459-5800

Directions

From Hwy 101 take the “West Road” Redwood Valley Exit (just north of Ukiah and Hwy 20). Turn east onto West Road. Follow for about 4 miles. At the “T” turn left onto Tomki Road. Follow for 1.9 miles. The entrance to Frey Vineyard is on the left. Proceed towards the main house and look for signs directing you to the meeting.

Contacts

Luke Frey 707-485-8684 lukemfrey@gmail.com for meal reservations, camping, and questions
Harald Hoven 916-965-0389 to order preps in advance

BDANC Planning Session

Join us over lunch on Saturday as we make our plans for 2011. We are looking for people to host and help organize our quarterly meetings. We are a member-run organization, so everything that happens does so because someone took up the challenge to make it happen! Won’t you be someone too?
Learn how to develop what the old timers called a weather eye: making reliable 5-day weather forecasts by using cloud formations, wind directions, old weather rhymes and basic lunar rhythms. A good forecaster can look at a cloud, assess the wind, recall the moon’s position and bring up an appropriate weather rhyme to help organize the next couple of days work. In a meeting of the old world and the new, what the weather eye has seen in actual phenomena can be strengthened by online information that is readily available. By day’s end, you should be able to easily make a 3-day forecast and with more practice a 5-day forecast. This could be part of your tool kit for your agricultural work that is at the mercy of the weather.

Topics include: reading cloud formations; frontal passages that are familiar in West Coast seasonal patterns; assessing the value of old farmers weather rhymes; sun and moon lines and the patterns of declination that drive the shifts that create weather patterns.

Friday January 7, 2011 9am—5pm
At Frey Vineyards, Redwood Valley, CA 95470

Fees
Sliding scale $75-$100.
Preregistration by January 3rd includes lunch made from biodynamic and local ingredients.
Amounts above $75 can be considered a donation for scholarships: receipt available upon request.

Checks: use registration form online or call 916- 342-5718.
Credit Cards: Register online at www.corosinstitute.org (see upcoming dialogues)
The Biodynamic Orchard, A to Z

Workshops with master orchardist HUGH WILLIAMS

Join us for a special event, Sunday January 9th. Hugh will lead an Apple Workshop after the BDANC meeting (1:30-4:30) at Frey Vineyard in Redwood Valley. Fee $50.00.

Hugh Williams, Tim Bates and Chris Tebbutt will lead an orchard workshop on Saturday January 15th. The morning session will take place at the Apple Farm, and the afternoon at Filigreen Farm in Anderson Valley.

On Sunday January 16th, Hugh Williams will lead a workshop at Live Power Community Farm in Covelo on pruning apple trees, including a demonstration of restoration pruning.

Don’t miss this rare and wonderful opportunity to work with an innovative leader in biodynamic farming.

Fee sliding scale $50-75 per workshop.
For registration, contact Luke Frey at 707-485-8684 lukemfrey@gmail.com.

Hugh Williams was born in Australia in 1946. Since 1994 Hugh and his wife Hanna Bail operate Threshold Farm, a mixed biodynamic farm in New York’s Hudson Valley, with orchards, cattle and vegetables. Hugh has been developing biodynamic orchardry since 1973. He is also implementing a whole-farm Keyline plan for Threshold Farm. Hugh is a frequent lecturer and workshop leader on biodynamics, orchardry and Keyline farming.

A Farmer’s Verse
submitted by Stephen Decater

Whatever is foreseen in joy
Must be lived out from day to day.
Vision held open in the dark
By our ten thousand days of work.
Harvest will fill the barn; for that
The hand must ache, the face must sweat.

And yet no leaf or grain is filled
By work of ours; the field is tilled
And left to grace. That we may reap,
Great work is done while we’re asleep.

When we work well, a Sabbath mood
Rests on our day, and finds it good.
I had never been to Italy.

This fall was a different story. We left our farm in the care of our apprentices and traveled 1/4 of the world’s surface to meet with farmers from all over this planet. The gathering was called Terra Madre and it was organized by Slow Food. This wonderful event takes place every two years and serves as a forum for 5,000 small farmers from all over the world to exchange ideas, seeds and laughter.

Concurrent to the Terra Madre event was a gastronomic circus called The Salone de Gusto. Five rooms each the size of a football field were filled with food from all over the world. The food was exceptional products from all small-scale producers. Of course in incredible Italian styles 4 out of 5 of those buildings were packed with food from the various regions of Italy. How wonderful to see the pride that each region has for their traditional foods and wines. Needless to say I was in heaven. One got a real sense that despite the homogenization of food all over the world, there are millions of us that are working day and night to preserve the integrity of our cultures.

I was in heaven. First I ate apple strudel from Austria (I thought a good way to thank Steiner), and then I ate all the cheese I could from France, Germany, and Switzerland. From there I moved over to the America’s pavilion and ate quinoa, amaranth, rice and corn. Leaving the Americas, I traveled thru Asia sampling more rice, saffron, salt, honey and spices. The rest of the day I spent in Italy eating cured meats, cheese, veggies, and fruit. We ended the day in the wine tasting room, where we sampled wines from all over Italy. Unbelievably I did not have a bellyache.

Preserving culture was the focus of Terra Madre. During the four days I would look around the conference room in wonderment at the beauty of the diversity of this planet. Farmers traveled from remote villages in
Africa that took they two days just to walk to a place where they could finally catch a bus to bring them to a city. From there many of them traveled several more days via trains and airplanes. Sitting next to me was a woman in a beautiful traditional Hungarian dress. I can still see the blue of her dress.

The entire purpose of our gathering was to demonstrate to ourselves that we are not alone on our little farms, but instead what we are all doing to slowly (like the Slow Food mascot – snail) and deliberately sustain the health of this planet. Each farm that continues to hold true to deep traditional farming practices is part of a larger network of a world wide “immune system”. Every one of us serves as healthy T cells that run around and preserve the memory for the body of the healthy state for the whole.

It was so moving to gather in an old Olympic ice-skating rink and see the determination of the indigenous people from around the world. Carlo Petrini, the founder of Slow Food, proclaimed that we must begin to see ourselves as rich and not buy into the notion that we are a fringe and impoverished group. Instead that we have the knowledge, seeds and care that will carry the world into the future. This statement caused us all to rise to our feet and cheer. All of us were so different in many ways, but we are united in our desire to grow our food as we always have.

Rise up and cheer yourself, for as Biodynamic practitioners we should be proud of the deeply connected work we do. Many Americans had to reinvent themselves as migrants from other lands. But within this is a pride about the soils from which we came. The wisdom comes from weaving the past traditions into our future. Remember culture is rooted within horticulture.
Coming in 2011 from Dennis Klocek

Sketching Nature: A Door to Perception

Designed to enable participants with no previous artistic training to develop the critical eye/hand relationship that awakens a deeper perception of forces and beings in the natural world. Focus the practice of sketching skills that strengthen the ability to perceive the sense world at a much more subtle level.

#1 MINERALS
January 20, 2011 9:30am-3:30pm
Sophia’s Garden, Petaluma CA
Starting with practice in basic sketching techniques based on simple geometric shapes, the first workshop will explore the mineral kingdom, culminating in sketching exercises designed to help in understanding crystal formations and rock faces.

#2 PLANTS
February 10, 2011 9:30am-3:30pm
Benziger Family Winery, Glen Ellen CA
The second workshop will focus on sketching the plant kingdom through studies of leaves, branches, bark patterns and flowers. The focus of this session will be how to use sketching techniques as a way of understanding form motifs in plants.

#3 ANIMALS
April 21, 2011 9:30am-3:30pm
Sophia’s Garden, Petaluma CA
The third workshop will focus on sketching the pattern motifs of bones and skulls in animals, as a doorway for entering meditatively into the different life gestures of the animal kingdom.

Single workshop $85 (student-apprentice $45)
Entire series $195 (student-apprentice $105)
Includes lunch

Register online at <DennisKlocek.com>
questions? contact <LauraLiska@cs.com>

In the News

For a wonderful perspective on the future of the Biodynamic Association, go to the BDA website and watch the closing presentation at the 2010 National Biodynamic Conference by Robert Karp.
http://www.workforce.tv/clients/BDA/index.cfm
Sun & Moon:
Working with a Planting Calendar

March 10, 2011  9:30am-3:30pm
Fulcrum Farm, Grass Valley CA

Like fine choreographers, we can use rhythms of the Sun and Moon in our work on the land to enhance our agricultural practices. In this workshop we explore basic concepts—the solar cycle, lunar phases, star moon, lunar trines, and eclipse patterns—to understand how elemental patterns of the moon affect the unfolding life of the plant. We end with a look at a 2011 Biodynamic planting calendar to consider optimal dates for sowing, cultivating, transplanting, harvesting, and spraying Biodynamic preparations. [The workshop includes a short refresher on how to read a planting calendar, led by Laura Liska.]

Pre registration required—Seating limited
Workshop fee $85 (student-apprentice $45)
Includes lunch

Register online at <DennisKlocek.com>
questions? contact <LauraLiska@cs.com>

2010 BDANC Apprentice Camping Trip

Towards the end of August, past and present apprentices from Live Power Community Farm, Raphael Garden and Full Belly Farm gathered for a weekend of fun, fellowship, swimming, hiking, great meals and late night discussions by the campfire. The event, organized by LauraLiska, brings apprentices together over the summer to practice a little phenomenology on landscape, share apprenticeship experiences, and offer some well-deserved R&R. The group camped at Cache Creek in Yolo County, a site chosen for its unique geology and natural beauty.
CALENDAR

December


DEC 11: Kelseyville, CA. **Growing Soil: Secrets to Healthy Plants.** Community Workshop at Ancient Lake Gardens. 805-835-9995 or 707-272-9230


January


JAN 8-9: Frey Vineyard in Redwood Valley, CA. **BDANC Winter Meeting** with keynote speakers Dennis Klocek, Hugh Williams. Contact LauraLiska@cs.com.


We welcome calendar items, articles and photographs for the newsletter. Submissions should be related to local biodynamic farming and gardening activities. Inclusion is subject to editor’s discretion and space available.

Items need to be submitted electronically, in simple text (no formatting please). Calendar and Help Wanted items should follow the format seen here in the newsletter.

Deadlines are:
Spring : Feb 5th
Summer: May 1st
Fall : August 1st
Winter : Nov 5th

Please email our editor, LauraLiska@cs.com
HELP WANTED

Farm Available
Small biodynamic farm and bee sanctuary near Sutter Creek (40 miles from Rudolf Steiner College) is looking for someone to purchase a sweet piece of land that has been lovingly cultivated and cared for these past ten years. We have abundant water, an excellent location for extended growing season, isolation for seed production, pasture forage adequate for several cows/sheep/goats, and enough nectar and pollen producing plants to feed eight hives year round (more if you are willing to transport them periodically.) Work day or “crop mobs” are welcome to get the gardens ready for planting fall and winter crops and a winter cover crop in larger market garden. We can feed you, and with a little help, house you, too. If you don’t have your own farm to tend, bring a few friends and spend the day among the vibrant spirits of soil, plants, and light. It is guaranteed to refresh your spirit.

CirclingHawkFarm@gmail.com

Barrel Compost
I need help with spreading the word about my new Barrel Compost business! I would like to get in touch with gardeners and farmers in Northern California that are in need of extra quantities of this product. My hope is to reach people who are transitioning from organic to biodynamic as well as farmers who are unable to make enough Barrel Compost or Compost Preparations of their own. Thanks for Your Support!

Jim Bowen
916-878-9639 or brighella13@hotmail.com

New Resource for Study
Inspired by the generosity of Nancy Poer, the library at Rudolf Steiner College is creating a new section for Biodynamic books and publications. The library collection is a valuable resource for students at the college and the apprentices at Raphael Garden. If you have books, publications, or journals that you would like to donate to this worthy cause, please contact:

Lara Suarez, librarian, 916-961-8727 x143
Thank you!
Your support contributes to the health of biodynamics in northern California, and allows us to offer this newsletter and special discounts.

BDANC membership includes quarterly issues of the BDANC newsletter, attendance at quarterly meetings, and discounts on the purchase of preparations and on special events.
Membership is for one year.

National BDA membership includes the quarterly Biodynamic Journal and other member benefits.

Join BDANC and the BDA at the same time, and save! The $60 fee covers both memberships.

Are You Due to Renew?
Membership is for one year. The last year for which you paid dues is indicated on your address label. IF YOUR LABEL DOES NOT SAY 2010, please use this application to renew your membership.