

BDANC

Biodynamic Association
of Northern California



Inside . . .

- Our Fall Meeting
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- Calendar of Events
- Help Wanted

Fall 2010 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 princi-
ple: 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

Furthering Biodynamic Education

We are grateful to Monte Black and the people at Ancient Lake Gardens for hosting our Summer Meeting at the last minute, when our scheduled venue fell through. It turns out we have much in common, leading to rich conversations throughout the weekend. As we sat in a large circle on Sunday sharing our questions about education, the air was filled with varying perspectives and heartfelt comments. We heard from apprentices and farmers, teachers and students. The folks at Ancient Lake Gardens themselves are working on their vision of land-based education.

So it seems timely that a unique opportunity has come our way. The North American Biodynamic Apprentice Training Program (NABDAP) has accepted our offer to host its annual conference. BDANC will co-sponsor the event to be held at Rudolf Steiner College. Scheduled for Feb 4-6, 2011, the conference will focus on legal issues of internship and the task of educating adults. We'll gather farmer-educators throughout our region—biodynamic, organic, conventional—to exchange information and best practices, and to begin building a network of support. Hurrah!

Laura Liska, Editor
lauraliska@cs.com

*Cover photos by Laura Liska
Inside photos by Laura Liska, Pete Huff,
Gabrielle Dietrich, and Andy Scott*



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 phenomenology and the study of nature.



PURCHASING PREPARATIONS

	member/non-member
Horn Manure [500]	\$5 / \$7
Horn Silica [501]	\$3 / \$4
Compost Prep Set [502-507]	\$15 / \$18
Compound Prep [Barrel Compost]	\$5 / \$7

To purchase preparations at the next meeting, contact Harald Hoven SEVERAL DAYS in advance. 916-965-0389 or harald.hoven@steinercollege.edu



BDANC FALL MEETING

*A Weekend of Biodynamics:
September 25-26, 2010*

Hosted by

Adam Gaska and Paula Manalo, of
Mendocino Organics at Heart Arrow Ranch
On Golden Vineyards, in Mendocino County

Schedule of Events

Saturday September 25

- 9:00 Welcome and Announcements
- 9:30 Honoring the Cow
(led by **Matias Baker**)
- 10:00 Making the preparations: horn manure
chamomile, dandelion, oak bark
(led by various BDANC members)
- 1:00 Potluck Lunch
- 2:30 Farm Tour
- 5:00 Group Study: The Story of BDANC
(led by apprentice **Ryann Mead**)
- 6:30+ Dinner followed by socializing . . .
Or join some of us in Ukiah for the festivities

Sunday September 26

- 8:30 Breakfast
- 9:30 An Exercise in Seed Saving with Chard
- 11:00 The Realities of Sustaining Today's
Small Family Farms: Economics,
Resources, and Culture
(discussion led by **Adam Gaska**)
- 12:30 join us for lunch on the way home
at the Ukiah Brew Pub

Cost

We invite you to attend at no charge, except
for catered meals.

Meals

Lunch on Saturday is potluck so bring some-
thing to share. Saturday dinner (\$15), Sunday
breakfast (\$7). Apprentice discounts available
(\$2 off per meal). **PLEASE MAKE MEAL
RESERVATIONS by SEPT 18th.**

About our hosts

Adam Gaska & Paula Ma-
nalo operate **Mendocino
Organics**, a diverse biody-
namic farm, based in Red-
wood Valley. They grow
winter produce at **Golden
Vineyards' Heart Arrow
Ranch** and rotate year-
round crop production with
leased farmland in Potter
Valley. Livestock— which
includes sheep, cows goats,
poultry and pigs—is an
integral part of the farm's
fertility cycle.

Sunday's discussion,
*"The Realities of Sustaining
Today's Small Family Farms:
Economics, Resources and
Culture."* will be led by our
host Adam, along with
other regional farmers.
Together we'll take a
look at the challenges
and opportunities in small-
scale farming from the
perspective of those who
are doing it!

Accommodations

Tent camping is available on the ranch. You can arrive late Friday if you want to be there early the next morning. **PLEASE CALL AHEAD FOR CAMPING.**

There are hotels in Ukiah and Willits (15 min):
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 Ukiah:

Heart Arrow Ranch is right off 101 North, 2.5 miles north of the West Road Redwood Valley exit. Pass Reeves Canyon Rd on your left. Go 0.7 miles. At the 35.19 mile marker turn into the driveway and up through the open gate. If you miss the driveway, turn around at Ridge-wood Ranch. (See the Willits directions if this happens.)

From Willits:

Take 101 South. It is tricky to turn left onto Heart Arrow Trail from the south side of 101, so pass it, and further down 101 S, turn right onto Reeves Canyon Road. Turn around, and head north (left) on 101. Go 0.7 miles. At the 35.19 mile marker turn into the driveway and up through the open gate.

Once you get here:

Follow the paved driveway up the hill for 1/2 mile until it turns into a gravel road. Park by the big pond, a 5-min walk from the garden.

Contacts

Paula Manalo 240-626-3835 pmanalo@gmail.com
for meal reservations, camping, and questions
Harald Hoven 916-965-0389
to order preps in advance

Group Study

Ryann Mead, an apprentice at Live Power Community Farm, will lead us in a look at the beginnings of BDANC through stories from some of the original founders . . . including Harald Hoven and Gloria & Stephen Decater.

Planning Session

Join us over lunch on Saturday as we catch up on business for 2010. We invite you to bring proposals for work or events you'd like BDANC to support. We are a member-run organization, so everything that happens does so because someone took up the challenge to make it happen!



CALENDAR

september

SEPT 11: Fair Oaks, CA. **Introduction to Biodynamics** with Gabrielle Dietrich and Harald Hoven. Rudolf Steiner College: 916-961-8727 www.steinercollege.edu

SEPT 18: Fair Oaks, CA. **Soil, The Foundation of Life** with Harald Hoven, Cynthia Hoven and Laura Liska. Biodynamic Farming & Gardening Series. Rudolf Steiner College: 916-961-8727 www.steinercollege.edu

SEPT 25: Fair Oaks, CA. **The Harvest** with David Basile. Natural Beekeeping Series. Rudolf Steiner College: 916-961-8727 www.steinercollege.edu

SEPT 25-26: Mendocino Organics/Heart Arrow Ranch, **BDANC Fall Meeting**, Contact Paula Manalo pmanalo@gmail.com to reserve meals, camping. Email LauraLiska@cs.com for details.

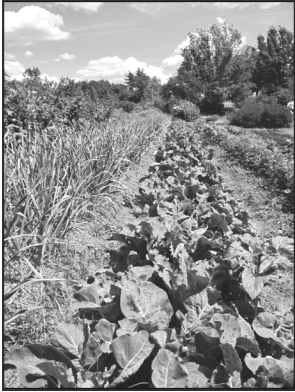
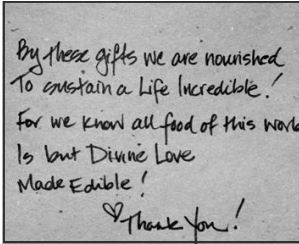
SEPT 30 - OCT 3: Chestnut Ridge, NY. **National Biodynamic Conference**: "Biodynamics and the Future of Agriculture: Nourishing the Food Revolution". Details on the BDA website www.biodynamics.com

October

OCT 2: Fair Oaks, CA. **Garden Layout and Bed Preparation** with David Basile. Biodynamic Basics for Backyard Gardening Series. Rudolf Steiner College: 916-961-8727 www.steinercollege.edu

OCT 8-10: Fair Oaks, CA. **Alternative Hive Building** Special event with guest instructor Uwe Bodenschatz. Rudolf Steiner College: 916-961-8727 www.steinercollege.edu

OCT 16: Fair Oaks, CA. **Biodynamic Preparations** with Harald Hoven. Biodynamic Farming & Gardening Series. Rudolf Steiner College: 916-961-8727 www.steinercollege.edu



OCT 23: Fair Oaks, CA. **Acorns and Oaks** with Laura Liska. Awakening Nature Perception Series. Rudolf Steiner College: 916-961-8727 www.steinercollege.edu

November

NOV 3-5: Michael Fields Agricultural Institute, East Troy, WI. **2nd Annual Retreat for Farm-based Educators.** For information and registration contact Dana Burns: 262 495 4247 dalycahu@yahoo.com, www.biodynamics.com/FBRetreat2010

NOV 6: Fair Oaks, CA. **Growing Your Own Bread** with David Basile. Rudolf Steiner College: 916-961-8727 www.steinercollege.edu

NOV 20: Fair Oaks, CA. **Compost** with Harald Hoven. Biodynamic Farming & Gardening Series. Rudolf Steiner College: 916-961-8727 www.steinercollege.edu

December

DEC 4: Fair Oaks, CA. **Sandstone and Clay** with Laura Liska. Awakening Nature Perception Series. Rudolf Steiner College: 916-961-8727 www.steinercollege.edu

DEC 11: Fair Oaks, CA. **Seed Saving** with Harald Hoven. Biodynamic Farming & Gardening Series. Rudolf Steiner College: 916-961-8727 www.steinercollege.edu

January

JAN 8-9: Frey Vineyard in Mendocino, CA. **BDANC Winter Meeting.** Details to be announced.

Newsletter and Calendar submissions

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.

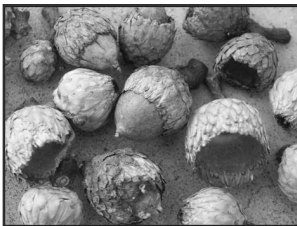
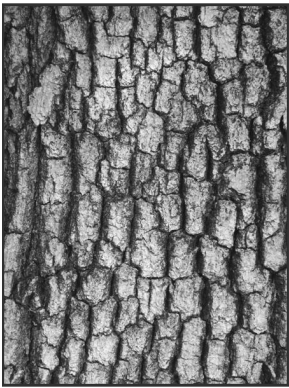
Items need to be submitted electronically, in simple text (no formatting please). Calendar and Help Wanted items should follow the format seen here in the newsletter.

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

*Please email our editor,
LauraLiska@cs.com*

NEW HAPPENINGS at Rudolf Steiner College

We are excited to begin another year of biodynamic education at Rudolf Steiner College. This year, in addition to our popular **Biodynamic Farming and Gardening Series** and **Natural Beekeeping Series**, we have some exciting new workshops.



- **An Introduction to Biodynamics**, a healthy discussion about what IS biodynamics and why it is important. *led by Gabrielle Dietrich*
- **Biodynamic Basics**--Courses in backyard gardening to help beginning and experienced gardeners plan, prepare and plant their gardens. *led by David Basile*
- **Awakening Nature Perception**--Workshops in observation, exploration and imagination for those interested in deepening their study of nature and understanding of biodynamics. *led by Laura Liska*
- **Special Events**, with guest instructors, on topics including Alternative Hive Building and Mushrooms.

For details and a brochure, visit us online at www.steinercollege.edu (under programs)

Awakening Nature Perception

Holistic practices, like biodynamics, require a bold change in how we think. In order to understand living processes, organs of perception that are attuned to Nature's dynamic relationships must be awakened in us. We can do this through a practice which weaves together clear scientific observation with artistic contemplation. This practice develops the capacity for imaginative thinking and offers us the potential for a new relationship with Nature. In each of her workshops, instructor **Laura Liska** focuses on a different phenomenon—a tree, a rock, a color. Through exercises in observation, exploration and imagination, participants experience a new way of perceiving Nature.

Acorns and Oaks (Trees) Oct 23, 2010

With the Oak as a guide, trees are explored from root to leaf tip, through seasons and life cycles. With deepened awareness, the role of trees and use of Oak bark in biodynamic agriculture will be considered.

Sandstone and Clay (Rocks) Dec 4, 2010

Here is a chance to spend a day playing with rocks!

With help from natural science, participants work

6 imaginatively into structures and formations of Na-

ture's most ancient creations. With new insight, the relationship of the mineral kingdom to plants and the use of mineral substances in biodynamic agriculture can be explored.

Chicory and Sunflowers (Color) April 30, 2011

We experience color as an aspect of the phenomenon of Nature—brown rock, red bird, blue chicory, yellow sunflower. To truly understand color, it must be lifted out of the confines of the physical world and observed as a phenomenon in its own right. Participants will be led through exercises that reveal a hidden order in color, a language of Nature read by the soul. What will be discovered when, with awakened perception, we look again at Nature's colorful creations?

2nd ANNUAL RETREAT for Farm Based Educators

whose work is inspired by biodynamic agriculture, Waldorf education or anthroposophy.

Co-convened by A Week on the Farm and the Biodynamic Farming and Gardening Association, in partnership with: The Michael Fields Agricultural Institute, Angelic Organics Learning Center, Philadelphia Community Farm and Wellspring Retreat Center

Wednesday, November 3 – Friday, November 5
Michael Fields Agricultural Institute,
East Troy, Wisconsin

Last year's retreat was a significant first step towards forming a collegiate, connected group of farm- and garden-based educators inspired by anthroposophy. Retreat organizers intend for this year's gathering to further develop this collegiality and to deepen awareness of this vocation.

Participants will have the opportunity to explore curricula, discuss funding possibilities, and learn about integrating animals into their programs. Also included will be work and artistic activities at a nearby site as well as a Theory U Case Clinic session.

For more information and registration contact Dana Burns: 262 495 4247 dalycahu@yahoo.com
www.biodynamics.com/FBERetreat2010



HELP WANTED

Farming Family Desires new Farm

We are a family of three wanting to move off our farm in Kansas to start a larger venture. Our ideal situation would be a sustainable organic homestead for us to live and work on full time. We are college educated, been farming all our lives, and ready to make the move to a longer growing season. We are open to do a lease-to-own, crop share, or co-own and operate etc. We are energetic, highly motivated self-starters with extensive know-how and experience in all aspects of organic/biodynamic/sustainable/perma-culture growing and marketing, composting, dairy/meat goats, equine, and poultry and basic maintenance to manage a farm. We prefer to live off grid. Please feel free to contact for more detailed information, resume, and interview.

Angela Rothweiler
greenergirl@gmail.com
913-660-6282



Making yarrow prep and making music at our summer meeting

Farm for Sale

The farm next door (26 acres—it used to be part of our farm) is for sale. It has a large 3 bedroom Spanish style house on it and the soil is 1st class silty clay loam, very deep and well drained. It has some the best water resources in California, Lake Berryessa water. I water my 21 acres (about 14 under cultivation) for about \$400/ year and it comes to us at 80+ psi. Zoning would allow for another 1,800 sq.ft “manager” house. We are trying to find someone to buy it and farm cooperatively with us.

Matthew Engelhart
founder/owner Cafe Gratitude, L.L.C
matthew@cafegratitude.com
415-229-7768

Community Supported Assistance

Help us help each other. If you have land available, equipment to sell, need a farmer, would like to farm, please submit your needs to our editor for printing in future issues.

Email simple, unformatted text in the format seen here, to lauraliska@cs.com.

BDANC MEMBERSHIP

Today's Date _____

Name _____

Address _____

City/State/Zip _____

phone number _____

email address _____

Are you a: new member? renewing member?

Are you a: farmer? gardener? teacher? other?

What would you enjoy having included in the BDANC programs this year?

How did you find out about BDANC?

Select one:

For BDANC membership only:

Please make checks out to BDANC for \$25
Mail check and this application form to
BDANC, PO Box 715, Penn Valley CA 95946

For joint membership with the BDA:

Please make checks out to Biodynamic Farming and
Gardening Association for \$60
Mail check and this application form to
Biodynamic Farming and Gardening Association,
25844 Butler Road, Junction City OR 97448

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.

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.



Biodynamic Association of Northern California
PO Box 715
Penn Valley, CA 95946

address correction requested

