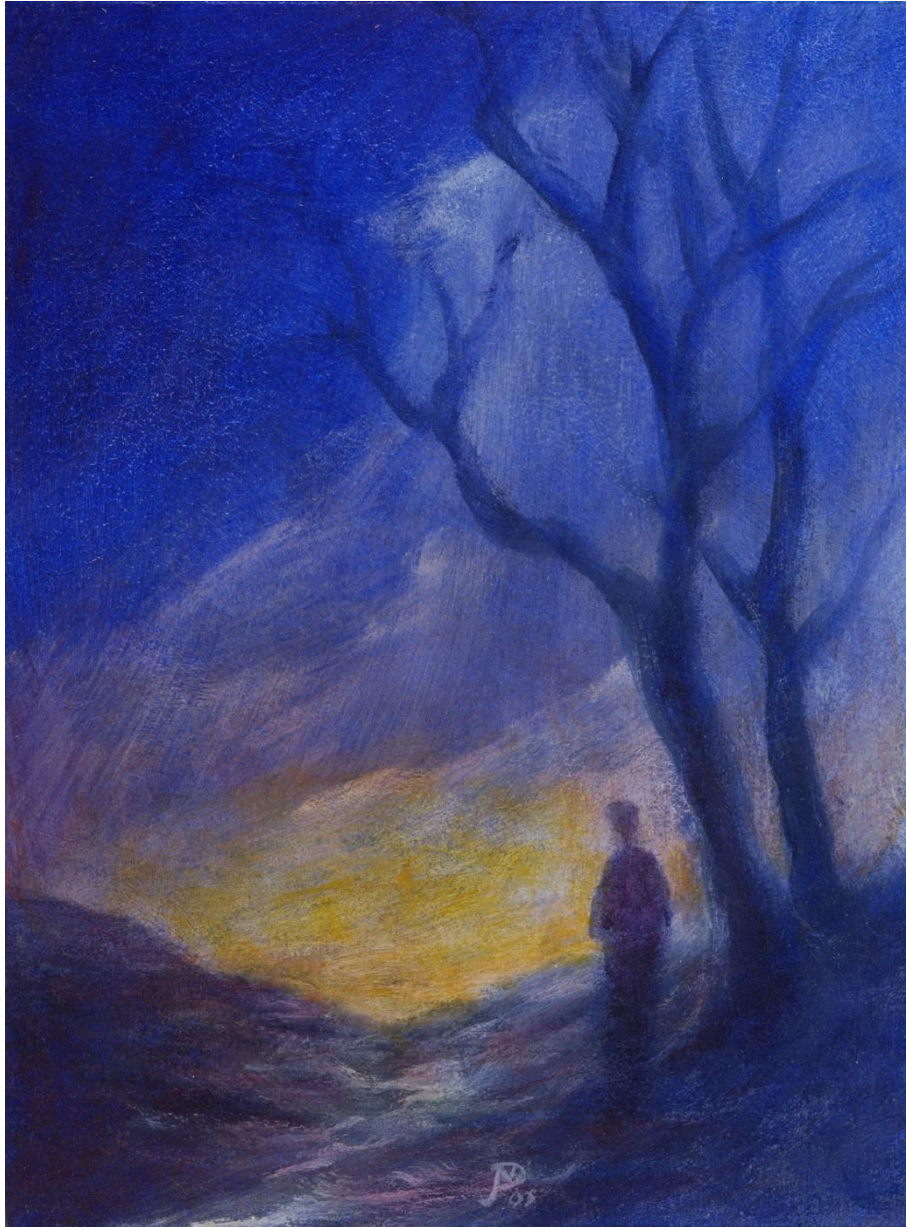


# **SOUTHWEST BIODYNAMIC GROUP WINTER NEWSLETTER JAN. 2024**



**Go to the winter woods: listen there, look, watch, and ‘the dead month’ will give you a subtler secret than any you have yet found in the forest.”**

**(William Sharp, Scottish writer, 1855-1905)**

## From the editor:

The newsletter has been delayed by a few days till we received details of a Biodynamic Conference to be held locally at The Greenwood Hall at the South Devon Steiner School on the subject of Nature Spirits and Biodynamics led by ARE THORESEN. Are is a Norwegian doctor of veterinary medicine, he has also studied anthroposophic medicine, homeopathy, acupuncture, osteopathy and agriculture.

See page 7 for more information

We also have news of other stimulating courses being run by the Apricot Centre and Whites Farm as well as developments at Halfmoon Field at Tigley.

We have also been sent an account of a stirring of the Three Kings Preparation at Whites Farm. After the dropping of the atomic bombs on Hiroshima and Nagasaki and further nuclear bomb testing, a Biodynamic farmer, Hugo Erbe, sensed the damage done to the life forces by these destructive weapons. He developed a new BD preparation to counteract this which resulted in the Three King's preparation of Gold, Frankincense and Myrrh. These very potent ingredients physically, energetically and symbolically, are combined and stirred in water for an hour. The original indications were that it should be sprayed by hand around the boundaries of the farm, however more and more farmers sense it should be sprayed over as much of the farm/land as possible and that this preparation should be used more frequently.

## Seasonal Recipe from The Biodynamic Cookbook by Wendy Cook.

### Golden Hazelnut Sables (Biscuits) Serves 6

#### Ingredients:

7 oz/200g butter, softened  
5oz/120 g unrefined caster sugar  
3 oz/100g roasted and finely chopped hazelnuts  
8oz/225g unbleached self raising flour  
1 egg

#### Method:

1. Combine all the ingredients in a food processor. Make a sausage shape and wrap in clingfilm.
2. Chill in the refrigerator until hard enough to slice.
3. Place slices on an oiled baking tray. Bake for 15 minutes at 200° C/gas mark 5.
4. Cool on a wire cooling rack



At the Three Kings stirring on January 6<sup>th</sup>, we covered the biscuits with gold leaf!

## News from Half Moon Field, Tigley.



This is an invitation and an opportunity for people and the land to flourish.

I am looking to form a community of people who want to create a vision for Half Moon Field going forward, weaving their dreams into the land. It is not a place for housing but there are lots of other potential projects. (cultivating, outdoor education, research, ceremony etc )

There is some infrastructure in place already: a large wild-flower meadow, a decent-sized vegetable plot, and an orchard. It is completely off-grid, the rainwater is collected from a nearby barn. There is also an acre that currently has sheep on it but could be used for agriculture or other projects. There is hedging and land maintenance to consider. We are Looking for practical ideas and involvement.

What can you bring? Time, experience, ideas, resources???

What could you receive? Access to a mature orchard, species-rich wildflower & herb meadow, seasonal fruit & vegetables. Riverbank. space in nature.

I imagine we will form a CIC or similar organization and then apply for funding for various grants to make dreams happen.

If you would like to know more or get involved, please contact

Also we will be holding **NETTLE STUDY** at Half Moon Field **from 10 am till 3 pm on Saturday the 2th of May**, With potluck lunch 12-1.. Activities will include Goethean observation and nettle tea for people and plants, retrieving nettle prep and more.

contact carol - [halfmoonfield@planetmail.com](mailto:halfmoonfield@planetmail.com)

### Future dates for gatherings at Whites Farm:

Sunday 21st April 2024 – Spring Gathering

Sunday 6th October 2024 – Autumn Gathering

January 6<sup>th</sup> 2025 - Three Kings Stirring

## **Training Starting soon at Apricot Centre – Huxhams Cross**

### **Skills Bootcamp In Regenerative Land-Based Systems**

Free for participants, made possible by Devon County Council, Skills Bootcamps and Train 4 Tomorrow, and certified by Crossfields Institute, the Apricot Centre @Huxhams Cross Farm and Landworkers Alliance present the Level 2 Skills Bootcamp in Regenerative Land-Based Systems to introduce people to the world of regenerative farming and help them gain skills for furthering their work and becoming part of the future of farming. Skills Bootcamps are part of the Government's Lifetime Skills Guarantee.

**APPLICATIONS OPEN FOR MARCH 2024 COHORT – See link to application form on Apricot Centre Website [apricotcentre.co.uk](http://apricotcentre.co.uk)**

### **Earth Education - Leading Earthwalks. 1 Day Training.**

**Tuesday, March 19, 2024**

9:00 AM 5:00 PM

Apricot Centre CIC, Huxhams Cross Farm, Rattery Lane, Dartington TQ9 6AAUK

Earth Education is a model for teaching and experiencing the natural world through playful activities which engage the senses. In the Earthwalks training you will learn group activities that use all the senses to widen your knowledge through observation and felt experience.

Lead by Mark Jefferys who has been involved with the Earth Education Institute for over 30 years. He will guide you in this day training and at the end you will be fully equipped with how to lead an Earthwalk by experiencing it all first hand.

This training will take place outside for its entirety so please dress appropriately, it can still be a bit chilly in March and please bring anything you need to be comfortable sitting. Please bring a packed lunch, refreshments will be provided.

Prices are £85 for an individual, £105 for a charity, £130 for a corporation.

To book or to ask for more information, please email [louise.hoskins@apricotcentre.co.uk](mailto:louise.hoskins@apricotcentre.co.uk)





## Three Kings Stirring at Whites Farm Lower Dean, Buckfastleigh

(The local Anthroposophical Group's regular monthly meeting fell on the 6<sup>th</sup> January. The Biodynamic Group was planning their annual Stirring of the Three Kings' Preparation so it was decided to combine the meetings at Whites Farm. Below is Christopher Cooper's report of the day.)

After a series of fierce storms, the weather had settled down and bright sunshine filled the day – January 6<sup>th</sup>. Almost thirty people gathered round the new log fire and bathed in the warm and bright light shining from above. It was a meeting of contrasts - singing heartily with Oliver Mason; listening to the stories of shepherds and kings from the gospels, aided by Steiner's profound insights; studying a letter to Members by Steiner in which he points out the pitfalls of presenting Anthroposophy to the world. Willie Swindell then led us into some stimulating thoughts relating to Steiner's Warmth meditation, given to doctors and therapists. A treat awaited us in the tea break. Wendy Cook presented her amazing hazelnut cookies coated in gold leaf which was probably the first time that most people had tasted kingly gold.

John Platt filled the second half of the morning with a treasure trove of memories of his legendary productions of the Coventry Kings Play as well as teaching us to walk in step like Kings. What a sight it was to see a circle of friends moving in such a way! He also created a short scene of adoration of the very young Jesus with Mary and two Kings and a Queen presenting the gold, myrrh and frankincense. We witnessed the wonders of spontaneous creation of a scene with John's skill and using the Coventry play's words

What a wealth of different offerings came at lunchtime – soups, quiches, salads and a big range of sweet nibbles gave everyone the energy for the vigorous stirring of Hugo Erbe's special recipe for the gold, myrrh and frankincense preparation in twelve buckets.



It was

lovely to see other members of the local Biodynamic group joining in the communal stirring while singing a 'We Three Kings' What an extraordinary sound was created as dozens of little sticks whisked the precious liquid in alternating directions for an hour. Much of the preparation was taken back to people's gardens and fields as well as being spread arounds White's farm itself.

Thank you Denise who hosted this big gathering with sensitivity and a light touch.

Christopher Cooper

## Grow Your Own Biodynamic Gardening Course starting in February

**Venue:** Whites Farm, Lower Dean, Buckfastleigh, Devon TQ11 0LS

**Garden Teacher:** Franky Van Der Stok

**Session dates 2024:** 17th Feb, 16th March, 13th April 11th May, 8th June, 6th July

The total cost for the course (6 sessions including a simple lunch) is £180 which is **exceptional** value, working out at just £30 per day session including lunch. Places are strictly limited so we advise booking early!

### Programme outline

Session 1 – Seed connects with Soil

Session 2 – Planning our garden

Session 3 – The Plant between the Sun and Earth

Session 4 – The Biodynamic Preparations

Session 5 – Tending the garden

Session 6 – The garden as an organism

**Grow Your Own** is becoming increasingly popular; there is growing recognition, too, that being outdoors, and getting in touch with Nature is hugely beneficial and brings many positive health and well-being rewards.

Now you can experience both, plus the power and vitality of biodynamic gardening, and discover its benefits for yourself.

Comprising of 6 x 1-day sessions from **Feb to July 2024** this course is a great way to learn about all the biodynamic principles and practices and enable you to put them into action in your own garden or allotment.

### About Franky Van Der Stok:

Franky has been immersed in biodynamics since childhood and has over 50 years of biodynamic expertise in both farming and gardening. Franky kept poultry, sheep and goats as a child and later took on responsibility for the farm at Botton Campbell Community as a young man. After 8 years he moved his family to Hapstead in Devon, where he built up the farm to supply produce for the community. He specialised in breeding cattle and managed this farm for over 30 years. Franky's passion now is to share his knowledge and promote the further development of biodynamic work.

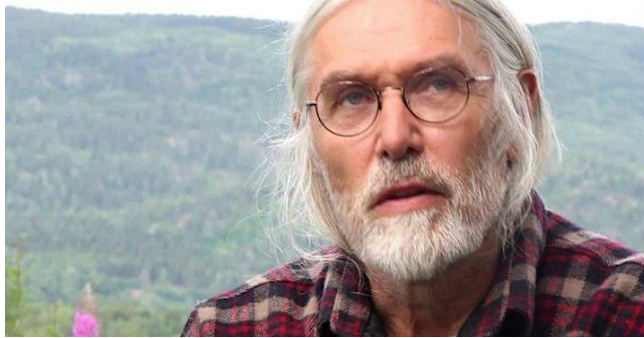
For more information and booking, go to Biodynamic Association UK website

<https://www.biodynamic.org.uk>



**Biodynamic Conference - Nature Spirits and Biodynamics**  
at The Greenwood Hall, South Devon Steiner School,  
Friday 22<sup>nd</sup>, to Sunday 24<sup>th</sup> March 2024. £120\*

Are Thorensen on elemental being cooperation, enhancing Biodynamic practice and preparations for improved results for nature and for growers.



Friday evening talk. Saturday morning through to Sunday tea. Chances to listen, ask, study techniques from this internationally renowned expert on nature communication. There will be practical sessions with BD prep's in addition to background information and techniques.

Including lunch and supper Sat/Sun.

The conference has been initiated by Tobias Kaye, a local member and it is supported administratively by The British Biodynamic Association.

**To find out more details and to book go to**  
**<https://www.eventbrite.co.uk/e/nature-spirits-and-biodynamics-tickets-803966203557>**

If any local members would like to help with the organisation, the setting up and clearing up please contact Tobias Kaye at [Tobias@soundingbowls.com](mailto:Tobias@soundingbowls.com) or message on 07538 279 999

Local members who feel they could offer accommodation on a bed and breakfast basis, also contact Tobias letting him know how many people you can put up and what you would charge.



## **BIODYNAMIC PRODUCE FOR SALE**

**BIODYNAMIC BEEF** from our freezer from our biodynamic South Devons, various cuts and joints but all the sirloin, rump and fillet steaks have been sold.

Please contact Tristan Bertie 07836 591 847

Lordswood Churchstow Kingsbridge

Or e-mail me at [lordswood.biodynamics@btinternet.co](mailto:lordswood.biodynamics@btinternet.co)

**GREENLIFE SHOP, TOTNES.** 01803 866738. Some Demeter products, Biodynamically grown vegetables in season and Seed Cooperative organic open pollinated seeds.

**TEIGN GREENS, OXEN PARK FARM,** Lower Ashton, EXETER, EX6 7QW – in conversion to BD. Contact Tim Dickens for availability of produce. [www.teigngreens.co.uk](http://www.teigngreens.co.uk)

**VEGETABLES FROM APRICOT CENTRE/ HUXHAMS CROSS FARM:** We deliver weekly vegetable bags or boxes. The boxes contain Huxhams Cross Farm own produce as well as several small BD and organic growers who will be providing vegetables at certain times of the year. We can add eggs, flour fruit and water. You can order online at [www.apricotcentre.co.uk](http://www.apricotcentre.co.uk)

**BD FRUIT JUICE CORDIALS for SALE** - All with organic apple juice

Contact Derek Lapworth on 01364 64401

**Hemp and other Tinctures** (all homemade)

The CBD tincture is made by Nick Read from hemp grown at Dartington and is the only UK organically grown CBD.

Please see website for costs and purchasing information.

<http://www.englishhemp.co.uk>

### **South West Biodynamic Group**

The South Devon Biodynamic Group's purpose is to inform those interested in BD methods of gardening and farming of what is happening in the area. As a member you receive

- A quarterly newsletters and seasonal gatherings where we make the biodynamic preparations. These are then made available to members free of charge.
- A library of Biodynamic books kept at The Apricot Centre.

We charge an annual subscription of £15 per person and £20 for a couple. We offer a concession of £10 a year if needed. Sort Code 20-60-88 Acc. No. 13509680 South West Biodynamic Group

**Preparations** are available from Whites Farm, Lower Dean, Buckfastleigh. TQ11 OLS. .Contact Denise [deniselaurenj@icloud.com](mailto:deniselaurenj@icloud.com)

**If you wish to join, please contact Diana White (Treasurer) at [dianawhite35@hotmail.com](mailto:dianawhite35@hotmail.com) or write to 12 Apple Wharf, The Plains, Totnes, TQ9 5QL 07747398839**