

2009 On-Farm Biodynamics Workshop Session Descriptions

Presentations & Demonstrations:

Goethe's Metamorphosis of Plants: How to become better acquainted with the life on your farm (Henning Sehmsdorf, Barry Lia, Apprentice and Interns). Jochen Bockemühl's study of the sequence of leaves that unfold as the plant grows makes us better acquainted with the "morphic body" guiding the plant, and better able to understand the the dynamics of biodynamic work. Successively sown garden cress plants will demonstrate such a developmental sequence for instruction. Participants will also observe and collect plants on the farm for their own hands-on, phenomenological leaf sequence study, being able to apply the morphic principles of Goethe's theory of plant metamorphosis. 3 hours.

Experiencing Goethe's Morphology Artistically (Janet Lia). Participants will undertake a hands-on artistic exercise of the concepts of Goethean morphology, taking a plant through growth and decay from seed to seed. 2 hours.

Applied Morphogenetics: Preliminary experiment with the sowing calendar. (Barry Lia). The leaves of arugula plants sown in different constellation signs may show differences reflecting Bockemühl's morphic principles. 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. 11 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 Simpson) 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. 5 hours.

Presenters:

Henning Sehmsdorf, Ph.D.: S&S Homestead Farm, Director, S&S Center for Sustainable Agriculture; Adjunct Faculty, WSU Center for Sustaining Agriculture and Natural Resources.

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

Barry Lia, Ph.D.: Educator, S&S Center for Sustainable Agriculture; Regional Coordinator for the North American Biodynamic Apprentice Program and Washington Biodynamic Group; Lia BD Consulting.

Janet Lia: Artist and art educator, with extensive training in biodynamic farming; Waldorf Teacher Training Faculty; AWE Studio.

Heather Mitchell, M.S.: Apprentice, S&S Homestead Farm; Waldorf Teaching Certificate; education consultant.

Colleen Conboy: Intern, S&S Homestead Farm; Environmental Science program at Seattle University.

Kelly Palmer-McGrady: Intern, S&S Homestead Farm; Arts & Sciences at Fairhaven College, Western Washington University.