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*Rudolf Steiner Centre Toronto*

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# Biodynamics

## The Individuality of the Farm

2009–2010

An Advanced Course in  
Biodynamic Farming and Gardening

*Rudolf Steiner Centre Toronto*

# *Biodynamics*

In 1924, when farmers asked Rudolf Steiner for advice on the depletion they were seeing in agricultural vitality, he responded with a course he called “Spiritual and Scientific Foundations for a Renewal of Agriculture.” The two main questions biodynamics tries to answer are: How can we grow food that is nourishing for the whole human being of body, soul, and spirit? And how can we do this in harmony with the forces in nature and a healthy development of the Earth? Central to biodynamics is the image of the “Agricultural Individuality,” working with the land as a living being.

This advanced course will look at practical aspects of farming and gardening – soil and plant care, animal husbandry, composting, crop rotations, overall farm design, and economics – and how they affect the health of a farm individuality and the quality and health-giving nature of the food we produce.

## **PREREQUISITES**

Prerequisites for this course include participation in the North American Biodynamic Apprentice Program, some experience with farming or gardening, or a previous introductory course on biodynamics. Participants are asked to read the first lecture in Rudolf Steiner’s *Agriculture*, and the first chapter of his *Theosophy* before the first session.

The course will involve meeting one day a month from September 2009 to April 2010 for lectures, discussions, and workshops. Artistic activities will deepen appreciation of the material, and an online discussion between sessions will broaden the content. Participants will be asked to do a research assignment to share with the whole group.

*The aim of this course is to awaken a deeper love and respect for the natural world, a hope for humanity’s relationship to the Earth, and an appreciation for the importance of the day- to- day tasks of agriculture.*

## **INSTRUCTOR: CORY EICHMAN**

Cory Eichman began farming biodynamically in 1992. After five years working on other farms, he co-founded the Saugeen River CSA, an 80-acre Demeter-certified farm in Durham, Ontario. The farm grows vegetables, flowers, herbs, and soft fruit for CSA members and the Owen Sound farmers’ market. The land’s fertility is provided by a herd of highland cattle, which also provide beef for customers. He has been training apprentices for twelve years and teaches theoretical and practical aspects of biodynamics in collaboration with the Rudolf Steiner Centre Toronto.

## **DATES & TIMES**

Sept 27, Oct. 25, Nov. 29, Dec. 20, Jan. 17, Feb. 21, Mar. 21, Apr. 18

Times: from 9 am to 5 pm

## **DETAILS**

Course Fee: \$495 (no refunds after first session)

Practical Detail: Please bring your lunch and drinks.

Course Coordinator: George Ivanoff

Location: Whole Circle Farm, Rockwood, Ontario

Whole Circle Farm is located at 8786 Wellington Road 50, north of Acton, ON. From Hwy 401, take Hwy 25 north and pass through Acton. At Wellington Road 50 turn right (west) and travel one km. The farm will be on the right (north).

To register and to organize car pools call the Rudolf Steiner Centre Toronto at 905.764.7570

*This course is offered in collaboration with the Biodynamic Society of Ontario.*