

SOUTHWEST BIODYNAMIC GROUP

SPRING NEWSLETTER 2023



The First Dandelion

Simple and fresh and fair from winter's close emerging,
As if no artifice of fashion, business, politics, had ever been,
Forth from its sunny nook of shelter'd grass—innocent, golden, calm as the dawn,
The spring's first dandelion shows its trustful face.

By Walt Whitman

The dandelion is the basis of compost preparation 506. As a plant it is ruled by Jupiter. It is a vital source of silica and when prepared and put in the compost heap it helps makes silica available to plants.

There is a group of members who collect and prepare the BD preparations at various time of year. If you are interested in this side of the work, then please contact Sarah Pank rivermardleweaving@googlemail.com.

The group is currently planning a late Spring Gathering at which we will dig up some of the preparations buried in the Autumn. Please look out for an email with date and venue.

From the Treasurer:

Below is a summary of the accounts of the group for the past two years.

1.3.21 – 28.2.22

Total Income
from subscriptions & donations – **£662.40**

Expenditure	Newsletter –	566.70
	Preparations –	146.89
	Website domain -	51.00
	Grant	<u>50.00</u>
Total Expenditure –		<u>£814.59</u>

A loss of -£192.19.

In account on 1.3.21 - £640.63

In account 28.2.22 - £488.44

1.3.22 – 28.2.23

Total income
from subscriptions & donations – **£600**

Expenditure	Newsletter -	642.64
	Preparations	267.66
	Website Domain	51.00
	Grants	<u>0</u>
Total Expenditure –		<u>£961.30</u>

A loss of -£361.30

In account 1.3.22 - £488.44

In account 28.2.23 - £127.14

Before 2021 we had accrued a surplus. Since then our expenditure increased mainly because we have been purchasing items from The Biodynamic Agriculture Association for making the preparations. Previously we used to acquire items from local farmers and butchers. Also membership numbers have decreased.

A few of us are planning a late Spring gathering for the Group at which we will have a short AGM and hopefully discuss ways of increasing membership and/or cutting costs. Please look out for an email with details of date and venue. Diana White

South West Biodynamic Group

The South Devon Biodynamic Group's purpose is to inform those interested in BD methods of gardening and farming of what is happening in the area. As a member you receive

- A quarterly newsletters and seasonal gatherings where we make the biodynamic preparations. These are then made available to members free of charge.
- A library of Biodynamic books kept at The Apricot Centre.

We charge an annual subscription of £15 per person and £20 for a couple. We offer a concession of £10 a year if needed. Sort Code 20-60-88 Acc. No. 13509680 South West Biodynamic Group

Preparations are available from Whites Farm, Lower Dean, Buckfastleigh.TQ11 OLS. .Contact Denise deniselaurenj@icloud.com

If you wish to join, please contact Diana White (Treasurer) at dianawhite35@hotmail.com or write to 12 Apple Wharf, The Plains, Totnes, TQ9 5QL07747398839

Seasonal recipe from The Biodynamic Cookbook by Wendy Cook.

Nettle Oat Cream Soup

Ingredients:

6 oz. 175g nettle tops (tender ones, picked in springtime) clean and dry
4 shallots, sliced
8oz/225g leeks, washed and sliced
3 sticks of celery. Finely sliced
3 cloves of garlic, minced
1 large onion, finely chopped
2oz/50g oat flakes soaked in ½ pt/275 ml cold milk
2 ½ pts/1.5 litres good stock
1oz/25g butter
2tbs olive oil
Nutmeg
Salt and Pepper

Method:

1. Soak the nettles in ¼ pint /150ml boiling stock for 5 minutes then whiz in a food processor till puréed.
2. Saute the onions, leeks and shallots and garlic in the butter and oil till translucent.
3. Add celery, 2 pints/1.2litres stock and whisk in the oats and milk and half the nettle purée. Cook gently till the vegetables are soft and the soup has the consistency of cream. Add a little grated nutmeg
4. Serve with a generous swirl of emerald green nettle purée and a splash of double cream if you like and garlic croutons. Or serve with crusty rolls and the award winning Cornish Yarg cheese.



From the Biodynamic Cookbook by Wendy Cook published by Clairview, recently reprinted.

Velwell Orchard - Volunteer morning are now up and running on Wednesdays. There's lots to do, sowing, planting, weeding, mulching. Contact Jeremy at velwellorchard@yahoo.co.uk if you'd like to come and get involved.

We will be running scythe courses for beginners and improvers throughout the summer, more info can be found here: <https://properedges.com/courses/>

Huxhams Cross Farm: Lots of events and courses.

Supper Club, run by Hannah on **the third Thursday of the month** at Huxhams Cross Farm. 6 pm to 8 pm. Cost £5 - £15 depending on means. Soft drinks will be provided but you can bring your own alcoholic drink if you wish.

Tickets from eventbrite.com/e/supper-club-tickets-611128901997 or see link in Events section of Apricot Centre website.

Saturday 13th May 2023 1-5pm BIOBLITZ – A fun afternoon of citizen science, appreciating and recording biodiversity at the heart of Dartington. There will be local experts and enthusiasts will be joined by Professor Bill Sutherland and Nicola Crockford from RSPB. Adults £5, children £2. Buy tickets shorturl.at/mvxQ8

Wednesday, May 24, 2023 9:00 AM to

Friday, May 26, 2023 5:00

ORFC (Oxford Real Farming Conference) in the field - Biodynamics and Permaculture Design at Huxhams Cross Farm

£150.00 for two days, including lunch (limited to 70 places)
Note: there is an optional day of farm visits on Friday, 26th May

Come and join leading practitioners for two days of hands-on workshops that explore how biodynamic principles and practice and permaculture design can be used at farm scale, and combined to create resilient, productive, financially viable farms that support biodiversity and serve the wider community.

Small groups, guided by leaders in their field, will have the opportunity to:

- Learn how to make and use biodynamic preparations with Briony Young from Tablehurst Farm
- Tour Huxhams Cross Farm with Marina O'Connell and learn how permaculture design has been mixed with the principles and practices of biodynamic farming
- Learn about deep observation methods for farm design and development with Claire Hattersley of Weleda and Bob Mehew from the Apricot Centre
- Explore how biodynamic principles and practices and permaculture design influence livestock management systems

There will also be the chance to hear talks from Director of the BDA, Gabriel Kaye; taste biodynamic wines and spirits with Limeburn Hill Biodynamic Vineyard; take a tour of Dartington Mill and the Almond Thief Bakery; and be introduced to the therapeutic and well-being work being carried at the Apricot Centre with children and families who work on the farm.

Following the workshops, there is an optional day of farm visits (Friday, 26th May) where you can see biodynamics and permaculture design in practice across the South West.

For more details and how to book see the Events section of the Apricot Centre Website

Open Farm Sunday - Sunday, June 11, 2023 11:00 AM 1:00 PM

Join us for our free Open Farm Sunday Tour. Apricot Centre Director, Bob Mehew will show you our regenerative farm which produces 100+ varieties of vegetables, fruits, herbs, grains and cut flowers, along with our social forestry area, wellbeing spaces and friendly cows.

Tickets are free but there are a limited number available so please book in advance using the Eventbrite link.

Source:: <https://www.eventbrite.com/e/open-farm-sunday-tickets-611051580727>

Apricot Centre CIC, Huxhams Cross Farm Rattery Lane, Dartington TQ9 6AAUK

Teign Greens Lower Ashton, EXETER, EX6 7QW

As we gear up for the new season, we desperately need more hands on deck! We need seed sowers, bed rakers, onion planters, dock diggers, bag packers, kale harvesters and helpers for all sorts of jobs in the garden. No gardening experience necessary and you don't need to be a member to come along.

Our next Spring Saturday volunteer day will be taking place on **Saturday 13th May. Timings are from 9:30-1pm**, with a tea and flapjack break at 11ish. Anyone is welcome to drop in (yes, we mean kids too!) and we'll get stuck into seasonal farm jobs like weeding, sowing, composting or dock digging. Wear clothes suitable for the weather that you don't mind getting mucky. Warm glow guaranteed! It's helpful if you give us a heads up that you're planning on coming, so that we can look out for you (and know how many flapjacks we'll need!)

If Saturday doesn't suit, or if you're looking for something more regular, come and join for our **weekly Tuesday volunteering day, 9-4pm** where we pick and pack veg all morning and then help out with jobs on the land in the afternoon. If you have any questions, or would like to come along, just get in touch via phone or email and we can explain how it all works. See Volunteer section on website teingreens.co.uk or email teingreens@gmail.com
Spring and Summer really is the best time to get into the garden, with all the promise of the new season ahead of us (and plenty of delicious veg to take home with you too!).



BIODYNAMIC PRODUCE FOR SALE

BIODYNAMIC WHEAT FOR SALE SPRING WHEAT, Miluka variety, harvested Sept 2022, available in 25kg paper bags at £10 per bag or 500kg dumpy bags at £400 per tonne. I am told Miluka is good for baking.

and

BIODYNAMIC BEEF from our freezer from our biodynamic South Devons, various cuts and joints but all the sirloin, rump and fillet steaks have been sold.

Please contact Tristan Bertie 07836 591 847

Lordswood Churchstow Kingsbridge

Or e-mail me at lordswood.biodynamics@btinternet.co

HEMP AND OTHER TINCTURES available (all home made)

The CBD tincture was made by Nick Read from the hemp grown at Dartington and is the only UK organically grown CBD.

Please see his web site for costs and purchasing information.

<http://www.englishhemp.co.uk>

GREENLIFE SHOP, TOTNES. 01803 866738. Some Demeter products, Biodynamically grown vegetables in season and Seed Cooperative organic open pollinated seeds.

TEIGN GREENS, OXEN PARK FARM, Lower Ashton, EXETER, EX6 7QW – in conversion to BD. Contact Tim Dickens for availability of produce. www.teingreens.co.uk

VEGETABLES FROM HUXHAMS CROSS FARM: We deliver weekly vegetable bags or boxes. The boxes contain Huxhams Cross Farm own produce as well as several small BD and organic growers who will be providing vegetables at certain times of the year. We can add eggs, flour fruit and water. You can order online at www.apricotcentre.co.uk.

Hapstead Farm Meat:

All produce from animals that are managed according to high welfare, organic, biodynamic regenerative farming principles. Contact Tobias Goulden about what is available. - Email: tobiasgoulden@yahoo.co.uk.

FRUIT JUICE CORDIALS for SALE - Contact Derek Lapworth on 01364 644010

All with organic apple juice--

All bottles are 500ml unless otherwise stated. At £6 per bottle

Elderflower Elderberry Rosehip Blackcurrant Sloe Wild Fruits
Mixed Fruit Sour Cherry Plum

I have stocks of most juices plus now hawthorn and autumn primrose ,

In 330 ml bottles are the following - - At £5 per bottle

Elderberry Elixir Sloe Elixir Sour Cherry Elixir Raspberry juice.

Please phone me for orders or knock on my door at no 10 Chapel Street, tel: 01364 644010

