

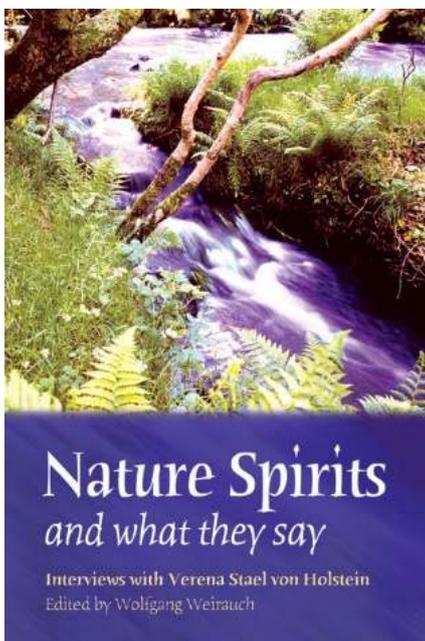
**The Biodynamic Year: Increasing Yield, Quality and Flavour:  
100 Helpful Tips for the Gardener or Small Holder  
By Maria Thun (Author), Matthew Barton (Translator)**

**\$52.00**

Maria Thun, a preeminent expert in biodynamic methods of cultivation, or “premium organic,” has collected more than a hundred of her best gardening tips from fifty years’ research.

- Discover how to produce abundant and flavourful crops
- how special preparations can transform soil and plants
  - how the moon affects planting and growth?
  - the difference between root, leaf, blossom, and fruit plants
  - storage methods

Join the author on a journey through the seasons and discover great new tips and suggestions. The Biodynamic Year contains a wealth of advice for gardeners who wish to care for and manage nature more responsibly and successfully.



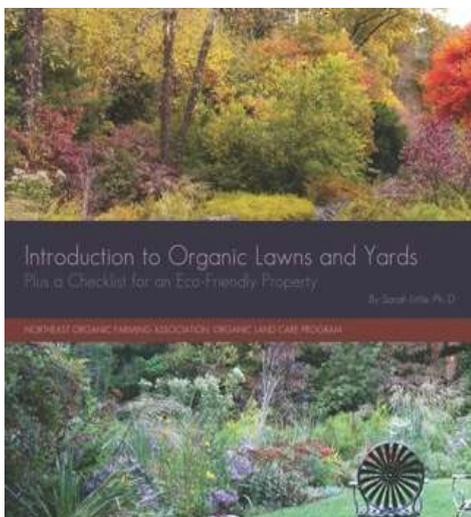
**Nature Spirits and What They Say: Interviews with Verena  
Stael von Holstein  
Edited by Wolfgang Weirauch**

**\$25.00**

Verena Stael von Holstein has learned to see and speak to nature spirits. In this remarkable book, Wolfgang Weirauch interviews Verena, and through her we learn what fire-spirits, air-spirits, water-spirits and stone-spirits have to say -- as well as hearing from a glass-spirit, two house-spirits, a salt-spirit, a paper-spirit, and a silver-spirit!

The spirits speak about their involvement with nature, and their lack of contact with human beings. They tell of the secrets of the cosmos, and about humankind's past and future. They have views on the environment, on natural disasters, good and evil, and love and redemption.

The interviews, some with the spirits themselves, throw up beautiful, but sometimes disturbing, descriptions of our world.

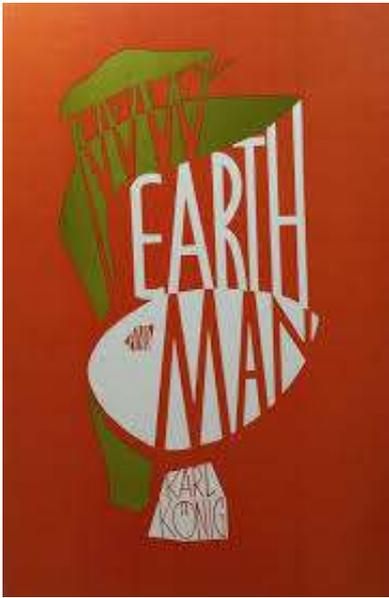


**Introduction to Organic Lawns and Yards, Plus a Checklist  
for an Eco-Friendly Property  
By Sarah Little**

**\$8.00**

NOFA OLC has just published this beautiful, 55-page booklet especially for people new to organic landscaping.

Kim Stoner, an entomologist from the Connecticut Agricultural Experiment Station says "This is designed for homeowners, with gorgeous pictures and great quotes at the front of each chapter, as well as beautifully written, solid information

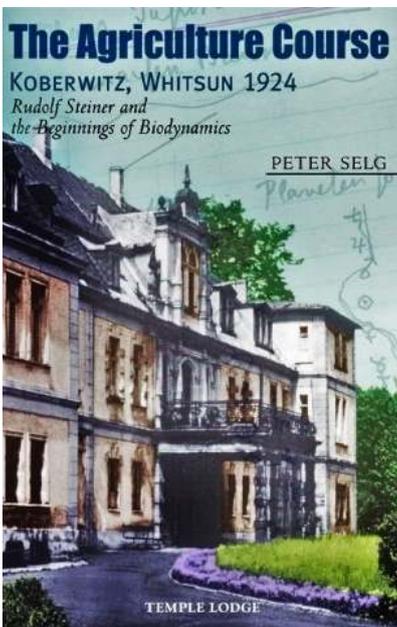


## **Earth and Man**

**By Karl König**

**\$40.00**

These lectures to farmers in England deal with insect-plant relations, domestic animals, "meteorological organs," and especially sheath materials for the biodynamic preparations.



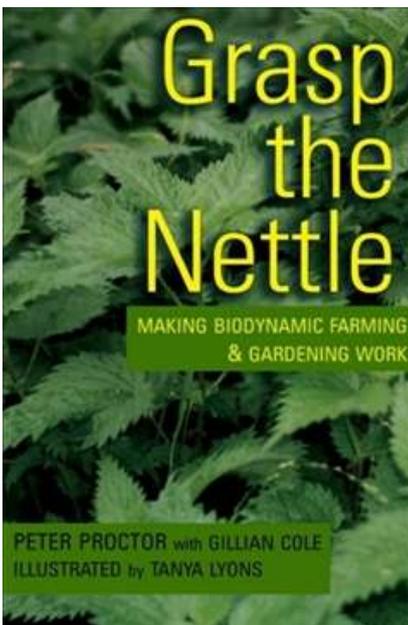
## **The Agriculture Course, Koberwitz, Whitsun 1924: Rudolf Steiner and the Beginnings of Biodynamics**

**By Peter Selg**

**\$30.00**

Biodynamic agriculture, which has increased consistently in popularity over the years, was born in June 1924 from a single course of eight lectures by Rudolf Steiner in Koberwitz (now in Poland).

In *The Agriculture Course*, Peter Selg presents a remarkable study of the context of those lectures, conveying a tangible sense of the celebratory mood and atmosphere of those events at Pentecost. He highlights Steiner's intentions for the course—and parallel lectures in Breslau—by drawing widely on the available literature and numerous archival sources.



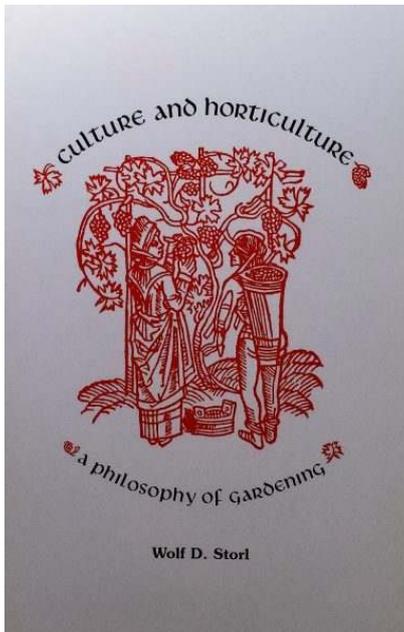
## **Grasp the Nettle**

**By Peter Proctor**

**\$36.00**

Drawing on his worldwide perspective, Peter Proctor shows, in very practical ways, how the application of biodynamic agriculture results in better soils, quality food, healthy plants, healthy and contented animals, and enthusiastic farmers and consumers.

All practitioners will find ways to deepen their understanding, not only of the daily outward work, but also of the foundations upon which our world rests and how to bring these into our daily life.

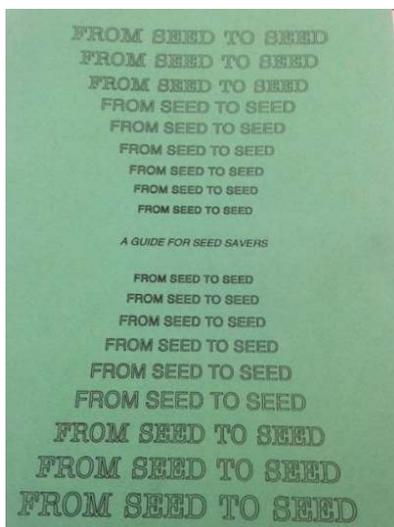


**Culture and Horticulture  
A Philosophy of Gardening  
By Wolf D. Storl**

**\$35.00**

This is a fascinating introduction to gardening in its widest sense, setting horticulture in its historical, cultural and cosmological contexts. The author offers both a theoretical understanding of biodynamic gardening and useful tips on light and warmth, ground covers, composts, crop rotation and weeds.

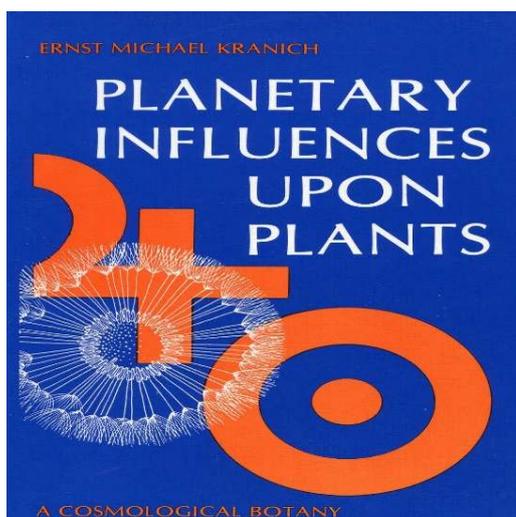
The first part of the book is concerned with providing a philosophical and epistemological background to the subject, while the second part deals with the practicalities of horticulture.



**From Seed to Seed: A Guide for Seed Savers**

**Heinze Grotzke**

**\$8.00**



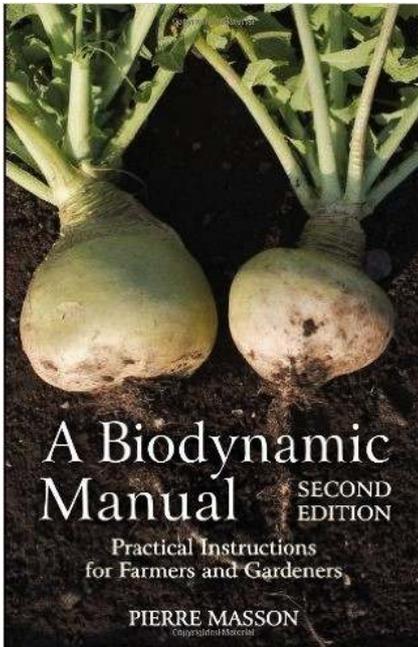
**Planetary Influences Upon Plants**

**By Ernst Michael Kranich**

**\$30.00**

One of the fundamental concepts of biodynamic agriculture is how the sun, moon and planets work through calcium and silica in the growth of plants. Ernst Michael Kranich's book describes the growth patterns, leaf placements, and flower forms of different plant families and how they are clearly connected to the same rhythmical activity of specific planets. With this study, readers can enlarge their perceptions of nature.

Many examples and drawings are included, illustrating the connections between the orbital paths of planets and the shapes found in particular plants.

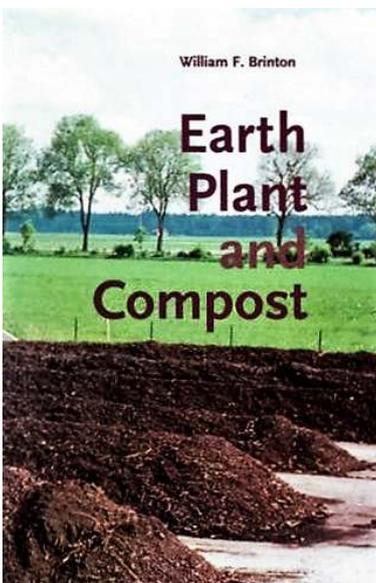


**A Biodynamic Manual: Practical Instructions for Farmers and Gardeners (2nd Edition)**

**By Pierre Masson**

**\$30.00**

“The definitive practical manual for biodynamic farmers and gardeners, with a section on viticulture.”



**Earth Plant and Compost**

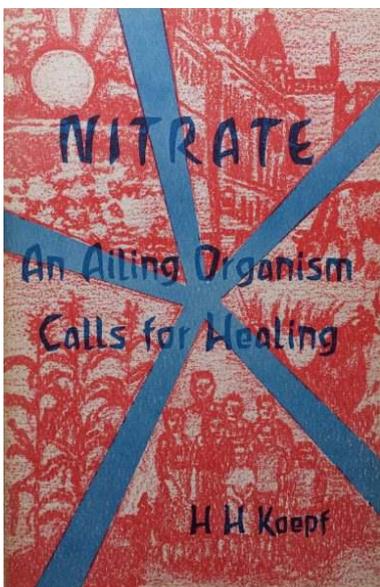
**By William F. Brinton**

**\$30.00**

This book offers a concise overview of the principles and main practices of compost and composting. It includes sections on source ingredients for compost, composting methods, evaluating compost quality, mulching, composting for kitchens and family gardens, and uses of compost.

Throughout, it explains any technical terminology, making this a great book for someone approaching composting for the first time.

It is illustrated with over 30 drawings and diagrams to help the reader understand the key points



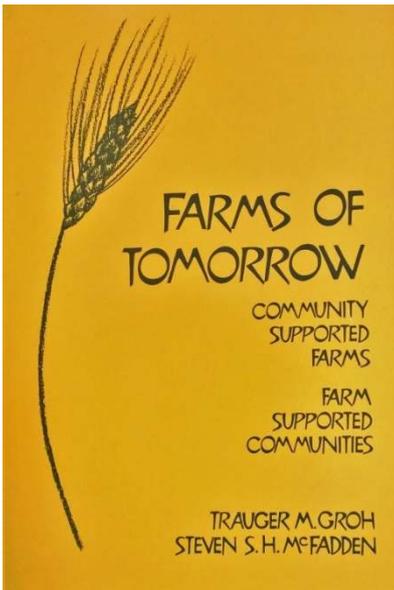
**Nitrate: An Ailing Organism Calls for Healing**

**By Herbert H. Koepf**

**\$7.00**

This book discusses the increased levels of nitrate in water supplies, animal feeds and food, and the impact it is having on our environment as a whole.

The two main sources of excessive nitrates in our ecosystems are chemical nitrogen fertilizers, and effluent from residential areas. In this informative booklet, Dr Koepf assesses the specific problems facing farmers and gardeners.



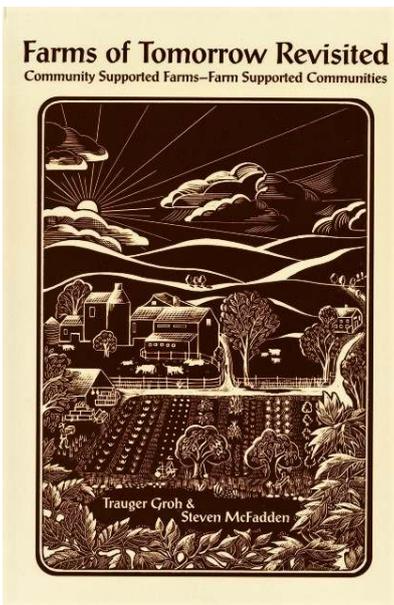
## **Farms of Tomorrow: Community-Supported Farms—Farm-Supported Communities**

**By Trauger Groh, Steven McFadden**

**\$34.00**

In this book, the authors weave together an exploration of the simple, yet elegant theory of CSA (Community Supported Agriculture), and examples of over seven farms and communities that have embraced this approach.

The book offers profound insight into the conditions that make CSAs such a positive and hope-filled alternative as we enter the 1990s. It also includes lists of resources and contacts so readers who are interested can initiate CSAs in their own communities



## **Farms of Tomorrow Revisited Community-Supported Farms—Farm-Supported Communities**

**By Trauger Groh, Steven McFadden**

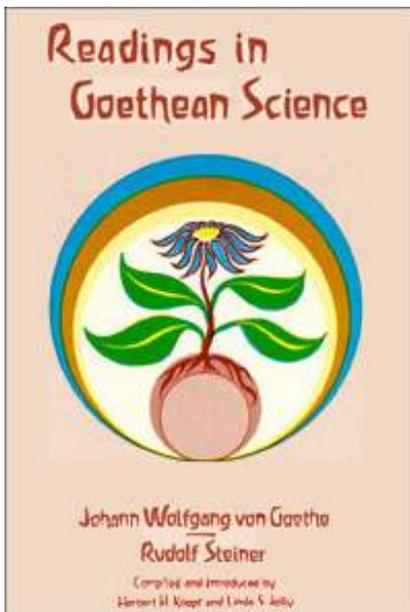
**\$38.00**

This timely sequel to the popular inspirational blueprint for Community Supported Agriculture (CSA) is set to guide this rapidly growing movement to the next stage of its development. The authors provide very practical examples and information that will be of service to growers and shareholders alike without losing sight of the heart and excitement that makes CSA central to the renewal of agriculture.

Added to the material from the original edition are two new essays by Trauger Groh dealing with the economic, legal and spiritual questions surrounding the CSA movement, and the role of domestic animals on CSA farms, while Steven McFadden contributes several new pieces on the context and scope of community farms. New profiles of five farms are included, and the farm "biographies" from the 1990 first edition are

reprinted and updated with reports on their present situations and lessons learned during the intervening years.

Expanded appendices provide suggestions for starting CSA farms, look at the issues surrounding the acquisition and holding of land, illustrate sample farm prospects and budgets, and offer lengthy lists of resources and suggestions for additional reading.

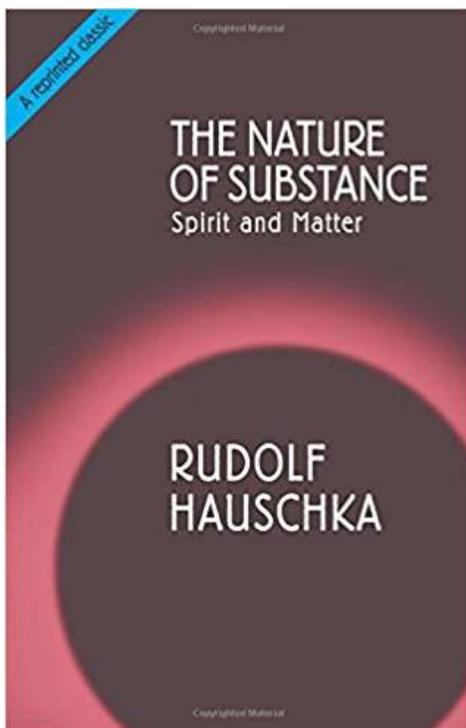


## Readings in Goethean Science By Rudolf Steiner, Johann von Goethe

**\$10.00**

An introduction to Goethe's natural scientific writings, this book provides an alternative approach to "a science of living nature," one that goes beyond simple numbers and measurements. Goethe's development of morphological thought is a disciplined methodology that provides such an alternative.

Through such observation, we can begin to see the essence of living nature. Rudolf Steiner derived his theory of knowledge from Goethe's practice of natural science – and hence our understanding of biodynamic agriculture is tied to Goethe's approach. This book contains five writings by Goethe, as well as two by Rudolf Steiner.



## The Nature of Substance: Spirit and Matter By Rudolf Hauschka

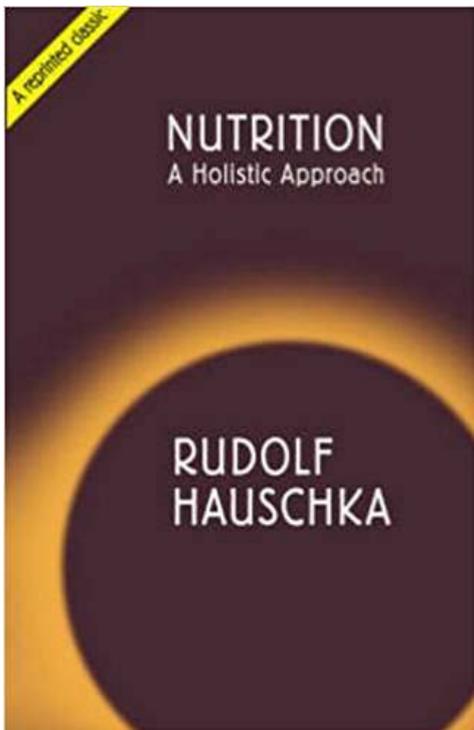
**\$35.00**

Within conventional science, the reductionist, materialist view asserts that matter is solely physical. Hauschka shows that open-minded study, based on qualitative observation and quantitative research, can overcome this now standardized view. Without denying the laws of matter, he shows the limitations of a science restricted by them, and points to new research that indicates the primal nature of spirit.

This classic work, reprinted in its original form, is the result of Dr Hauschka's many years' research at the Ita Wegman Clinic in Arlesheim, Switzerland. Through decades of experimentation he came to radical conclusions that suggested potential new directions for science. This book includes the detailed results of Hauschka's experiments—although his approach is not restricted to measurement and outer observation. Based on the work of Goethe and Steiner, he encourages a method of seeing nature that has an artistic quality, and calls for direct experience rather than intellectual theorizing.

*The Nature of Substance* is generally accessible. The author deliberately avoids technical terms and academic style in favor of vivid descriptions and lively discussions. His fascinating study takes in many substances, with chapters on plants, animals, oils, proteins, carbohydrates, vitamins, minerals, metals, carbon, oxygen, poisons, high dilutions, and much more.

This book is a companion volume to the author's other work, *Nutrition*.



## **Nutrition: A Holistic Approach By Rudolf Hauschka**

**\$32.00**

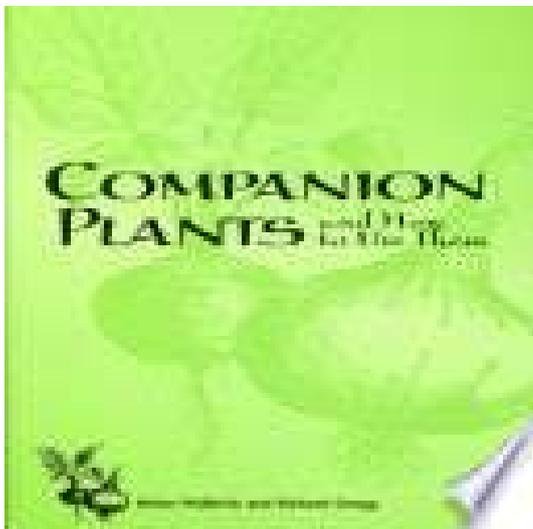
Today's understanding of nutrition is based largely on physical, chemical considerations and analysis. Hauschka takes a radically different approach, viewing matter—and food in particular—as having a spiritual aspect. From this holistic perspective he presents a new, practical approach to nutrition.

his classic work is the result of Dr Hauschka's many years' research at the Ita Wegman Clinic in Arlesheim, Switzerland. Through active experimentation, Hauschka found fresh insight into the principles of digestion, which enabled him to evolve a system of nutrition suitable for the present day.

In an age of mass food production, Hauschka considers one of the most neglected aspects of nutrition—food quality. He discusses aspects of food that can be measured by conventional scientific means, as well as aspects that defy quantification by the usual methods. He relates these findings to a historical survey of food cultivation, preparation, and preservation, as well as to the question of today's chemically treated foods.

In the present climate of food scares and concerns—BSE, foot and mouth disease, genetic modification, chemical poisoning, etc—Hauschka's book takes on a new relevance, adding a significant contribution to the current debate. Also included are concise dietary suggestions by Dr Margarethe Hauschka for healthy as well as sick people.

This book is a companion volume to the author's other work, *The Nature of Substance*.



## **Companion Plants and How to Use Them By Helen Philbrick and Richard B Gregg**

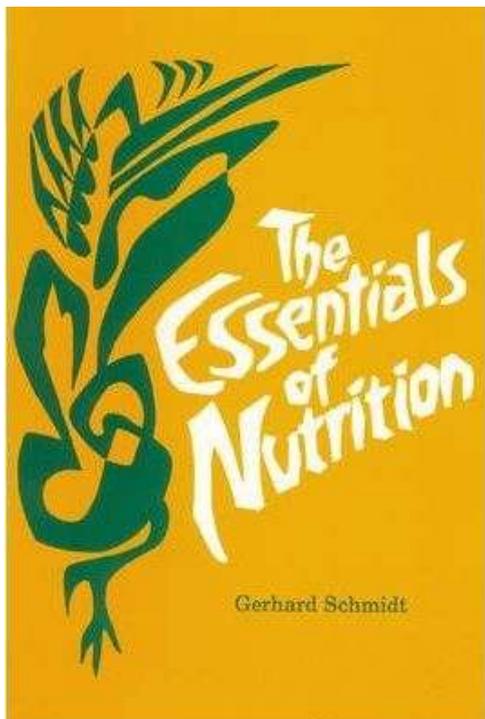
**\$28.00**

This book is a pioneering work on one of the least understood aspects of ecology — the curious phenomenon by which particular plants thrive in the presence of certain species and do poorly in the company of others. The observation of these relationships stimulates imagination and sensitiveness of observation to other living relationships and thereby opens new doors to further understanding of the world of nature.

Every gardener and farmer could benefit from having Companion Plants as a reference guide. History: This publication represents the work done by Richard Gregg, who used the garden of Evelyn Speiden to conduct certain experiments. A pamphlet resulted, which was published by the Biodynamic Farming and Gardening Association. This book, originally published in 1966, includes that material. It also includes the work of the late Dr. Ehrenfried Pfeiffer, one of the pioneers of biodynamic agriculture, in the fields of sensitive crystallization and chromatography.

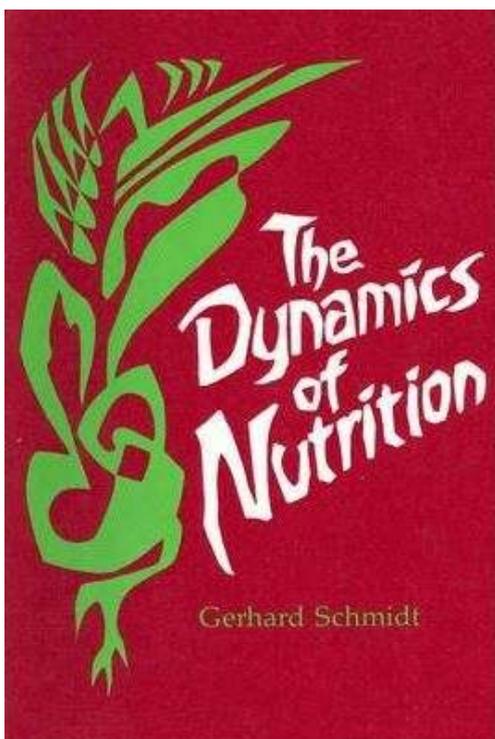
**The Essentials of Nutrition  
By Gerhard Schmidt**

**\$28.00**



This book is the sequel to "Dynamics of Nutrition" by Gerhard Schmidt, M.D., and builds upon the same purpose: to help us develop a new conception of nutrition through a new view of humanity and the world. Guided by the spiritual science of Rudolf Steiner, Schmidt strives to open up a more realistic view of the nutrition field, building upon the insights of his prior book to discuss nutrition in actual practice.

This topic remains critically important, with more and more people recognizing the need to look beyond the modern nutritional dogma.



**Dynamics of Nutrition: The Impulse of Rudolf Steiner's  
Spiritual Science for a New Nutritional Hygiene  
By Gerhard Schmidt**

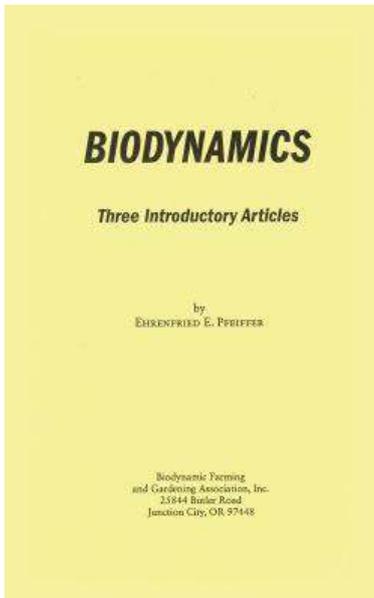
**\$28.00**

Drawing on research and Rudolf Steiner's Spiritual Science, this book by Gerhard Schmidt, M.D. looks at nutrition, offering a new dynamic view of humanity and the world -- and of food as a community-building force. Concerned with the problems resulting from the modern viewpoint of nutrition and the research of modern science, this book examines the fundamental and general aspects of nutrition.

Schmidt makes the case that continued healthy human development will require us to re-conceptualize our understandings of nutrition, to find "a new light of consciousness to illumine our conception."

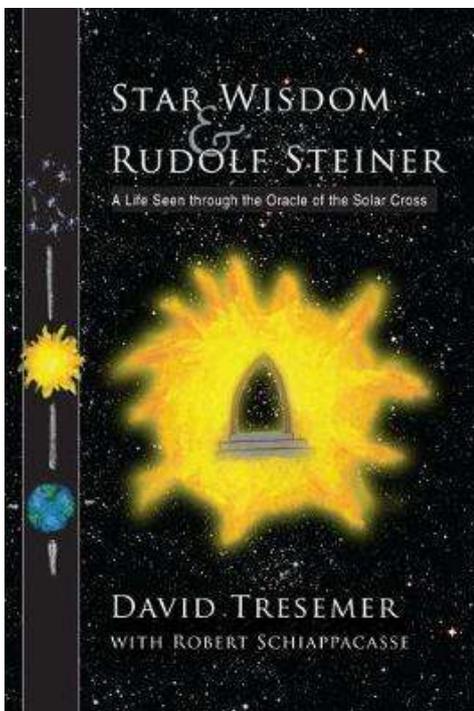
Topics include: Basic questions of nutrition Nutritional research through Steiner's Spiritual Science What is the purpose of nutrition. General aspects of the physiology of nutrition Smell and taste: spices and aromatic substances Rhythm in nutrition; Raw and

cooked foods Foods -- dietary substances -- medicinal substances Nutrition from the realm of plants, nutrition from the realm of animals Nutrition and spiritual life Nutrition and soul life Community-building through the meal The history of human nutrition The development of nutrition in the age of technology



**Biodynamics: Three Introductory Articles  
By Ehrenfried Pfeiffer**

**\$10.00**



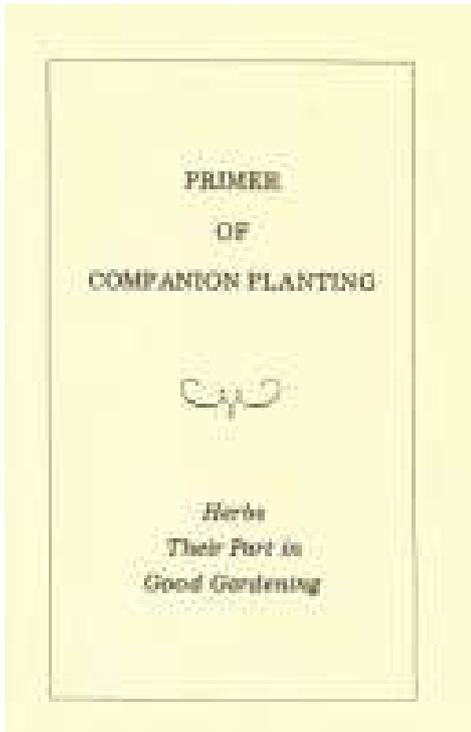
**Star Wisdom and Rudolf Steiner: A Life Seen Through the  
Oracle of the Solar Cross  
By David Tresemer & Robert Schiappacasse**

**\$38.00**

A gift was given you at your first breath--have you opened it? It came from the stars and impressed itself into you at your most vulnerable moment.

In this introduction to astrosophy, or star wisdom, a science with ancient roots and modern relevance, David Tresemer shows how the patterns written in the heavens influence a person's life. Taking as an example the remarkable life of Rudolf Steiner, Tresemer demonstrates the Oracle of the Solar Cross, whose four points interact throughout each of our lives to shape opportunities and challenges that our souls must face. Steiner spoke often of the "starry script" and hinted that, whereas its patterns impress themselves upon the human psyche, we can also influence this heavenly text, altering it in service of the continued development of humanity. Through

stories from the life and examples from the work of Steiner as well as the "Star Brothers and Sisters" who share aspects of his Solar Cross, Tresemer illuminates this truth. Rich in art and anecdote, this groundbreaking book gives insight into the foundations of Anthroposophy and shows how great acts, feelings, and thoughts by human beings on Earth shine out and impress their patterns into the cosmos.

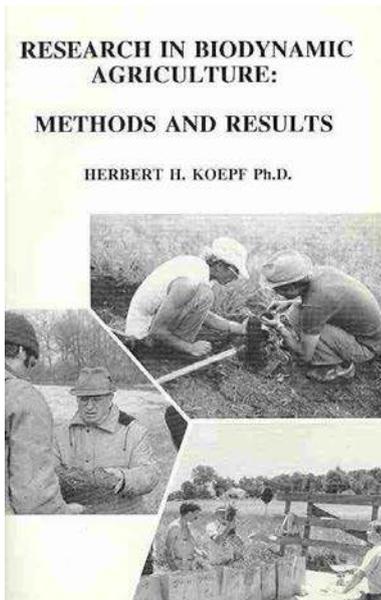


## **Primer of Companion Planting: Herbs, Their Part in Good Gardening Pamphlet**

**By Richard B. Gregg & Evelyn Speiden Gregg**

**\$10.00**

Over many years, people have observed that certain plants seem to affect, favourably or unfavourably, other plants growing near them. The quality of food and flowers can be improved by the use of 'companion plants', and disease reduced. This little pamphlet is a quick guide to companion planting and lists plants which help each other in the garden, the field, the orchard and the forest, as well as those which harm each other, those which attract helpful insects and those which repel harmful insects. There is also a short essay by Evelyn Speiden Gregg specifically on what herbs can do for a garden.

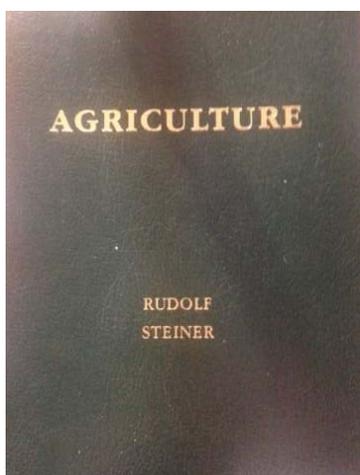


## **Research in biodynamic agriculture**

**Herbert Koepf**

**\$20.00**

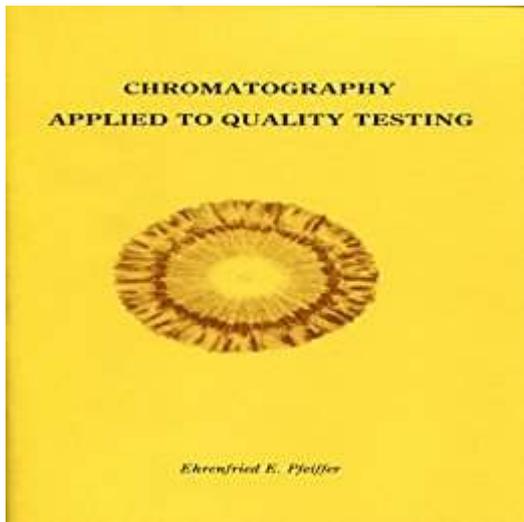
This pamphlet is an expanded version of a talk given by Dr Herbert Koepf in 1991 to the Research Committee of the Biodynamic Farming and Gardening Association.



## **Agriculture**

**By Rudolf Steiner**

**\$38.00**



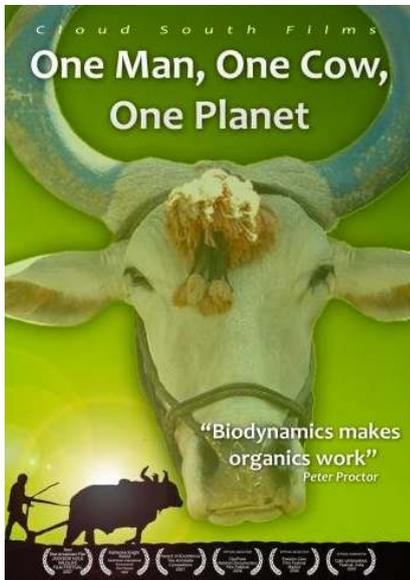
## Chromatography Applied to Quality Testing By Ehrenfried Pfeiffer

**\$18.00**

"This very useful booklet is packed with information about using chromatography. Many examples are given of tests and trials to determine the quality of soils and compost, but also of select crop plants. This classic is an informative and scientific work by Ehrenfried Pfeiffer, an early biodynamic pioneer.

A critical part of the serious biodynamic practitioner's library. Color chromatograms help the reader visualize the application. Contents include: The art and science of composting A qualitative chromatographic method for the determination of biological factors Studies of vitamin preparations

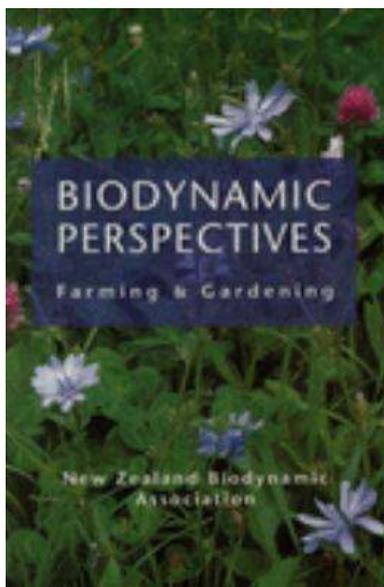
Chromatograms of grain and flour"



## FILM – One Man One Cow One Planet - How to Save the World - Biodynamic Agriculture & Farming

**\$30.00**

One Man, One Cow, One Planet follows Peter Proctor, New Zealand's father of biodynamics along the back roads of rural India, revealing the miracle of organics and the farmers who are reclaiming their agricultural heritage.

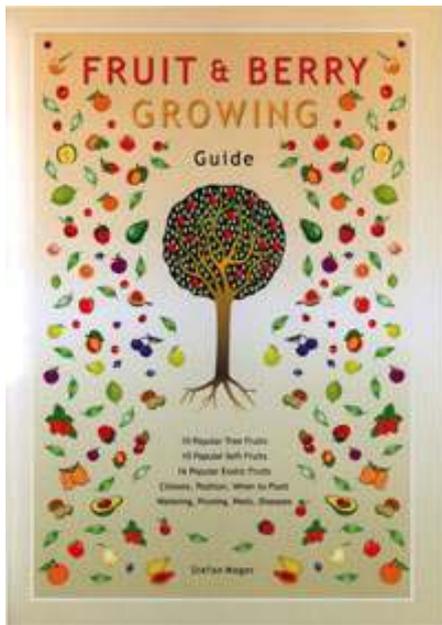


## Biodynamic Perspectives: Farming and Gardening Paperback – 2001

Gita Henderson

**\$35.00**

BIODYNAMIC PERSPECTIVES is a collection of articles published in the Bio Dynamic Association newsletter, examining many aspects of biodynamic farming and gardening. These articles will form an ideal reference work for biodynamic farmers and those people interested to learn more about biodynamic farming. This book builds on the work BIODYNAMICS, NEW DIRECTIONS FOR FARMING AND GARDENING IN NZ, first published by Century Hutchinson in 1989. This new book is not an introduction to the topic and includes useful information with a wider application than is found in the earlier work. An outline of topics: Soils, Fertility (manures etc.), Weeds, Water, Animal Husbandry, Fruit Trees, Trees, Home Gardening, Pests and Diseases, Astronomy, Philosophy/Ecology, Associations/Distributors.

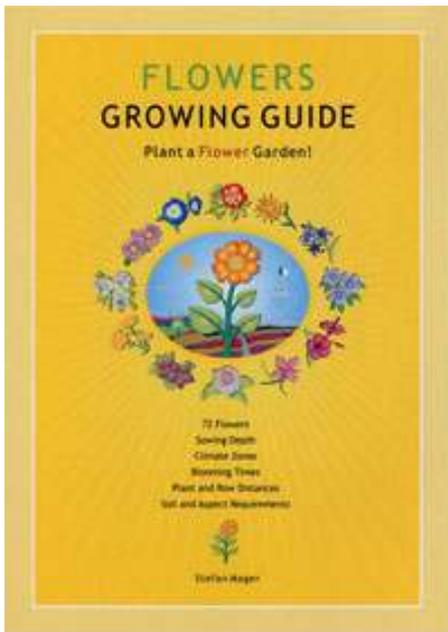


**FRUIT and BERRY  
Growing Guide  
by STEFAN MAGER  
\$12.00**

New laminated fold-out chart. Approx A4 size when closed, unfolds to 8 x A4 pages, measures 78 x 28 when fully open.

The *Fruit and Berry Guide* features 36 popular fruits - 10 tree fruits, 10 soft fruits and 16 exotic fruits. It gives information on climate, position, when and how to plant, water requirements, pruning and how to manage pests and diseases.

Tree fruits include apples, apricots, cherry, citrus, fig, mulberry, peach/nectarine, pear, plum and quince. Soft fruits include black current, blueberry, cranberry, gooseberry, grapes, kiwi fruit, loganberry, melon, raspberry and strawberry. Exotic fruits include: avocado, banana, guava, loquat, lychee, mango, olives, passionfruit, pawpaw, papaya, persimmon, pineapple, pomegranate, sapote and tamarillo. There is also a section on soil, drainage, compost, mulch and soil pH. This guide is an excellent resource for all keen gardeners.

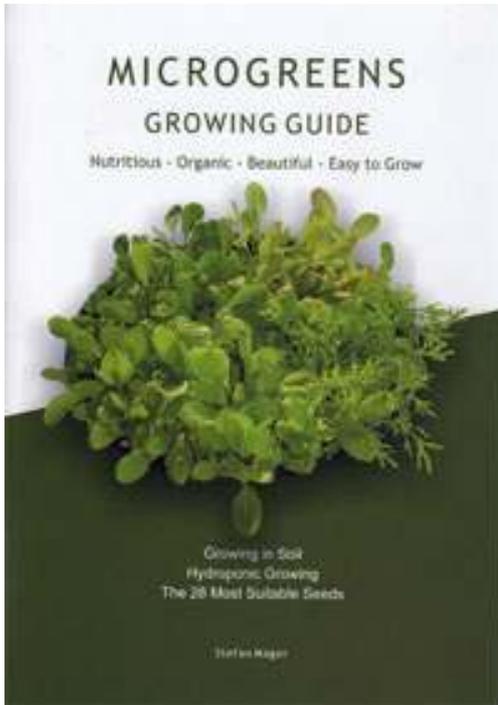


**FLOWERS  
Growing Guide  
by STEFAN MAGER  
\$12.00**

New laminated fold-out chart. Approx A4 size when closed, unfolds to 8 x A4 pages, measures 78 x 28 when fully open.

The *Flowers Guide* features 72 delightful flowers that can be grown in the home flower garden. Knowing what to grow, where and when will make the garden more beautiful and enjoyable. The important information is provided in a format that even a novice gardener can follow easily. With a little bit of effort it is possible to grow flowers throughout the year.

Includes information on seed sowing depth, climate zones of Australia and New Zealand, blooming times, plant and row distances, soil and aspect requirements.

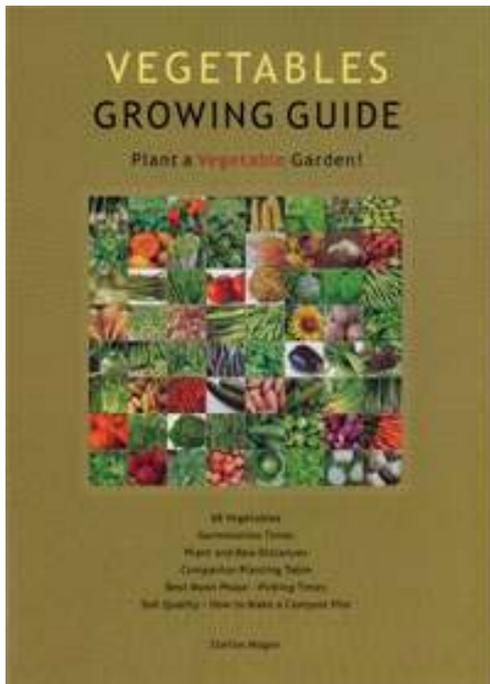


**MICROGREENS**  
**Growing Guide**  
 by **STEFAN MAGER**  
**\$12.00**

New laminated fold-out chart. Approx A4 size when closed, unfolds to 8 x A4 pages, measures 78 x 28 when fully open.

Microgreens have been found to contain high levels of all the goodness that one looks for in nutrition. This guide provides all the information you need to start growing and harvesting your own microgreens within weeks. Microgreens are a new way of producing food. Home-grown microgreens are a 'functional food' which combines superior nutritional values with beauty and the pride of nurturing your own healthy greens.

This guide provides the information in an easy-to-follow format. It features the 28 most suitable seeds, sowing and growing them in soil or hydroponically, harvesting timelines and how to harvest, suitable locations, containers, soil types & temperatures, regional information, using in cooking.

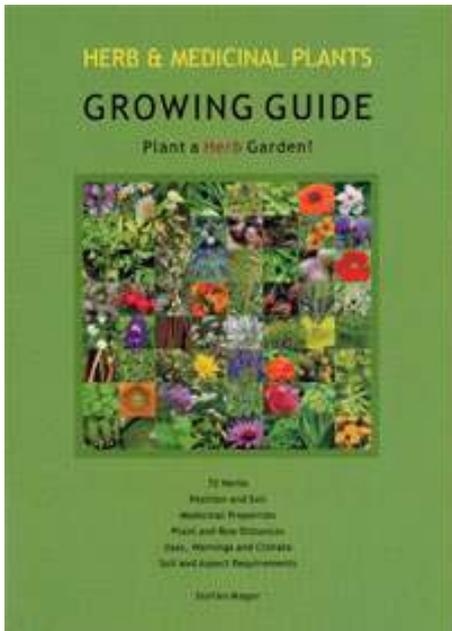


**VEGETABLES**  
**Growing Guide**  
 by **STEFAN MAGER**  
**\$12.00**

New laminated fold-out chart. Approx A4 size when closed, unfolds to 8 x A4 pages, measures 78 x 28 when fully open.

This guide lists 68 popular vegetables and sorts them in to alphabetical tables for the four climate regions of Australia and New Zealand, with information on how to sow, sowing depth, germination time, row and plant distance, planting moon and the time from germination to harvest in weeks. The guide also has good information about moon planting, companion planting, understanding soil structure, compost and ten useful considerations for the vegetable garden.

Knowing what to grow, where and when to grow it will make your vegetable garden even more productive, and this guide provides the information in an easy-to-follow format



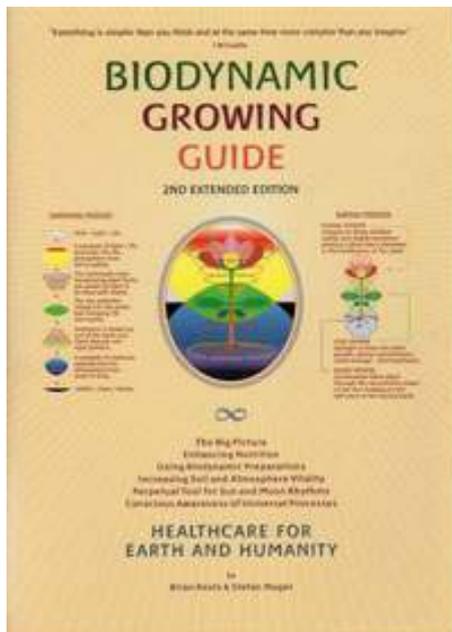
**HERB and MEDICINAL PLANTS  
Growing Guide  
by STEFAN MAGER**  
**\$12.00**

New laminated fold-out chart. Approx A4 size when closed, unfolds to 8 x A4 pages, measures 78 x 28 when fully open.

The *Herb and Medicinal Plants Guide* features 72 useful herbs, most of which can be grown in the home herb garden. Knowing what to grow, where and when will make the garden more productive and enjoyable. All the important information is provided in a format that even a novice gardener can follow easily. With a little effort it is possible to grow herbs throughout the year.

Provides information about planting position and soil, medicinal properties, plant and row distances, uses, warnings, climate regions of Australia and New Zealand, soil and aspect requirements.

With 10 useful considerations for the herb garden.



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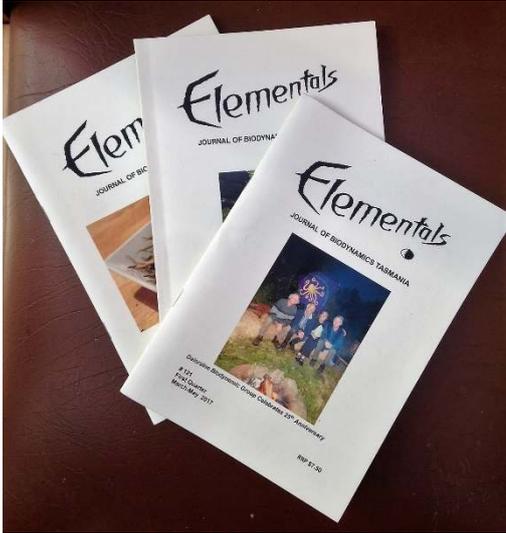
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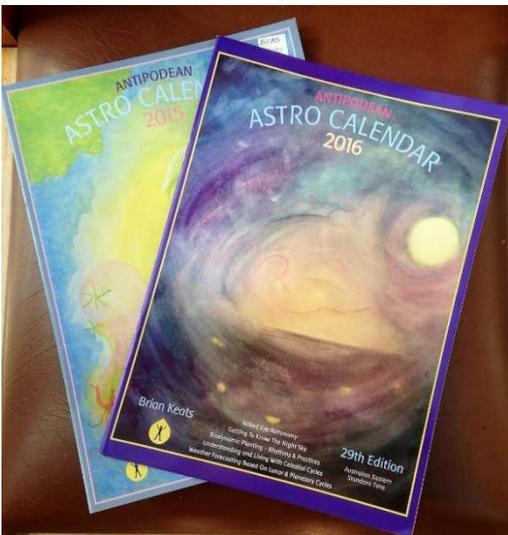
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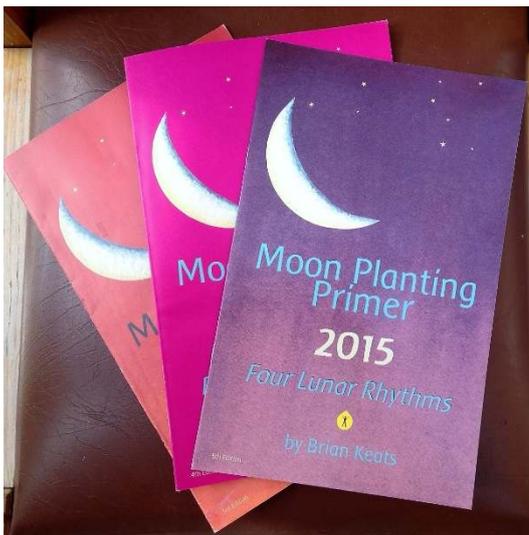
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