

MULBERRY SCHOOL

is located at 25 Markland Street, Kingston, Ontario.

From Highway 401 take the Montreal Street exit going south. Proceed for about seven minutes. Turn right on John, which is parallel to Markland, and you will find the parking lot immediately on your left side

RAVENSFIELD FARM

Coming from the West, take Highway 7 east. At Maberly (about 2 hours east of Peterborough) travel another two minutes and turn right onto Old Brooke Road. Go 4 or 5 km to 1688 Old Brooke Road (it will be on your left).

Coming from the Ottawa area, take Highway 7 west past Perth. Turn left onto Old Brooke Road and travel about another 1 km to 1688 Old Brooke Road (on your right hand side).

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).

9100 Bathurst St. #4 Thornhill ON L4J 8C7

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Introduction to Biodynamic Farming and Gardening 2010

Rudolf Steiner Centre Toronto

What is Biodynamics?

Biodynamics seeks to heal the earth by combining an understanding of nature with careful observation and revitalizing techniques.

In 1924, a group of farmers, noticing decreasing fertility in their animals and a decreased vitality in their seeds, asked scientist and philosopher Rudolf Steiner for suggestions on how to make their farming practices more sustainable. The eight lectures Steiner gave in response laid the foundation for the organic agriculture movement and sparked what has since become known as Biodynamics.

On ten Sundays (10am – 4 pm) from February to November, Titia Postuma will cover the fundamentals of growing food with an emphasis on how the spirit works into the natural world. The program will begin in a classroom in Kingston, move to Titia's farm near Perth, and then back again to Kingston to complete the year.

WHO IS TEACHING?

Titia Postuma had her first organic garden when she was six and progressed to homesteading in Perth County as a young adult. In 1981 she bought her 200-acre farm with depleted soil and has been bio-remediating it ever since. The farm, Ravensfield, is certified by Demeter, the internationally recognized certification for biodynamic farms and products.

Titia has always studied the science and philosophy of agriculture, including land stewardship and environmental/ethical issues. Titia works with apprentices, but has also given workshops and lectures on topics including ethical principles, production economics, and the biodynamic concept of the farm as one organism.

DETAILS

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

Prerequisites: This course is geared towards those who are actively farming or gardening or at least have some experience.

Practical Detail: Please bring your lunch and drinks.

Course Coordinator: Hamo Hammond

To register and to organize car pools call the Rudolf Steiner Centre Toronto at 905.764.7570. Please register by February 19th.

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

FEB. 21 – RUDOLF STEINER AND HIS TIMES: THE SCIENCE BEHIND BIODYNAMICS

A look at chemistry, magnetism, light, heat, and energy, with an introduction to Goethean observation.

Location: Mulberry School, Kingston

MARCH 7 – EXPLORING THE CHARACTER OF YOUR FARM OR GARDEN ORGANISM

How intelligence is generated within plants, animals, and the soil.

Location: Mulberry School

MARCH 21 – THE BIG PICTURE: THE COSMOS AND LIFE FORCES

Location: Mulberry School

APRIL 11 – SOIL SCIENCE

Calcium, silica, clay and humus, and chemistry the way Rudolf Steiner saw it.

Location: Mulberry School

APRIL 25 – TIMING IS EVERYTHING

Exploring the planting calendar, rhythm of the year, and the four elements within the zodiac.

Location: Ravensfield Farm

MAY 2 – THE FOUR ELEMENTS: THE VOCABULARY OF NATURE

Learning to see the elements in everything we do. A farmer's meditation.

Location: Ravensfield Farm

JULY 11 - THEORY OF COMPOST AND BIODYNAMIC PREPARATIONS

The stirring and spraying of field preparations.

Location: Ravensfield Farm

SEPTEMBER 26 – MAKING PREPARATIONS

Location: Whole Circle Farm, Rockwood

OCTOBER 24 - FOOD VITALITY

Putting it all together

Location: Ravensfield Farm

NOVEMBER 28 – OURSELVES

Becoming a biodynamic farmer or gardener

Location: Ravensfield or Mulberry School