

1. Year Online Bio-dynamic Gardening Course

“Grow your own Health”

All sessions take place via Zoom

13th October 2020 through to 28th September 2021

Module I Introduction to Bio-dynamic Gardening

SESSION 1 13.10.20

The bio-dynamic principles and approach to gardening.

Observation tools to identify beneficial and limiting factors

Assessment of your environment.

Assessment of resources needed, soil conditions, climate and weather conditions, the 4 elements.

SESSION 2 20.10.20

Preparing for all your garden needs

Observation exercises to assess your soil conditions.

Layout of infrastructure of your garden.

Coldframes, greenhouses, wind protection and drainage.

Clearing old growth. Introduction of different cultivation methods.

Half-term - Monday 26 October - Friday 30 October 2020

SESSION 3 3.11.20

Introduction to planting plan and sizing your garden.

Selection of vegetables according to needs, crop, rotation, companion planting.

Introduction to gardening tools and techniques.

SESSION 4 10.11.20

Bio-dynamic gardening resources

Methods to using different tools and tool care.

The bio-dynamic preparations and their uses.

SESSION 5 17.11.20

Introduction to planting by the stars.

The rhythms in Nature, planets and the stars.

Module II Designing your garden for health and nourishment

SESSION 6 24.11.20

Introduction to Garden Planning

Lay-out of garden and infrastructure needed.

Nutritional needs and optimal supply of vegetables
Selection of vegetables, families and varieties
Their requirements (temperature, soil, water, daylight, fertility)

SESSION 7 1.12.20

Sizing your Garden and the Sowing Calendar

Creating a garden plan for the year consumption of veggies.
Creating a sowing calendar based on our healthy food needs.

SESSION 8 8.12.20

Seed selection, order and preparation for sowing

Manuring needs of vegetables and creating a bedplan for vegetable rotation
Green manuring, seed mixes and quantities

BONUS SESSION I 15.12.20

Budgeting your garden: Tools, equipment, utensils, materials, structures, concentrated organic fertilizers, plants, seeds.

Christmas Break: Monday 21 December - Friday 1 January 2021

Module III Soil and fertility management through a biodynamic approach.

Make a deeper connection with the soil, your own gut & brain axis.
Learn to heal the soil, grow an abundance of food and create mental and emotional health.
How to create lasting fertility and open the soil to new cosmic impulses, giving the necessary information for the plants' and our own wellbeing through bio-dynamic approach.

SESSION 9 19.1.21

Foreword: What is an agricultural soil? Why do plants need soil to grow for best nutrition?
Soils types, their characteristics, qualities and properties.

Origen of different soils.

The natural formation of soils and the mother-rock.
Physical and chemical properties.
Humus formation, base-saturated clay-humus complex.
The Soil Biome – the Edaphon - Micorhyzas

SESSION 10 26.1.21

Getting to know your soil

Analysis of soils.
Evolution of soils of different soil types.
Simple ways to analyse the soil, its nutrients, texture and structure.
What is the edaphon or soil biome and how is it essential for healthy plant growth?

SESSION 11 2.2.21

Plants as indicators for soil types, pH and fertility

How to use the presence of herbs and wild plants to analyse soils.

Different pH values of certain plants and soils.

The varying pH during the seasons.

SESSION 12 9.2.21

How to cultivate and improve different types of soils.

Drainage: The best ways to drain heavy soils.

Different tools and equipment for soil cultivation, mulching and sheet composting of soils.

Hoeing and cultivating considering rhythms of nature.

Half-term - Monday 15 February - Friday 19 February 2021

BONUS SESSION II 23.2.21

Celebration of natural and cultivated Flora and Fauna

How can we deepen our relationship to the flora and fauna around and in us?

The World as Symphony of the Creative Word.

Bringing harmony and balance into the 4 kingdoms of Nature.

Homeopathy at its best: Making of the bio-dynamic weed and pest peppers

SESSION 13 2.3.21

The Vocation of plants and soils.

Which vegetables grow best in which soils.

The major, minor and micronutrients for plant growth.

How to read the mineral wheel. Availability and blocking of nutrients.

Symptoms of deficiencies of nutrients.

How to ameliorate deficiencies in cultivars through green manuring, natural herbs, companion planting and liquid manures.

SESSION 14 9.3.21

Soil Fertility Management

What is the archetypical fertility of a soil?

How to enrich soils with an optimal fertility management

Qualities of different manures, composting and bio-dynamic preparations.

The crop rotation, manuring and recommendations for green manures.

Liquid manures their elaboration and application.

Rock dust and other soil improvers like mulching, etc.

MODULE IV Nursery work in a bio-dynamic setting

SESSION 15 16.3.21

The Nursery and managing controlled environments:

How to get optimal growing conditions for the highest quality and yield indoor and outdoor.

What are advantages and disadvantages, when we sow in boxes and pots?

Irrigation, temperature control, light and soil management of indoor environments in the greenhouse, coldframe and under protective covers.

Selecting your environment and creating the best sowing conditions.

Irrigation, temperature control, light and soil management of indoor environments in the greenhouse, coldframe and under protective covers.

Different methods of seed bed preparation and cultivation methods.

The bio-dynamic horn manure preparation and how to make it and apply it.

SESSION 16 23.3.21

Make your own best potting mixtures.

Potting composts, leaf mould, turf loam and sharp sand.

How to make soil mixes for sowing and pricking out. John Innes 1 and 2 mix

SESSION 17 30.3.21

Sowing, pricking out and transplanting.

How to harden off seedlings and transplant them into the open.

Bio-dynamic Preparations: How to make 501, 506 & 509

Seed baths with bio-dynamic preparations.

Easter break - Thursday 1 April - Friday 16 April 2021

MODULE V The Bio-Dynamic Compost, Fertilisation and the Dynamic Rotation, Successions, Intercropping and Companion Planting

SESSION 18 20.4.21

Composting and healing the soil.

The benefits of bio-dynamic composting.

How to create stable humus through composting.

The best location and ways to build a bio-dynamic compost pile.

Different shapes and containers to make compost.

Understanding the Carbon to Nitrogen ratio for best results in composting.

The composting process and the 4 stages of development.

SESSION 19 27.4.21

The bio-dynamic compost and FEEDING of the soil.

Applying the bio-dynamic compost preparations.

Comparing simple and dynamic application of the preparations.

The complete guide to feeding the soil for different “feeders”.

The “Old Force” of organic matter and the dynamic crop rotation.

SESSION 20 4.5.21

From Crop Rotation to Companion Planting

Discover the metamorphosis in plant development.

The 4 elements and the 4 fruiting parts of vegetables.

Developing the rotation from the inherent character of different veggies.

The different vegetable families and the rotation.

Successions, inter- and catch cropping.

A dynamic understanding of companion planting.

SESSION 21 11.5.21

Bio-dynamic remedial methods and resources

Liquid manures and other remedial substances for pests, diseases and viral attacks.

Life cycles of pests and diseases.

Bio-dynamic potions: pest and disease management with organic and mineral substances, liquid manures, extracts, teas, ferments and essential oils.

How to make them and apply them.

Making of Bio-dynamic Stinging Nettle preparation (504).

SESSION 22 18.5.21

Alleviating deficiencies and bio-dynamic subtle fertilization

How to recognize deficiencies in cultivars and how to remediate them with liquid manures, plant decoctions and other means.

Subtle ways to fertilize and ameliorate deficiencies in cultivars.

Making the Bio-dynamic Yarrow preparation (502).

MODULE VI. Bio-dynamic Approach to Creating bio-diversity

SESSION 23 25.5.21

The Bio-dynamic approach to balancing the Fauna and Flora Part 1

17 bio-dynamic and ecological measures to attract, deter or balance the fauna.

How to use the Moon forces to strengthen plants and control diseases.

Bio-dynamic management of the fauna, practical indications.

Half-term - Monday 31 May - Friday 4 June 2021

SESSION 24 8.6.21

The Bio-dynamic approach to balancing the Fauna and Flora Part 2

Bio-dynamic and ecological measures to working with the natural flora.

Examples of decreasing herbal load and enhancing diversity of the natural flora.

Bio-dynamic weed control, how and when to make homeopathic treatment.

SESSION 25 15.6.21

The significance of the Summer Solstice Part 1

The winter and summer forces.

The summer, autumn and winter garden.
Plan for sowings, and plantings.

SESSION 26 22.6.21

The significance of the Summer Solstice Part 2

Summer Solstice/St. John's Festival

Bio-dynamic life-cycles: the platonic year, the sun year,
the planetary dance, the lunar cycles and the constellations.

How can we use these life-cycles to revitalize and strengthen
our plants and create the highest food quality?

MODULE VII 2 Bio-dynamic Pillars: Bio- dynamic Preparations and Seeds

SESSION 27 29.6.21

Deepening the understanding of bio-dynamic preparations.

When is the best moment in the plants' growth to apply the bio-dyn. preparation 501 for the
best nutritional value and biggest yield?

Metamorphosis in plant growth and amplifying the rhythmic expression in plant growth.

SESSION 28 6.7.21

How to use the Maria Thun Bio-dynamic planting calendar

The four Elements in the plant growth and how they manifest.

Considerations for sowing, pricking and transplanting of summer, autumn and winter veggies.

SESSION 29 13.7.21

Deepening the understanding of the bio-dynamic preparations

How to apply them to protect cultivars from extreme weather conditions and climate change.

Making the bio-dynamic preparation Valerian (507).

SESSION 30 20.7.21

Part 1 The bio-dynamic approach to reproducing seeds

How to grow your own plants for reproducing seeds and creating resilience, vitality and
resistance in our garden plants.

SESSION 31 27.7.21

Part 2 The bio-dynamic approach to reproducing seeds

How to grow your own plants for reproducing seeds and creating resilience, vitality and
resistance in our garden plants.

SESSION 32 3.8.21

Preparing for the Autumn and Winter garden.

Planning successions and work outdoors, in cold frames and the greenhouse.

Best times for harvesting your vegetables, herbs and flowers.

Summer break - Monday 25 July 2021- Wednesday 01 September

MODULE VII Reaping the Autumn Harvest

SESSION 33 7.9.21

Our natural environment and the garden at the Equinoxes.

Bringing questions from the summer and preparing the autumn garden.
Green manuring, the greenhouse and coldframe in the autumn.

SESSION 34 14.9.21

Making the bio-dynamic compost preparations

How to make Chamomile Prep. (503), Oakbark Prep. (505), Dandelion Prep. (506) and
Horn Manure Prep. (500).

The elaboration of the Cow Pat Pit Preparation.

SESSION 35 21.9.21

Reaping the harvest and giving back

Overview of best times of harvesting for different vegetable types, considering
the breathing rhythm of the Earth.

Healing our soil, healing our gut. Sowing Green Manures, humus formation.
Greenhouse and cold frame work in the garden.

SESSION 36 28.9.21

Prepare the Winter garden, button up

The first frost, making the garden winter proof.

Harvesting for storage in clamps, larders and cellars.

Lactic fermentation of vegetables.

Understanding and observations of the zodiac and constellations.

DATES AND THEMES CAN BE SUBJECT TO CHANGES, WITH PRIOR NOTICE.

