

# Grow your Own Health Online Course Modules

## **AUTUMN SEASON:**

- MODULE 1: Introduction to Biodynamic Gardening
- MODULE 2: Designing your garden for health and nourishment

## **WINTER SEASON:**

- MODULE 3: Soil fertility management with a biodynamic approach
- MODULE 4: Nursery work in a biodynamic setting

## **SPRING SEASON:**

- MODULE 5: The Biodynamic Compost, Fertilisation, the Dynamic Rotation, Successions, Intercropping and Companion Planting
- MODULE 6: The Biodynamic Custodianship and Creating a Biodiverse Living Organism

## **SUMMER SEASON:**

- MODULE 7: Securing the Future of Gardening: Bio- dynamic Preparations and Seed Reproduction
- MODULE 8 The Biodynamic Garden in Autumn and Winter. Reaping the Harvest, Storage and Food Conservation