

Biodynamic Community Aotearoa present:

## **Two Organic & Biodynamic Field Days**



### **Day 1**

#### **HAWEA FOOD FOREST FUNDRAISER**

**Friday 17th Feb.  
10.30 am – 4.30 pm  
Hawea Food Forest 130 Domain Road, Hawea.**

### **The Benefits of Biodynamics with Peter Bacchus**

Peter Bacchus, is a NZ-based consultant & Author of 'Biodynamic Pasture Management'. Peter has been working practically with Biodynamic agriculture for over 60 years. During this time, he has run dairy farms, grown hothouse tomatoes, commercial herbs at Weleda and run a commercial composting operation.

Participants will learn about sequestering carbon and building hummus for soil fertility & nutritional quality of crops, resilience to weather extremes, plus the beneficial effects of using biodynamic preparations on land, plants and animals in relation to health, vitality, weed, pest and disease control.

**Interactive workshop looking at biodynamic hot compost and barrel compost with Su Hoskin and introduction to Day 2 workshop – Mindful Eating - Food observation exercise with Gill Bacchus**

**Cost; \$50 or discounted price of \$80 for both workshops.  
Morning and afternoon tea provided.**

What to bring; Own lunch or plate to share, drinking water, sun protection.

Registration essential.  
[s.hoskin@xtra.co.nz](mailto:s.hoskin@xtra.co.nz)  
0211438233

Please submit any questions you have living in you for Peter and Gill to address to coordinator  
Su Hoskin

## Day 2

### **Organic & Biodynamics Land Management and its relation to nutrition.**



**Saturday 18th February  
10.00 am - 4.30 pm  
NZ Nut Producers, 222 Pearson Road, Cromwell.**

#### **Morning session**

#### **Rudolf Steiner's Work and traditional Biodynamic Practices – Su Hoskin**

Su has been practising biodynamics for over a decade and applying the principles to gardens, allotments, vineyards, a mixed farm and the Hawea Food Forest.

#### **Practicalities of Biodynamics on a 20 hectare walnut block – Farm walk and talk- Valda Muller**

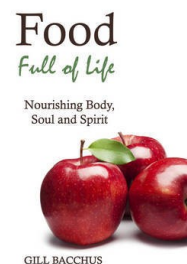
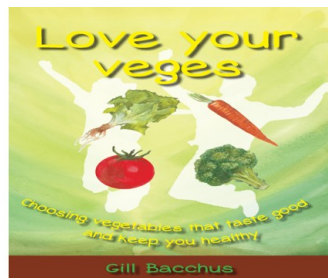
Transformational change and how it was achieved. Use of plant teas and liquid manures.

#### **Afternoon Session**

#### **The importance of silica for strength and vitality – Peter Bacchus**

#### **Mindful Eating**

#### **Interactive Nourishing food conversations and Observations with Gill Bacchus.**



Gill Bacchus has researched and studied the topic of food nutritional quality, completing a Master of science degree in 2003. She has spent many years as an educator in organic and Biodynamic farming and gardening. She co-authored the Biodynamic farming book Grasp The Nettle, and is author of 'Food Full of life' & 'Love your Veges'.

Gill will lead an observation of fruit, nut and vegetable plants through sight, smell and taste to help us grow and select foods that best nourish our body, soul and spirit.

**Cost : \$50 or discounted price of \$80 for both workshops.  
Morning and afternoon tea provided.**

What to bring; Own lunch or plate to share, mug, deck chair or blanket, drinking water, hat.

**Registration essential.**

Please submit any questions you have living in you to Su Hoskin [s.hoskin@xtra.co.nz](mailto:s.hoskin@xtra.co.nz)  
0211438233