

Biodynamic

What is biodynamic agriculture?

Biodynamic agriculture is the oldest consciously organic approach to farming and gardening and is one of the most sustainable in existence. It is founded on a holistic and spiritual understanding of nature and the human being and builds on the pioneering research work of Rudolf Steiner.

Central to the thinking is that the Earth is a living organism and that in order to maintain a balanced farm one must take into account the total environment – rock, strata, soil, atmosphere and natural vegetation.

How is biodynamic different from organic?

- Every biodynamic farm aims to become self-sufficient in compost, manures and animal feeds.
- All external inputs are kept to a minimum.
- Compost is treated with special herb-based preparations.
- Crop quality is improved using natural manure and quartz-based preparations.
- Ecological diversity is a goal of landscape management.
- An astronomical calendar is used to determine auspicious planting, cultivating and harvesting times.

How does it work?

Like organic agriculture, no synthetic fertilisers, insecticides, fungicides, herbicides or growth hormones are used. In addition, biodynamics involves the use of special plant and animal preparations that enhance the formation of active humus in compost and manure heaps; other preparations promote vitality in soil and plants, the aim being to build up lasting soil health and fertility and food plants of the highest quality. Biodynamic farmers work in harmony with nature, planting their crops according to the phases of the moon.

How do I know whether food is grown biodynamically?

Biodynamic produce is marketed using the Demeter symbol and guarantees to consumers that food has been grown and produced to international biodynamic production and processing standards.

For more information go to www.biodynamic.org.uk