

BIODYNAMICS in CUST

Saturday January 28th and Sunday January 29th 2012

Cost: \$50 for the 2 days Ph: Sandra 0212571909 or email

sandymcalpine@live.com for enrolment and directions

Tutor: Ana Dorrington

Bring

- food for potluck dinner Saturday (hot drink supplied)
- your own lunch for Sunday
- money if you wish to purchase a BD calendar or any BD books
- your enthusiasm to learn and share and notebook and pen
- a clean bottle and lid (no chemicals been in it) to take some 500 prep home if you want to spread on your own garden

Programme

Saturday 28 January

2pm: General introduction to biodynamics, some theory and written material to refer to, orientation to the BD calendar

3pm: Get things ready for stirring the 500 preparation: questions and info related to 500

4pm: Start stirring (lasts for 1 hour) the power and purpose of the vortex, spirals

5pm: Spread 500, demo for how to do it, share out preparation 500 to take home

6pm: Pot luck dinner

7-7.30pm: Watch DVD One Man One Cow One Planet (story of Peter Proctor and how he taught biodynamics in India) very inspiring. Peter is the grandfather of BD in NZ, is the author of *Grasp the Nettle* a handbook for NZ gardeners and farmers, tutor at Taruna BD course in Hawke's Bay and still active in his 80's a very inspiring man.

Sunday

11am: Intro about the compost preparations, what they are and how they benefit our garden. Preparation for building cow pat pit

1pm: Lunch (people bring their own)

2pm: Make cow pat pit

3 – 6pm: Gathering weeds etc then making BD compost heap (info supplied for people to take home)