

Tips and benefits of biodynamic composting

Spring brings forth an abundance of Organic Material and your autumn sown Green Manure might just be at its optimal stage for incorporating in the soil or for harvesting to make compost and turning the root systems in to feed the soil life.

The natural flora is growing away vigorously and the first pruning material from spring pruning might be available to make use of to create your fertility for the next year by building a biodynamic compost.

Where is the optimal place to make compost?

In the shade of Birch and Alder (nitrogen fixation and humus formation), Sloe and Elder trees (attracts earthworms), close to tree trunk, avoiding dripline with plenty of drainage.

Best shapes for composting

Egg shaped, around tree trunks in highest etheric force field of trees **or** free standing, most protected from extreme fluctuations of environmental conditions like: sunlight and warmth, precipitation, cooling and drying winds.

Mixing compost materials for best results

Use as big a variety of materials fresh nitrogen rich, green materials with stinky, brown materials, which are rich in carbon, as you can. (see diagram)

Mix dry materials with moist materials.

Mix materials of high and very low carbon content to balance the C:N ratio.

Mix materials which are fresh and green, with older growth, like flowering stalks from living and dead plants.

For best results with plant-based compost always use wood ash or quicklime in the pile. (Great care must be taken with quicklime as it is corrosive – builders lime will also help.)

Adding biodynamic preparations

If you build your compost gradually it is best to add a sprinkling of lime, soil or old compost for inoculation and keeping vermin away. Add a pinch of Mäusdorfer Starter and finish each time with a layer of stalks or cardboard.

If you build the pile of a minimum of 1m³ in one go you can add the 5 solid biodynamic compost preparations at least 40cm deep and apart from each other for best effects. At the end sprinkle the liquid valerian preparation over the top after stirring 5 drops into 1 litre of lukewarm water for 10-15 minutes.

Different types of composting

Plant composts: weeds, kitchen waste, turf compost, leaf compost, potting composts, etc Rich in Potassium and Phosphorous; good for potting mixes, fruit and root growth.

Animal manure composts: Pig, cow, ox/bull, horse, sheep/goat, chicken and other domesticated birds and farmyard manure.

Cow manure makes the most balanced and healing compost; pig manure is a cool compost for roots and stems and all others are best suited for leafy growth except for bird manures, which favour best fruit development.

Special types of composts:

Bogache (bokache) compost: Rice hull, molasses, plant residue and manure; for top dressing

Lossow's method: mud and soil with plant matter or green manures; for top dressing

Worm compost: for top dressing

What are the benefits of composting?

- Raising organic materials in a pile above the earth increases life forces (mixing of 4 ether forces and of 4 elements), vitality and form giving forces, epigenetic influences on future plants and soil organisms.
- Increases the amount of micro-organism diversity and brings substances into a bio-available form through stable humus or effective humus formation.
- With compost we can improve the structure, water-holding capacity and warmth regulation of the soil.
- Breaking down of Organic Matter in the compost pile helps to lower Carbon : Nitrogen ratio before applying O.M. on the soil. The C:N ration needs to be 8-12:1.
- The compost develops a great diversity of mycorrhiza and bacterial organisms. When left long enough they create base-saturated stable humus, which is alkaline in pH and inoculates and informs the soil so it will release the best nutrients and life forces to the plants growing in soils fertilized with this kind of biodynamically informed compost.
- Increase in antibiotic substances, enzymes and other growth factors for soil life and plants.
- Increase in nutrient density by up to 10% of Major, Minor and Micro-elements.
- Increase in actinomycetes and other spore-forming organisms, which fix air nitrogen in the soil.
- Lowering of carbon footprint through excess transport and methane, CO₂ and CO pollution in landfills
- Biodynamically treated compost will preserve CO₂, while quick return composts gives off (pollutes) the atmosphere with CO₂.
- Speeds up the healing of the mycelium network in the soil, when it gets disturbed through planting and cultivation.

So, consider building compost for the greatest benefits of your garden and crops.

It's really the heart of garden keeping the finger on the pulse like the cow would in a farm organism and making sure that the organic matter and mineral household in the garden get balanced and you create optimal fertility.

If it is tough making compost by yourself – invite a friend or two to a compost 'party' – put a macaroni cheese into the oven and have a bit of salad ready while you work together enjoying the composting work

Enjoy the abundance of spring

Hans-Günther

For more info about composting enquire about the recorded sessions about biodynamic composting from the online gardening course

BIODYNAMIC PREPARATIONS

healing the earth



