

Wellington Biodynamic Group

Soil to Salad to Spirit

The Journey from Harvest to Human Thoughts and Actions

A biodynamic workshop with guest speaker Debbie Young ter Borg

Saturday 25 September at Pam & Bruce Adams' farm in Wainuiomata, Lower Hutt

We are privileged to have Wellington biodynamic food enthusiast Debbie Young ter Borg coming to talk at our workshop. Debbie has a background in whole food cookery and has been a dedicated biodynamic gardener for many years. She was the driving force behind the recent tour of Wendy Cook, the celebrated author of "Biodynamic Food and Cookbook" and "Foodwise". Debbie and her colleague Fiona Walker, run workshops on various aspects of nourishment for groups in the Wellington region.

Programme:

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| 9.45am | Arrivals and welcomes |
| 10.00am – 11.00am | Debbie Young ter Borg: The effect of food on our thoughts and actions. |
| 11.00am – 11.15am | Morning tea |
| 11.15am – 12.00pm | Check the horns we put down last spring and the CPP we made last year. Bring bags to take some CPP home and some p500 if it's ready. |
| 12.00 – 1.00pm | Lunch |
| 1.00pm onwards | Compost making and (concurrently but beginning around 2pm) p500 stirring and spreading. |

There is no cost to this workshop, but contributions for morning/afternoon tea are welcome. Soup and bread will be provided for lunch.

We hope once again to see lots of old and new faces – directions are below.

Enquiries to Judy Randall, phone: 04-589 2323 or email: judyrandall@xtra.co.nz

Warm wishes on these wintry days...

Directions to the Adams' Farm

Drive over the Wainuiomata hill and continue straight through Wainuiomata on Wainuiomata Road. At the roundabout continue straight through onto Main Road. When you get to Homedale Village, turn left onto Moores Valley Road. Continue along Moores Valley Road until the end. At the end of the road, (just after Brookfield Lane which goes off to the left) you'll see two driveways. The one on the right is the Brookfield Scout Camp, the one on the left is a private driveway to the Adam's farm; there will be a sign at the gate. This is a long driveway of about 800 metres. The first 200 metres is shared by other farms; after this turn right and drive until you come to a sign telling you where to park.