

Biodynamics Track

2015 NOFA Summer Conference

The workshops in this track present approaches to soil fertility, herbal care, and human health, based on principles of Biodynamics. *See listing below.*

NOFA
Northeast Organic Farming Association
41st Annual Summer Conference



August 14-16, 2015
University of Massachusetts Amherst, MA

What else is going this year?

- *** [Check out this 3 minute video to learn what this conference is all about!](#)
- **144 WORKSHOPS for adults:** Find complete listings of this year's workshop on organic farming, gardening and land care, homesteading, nutrition, food politics, food politics, and more [organized by CATEGORY here](#) OR [organized by TIME SLOT here](#).
- **FIVE PRE-CONFERENCE INTENSIVE SEMINARS:** On Friday, August 14, there will be [five simultaneous seminars](#) on these topics: 1) Healing Your Body with the GAPS Nutritional Protocol; 2) Creating Herbal Remedies for Digestive Wellness; 3) Carbon Farming: Regenerative Agriculture for the Climate; 4) Pastured Poultry: From Brooder to Bag; 5) Becoming a Backyard Beekeeper
- **OTHER EVENTS:** 100+ [exhibitors](#) from all over the Northeast, workshops and activities for teens and children, an afternoon fair with farm animals, [live music and dances](#), and an ALL-LOCAL dinner. Stay on campus in the dorms or camp in a tent under the stars.
- **KEYNOTE PROGRAMS:**
 - Friday Night, August 14 – [Keynote Address by Dr. Natasha Campbell-McBride.](#)
 - Saturday Night, August 15 – [Keynote Address by Ronnie Cummins.](#)

Register Now!

*** Register by July 17, 2015 and get a \$20 discount.

1) Biodynamic Herbs and Preparations **BD Track** *All levels*

Campus Center 163C

Friday, August 14, 2:00-3:30PM

Deb Soule: Herbalist, educator, biodynamic gardener, and founder of Avena Botanicals.

The biodynamic preparation herbs, such as yarrow, chamomile, and valerian, have been used as medicine by herbalists for a long time. I will discuss the medicinal qualities, herbal actions, and healing gifts of each plant, along with how to grow and prepare them into teas, tinctures, and flower essences.

35) Working with the Fourfold Path to Healing **BD Track** *All Levels*

Campus Center 911-15

Friday, August 14, 4:00-5:30PM

Beth Ingham: Spacial Dynamics® Level 2 practitioner, Certified Nutritionist, Educator and farmer.

The Fourfold Path to Healing by Dr. Tom Cowan introduces Rudolf Steiner's teaching that the human being has four "bodies" or spheres of activity: nutrition, therapeutics, movement, and meditation. Good health is enjoyed when all four spheres are in harmony and balance. We'll do several simple Spacial Dynamics® exercises.

65) Biodynamic Approach to Soil Health **BD Track** *All levels*

Campus Center 804-08

Saturday, August 15, 10:00-11:30AM

Mac Mead: Director, The Pfeiffer Center; 40 years experience in biodynamic farming.

I will cover specific measures essential in developing soil health efficiently in the whole farm organism, including: diversity of plant and animal life, producing high quality compost and potting soil, raised bed systems (for hand, horse, and tractor work), cover crops, and use of the biodynamic preparations.

101) Inner and Outer Gesture of Composting: A Biodynamic Approach **BD Track** *All levels*

Campus Center 811-15

Saturday, August 15, 1:00-2:30PM

Bruno Follador: Director of the Living Soils project at The Nature Institute.

In this workshop, we will cover the practical and technical details of biodynamic composting. In addition, we will explore how we can develop a qualitative understanding of the dynamic processes in the compost pile, and consider the significance of compost in the whole farm organism.

120) Local Medicine Communities **BD Track** *Beginner*

Campus Center 917

Sunday, August 16, 8:00-9:30AM

Dawn Combs: Internationally published author and contributor, ethnobotanist, herbalist and herbal educator.

“Buy Local” has influenced local food choices, so why shouldn’t we expect healthcare solutions grown and created in our own communities? Learn how to create local health communities and learn some basic healthcare techniques that can feature common medicinals and make your health choices local.

151) Soil Health & the Connection to Human Fertility **BD Track** *Intermediate*

Campus Center 917

Sunday, August 16, 10:00-11:30AM

Dawn Combs: Internationally published author and contributor, ethnobotanist, herbalist and herbal educator.

Soil fertility and human fertility are strongly linked. Drawing on my own experience of overcoming infertility, I will discuss how the soil health philosophies of biodynamic farming help us address the nutritional deficiencies and imbalances at the root of both kinds of infertility rather than merely treating symptoms.

164) Creating Healing Plant Gardens **BD Track** *All levels*

Campus Center 163C

Sunday, August 16, 1:00-2:30PM

Jean-David Derreumaux: Have worked many years with biodynamic farming and healing gardens.

I’ll present about the multiple ways plants can heal from a biodynamic perspective. Participants will learn an adaptable approach for creating gardens that integrate the healing potential of plants, soil, landscape, people, and herbal products in therapeutic settings.