

# Course Programme

## Step-by-step Biodynamic Gardening Course

### Session 1

#### Seed connects with Soil

- Observation exercise – the seed
- A brief overview of the course
- The seed as a microcosm
- Soil – basic soil science, silica-clay-lime processes, soil testing
- Soil health – fertility building, digging and no-till and cultivation methods
- Compost – understanding the composting process, creating a compost pile, different methods
- Compost preparations – the science and application
- The seed touches the soil
- Practical: seed sowing

### Session 2

#### Planning our garden

- Observation exercise
- Genius loci – the spirit of place
- What, where, how?
- Root-leaf-flower-fruit
- Practical: planning a rotation
- Practical: preparing a seed bed (if possible, otherwise in April)
- Rotations and layout
- Companion planting and complementary practices
- Stirring and spraying the Horn Manure preparation (500)

### Session 3

#### The Plant between the Sun and Earth

- Observation exercise
- The plant, the planets and their place on the Earth (form and substance, elemental relationships)
- Plant propagation – sowing the seed, bed preparation, direct sowing and transplanting
- Lunar rhythms and the BD sowing calendar
- Practical: pricking out and planting out
- Weeds: who are they, what do they tell us and how do we establish a happy relationship?

### Session 4

#### The Biodynamic Preparations

- Observation exercise
- The birth of the biodynamic movement – history, herstory and today
- Stirring and spraying the Horn Silica preparation (501)
- Making the BD preparations (Horn Silica, , dandelion, yarrow, , CPP)
- Infrastructure, tools and equipment for the home garden and allotment

## Session 5

### **Tending the garden**

- Observation exercise
- Garden health, plant health and plant care
- Preparation making: Chamomile, Equisetum (horsetail)
- Working with daily and seasonal rhythms and conditions
- Watering; cultivating, harvesting, crop covers
- Foliar feeds, liquid manures and other home-made solutions

## Session 6

### **The garden as an organism**

- Observation exercise
- The garden organism – the farm organism and individuality
- Biodiversity in the garden (above and below ground) – the role of flowers, insects, birds and bees
- Creating habitats for insects, birds, mammals and worms with trees, hedges and ponds, etc.
- Earth-Water-Air/Light-Warmth/Fire
- The seed and seed saving
- Storing and processing principles