What is Biodynamics?

Biodynamics is a holistic, ecological, and ethical approach to farming, gardening, food and nutrition. Biodynamic farming strives to create a diversified, balanced farm ecosystem that generates health and fertility as much as possible from within the farm itself.

Preparations made from fermented manure, minerals and herbs are used to help restore and harmonize the vital life forces of the farm and to enhance the nutrition, quality, and flavor of the food being raised. Good soil husbandry means nutrient self-sufficiency so that synthetic chemicals are not necessary.

❖ What does biodynamic mean?

Biodynamics is a holistic, ecological and ethical approach to agriculture, farming, gardening, and nutrition. It's based on the idea of the garden being a living organism and nurturing the health of that whole and everything that comes out of it; the plants, the soil, the animals and the people.

❖ Is Biodynamic the same as organic?

Organic and biodynamic are very similar; both are grown without chemicals and GMOs. However, biodynamic goes one step further than organic. Biodynamic farming strives to reduce imported materials to the farm and works with the farm's own resources. Synthetic fertilizers are never used on soil and plants.

❖ What are some biodynamic farming practices?

Biodynamic farming aims to creates a diversified, balanced ecosystem within the farm itself. Common practices include maintaining living soil and adding vitality to crops by generating and integrating fertility through composting, cover cropping and crop rotation.

❖ How does the lunar calendar impact biodynamics?

Biodynamic agriculture develops a relationship with the land by observing the rhythms and cycles of the earth, sun, moon, stars, and planets. Biodynamic calendars provide detailed optimal times for sowing, transplanting, cultivating, and harvesting.

❖ Why is biodynamic agriculture important?

Farming practices have been found to be more resilient to environmental challenges and to be more energy efficient. It heals the planet with better agriculture while growing incredibly tasty, nourishing foods.

❖ Where did biodynamics come from?

Developed in 1924 by philosopher and scientist Rudolf Steiner—biodynamics is the oldest, non-chemical agricultural movement and even pre-dates organic agriculture!

1100 Cesar Chavez Street, San Francisco, CA 94124 | TEL 415.641.3500 FAX 415.641.3505 | www.veritablevegetable.com