

Spring 2012

Farming and Gardening for the Future



*Biodynamic Agriculture in
Southern Africa*

(Produced by the BDAASA)

Biodynamic Agricultural Association of Southern Africa



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Greetings from the Pollinator

Dear Reader

I wish I could adequately express what I have learnt since our last newsletter. I am continually exposed to possibly depressing information regarding agriculture like food insecurity, waste, genetic modification, the impact of chemicals on land, water, soil and workers not to mention the daily challenges that farmers face.

I continue, however, to be optimistic and excited about solutions and change and it meets me in the form of *the people* rather than information. The growers of healthy body, mind and soul as well as those who continue to apply their will and spirit in the way they work the living organism that is their land. With nutritious food being the link.

The Participatory Guarantee System (PGS) is a fantastic initiative that supports the connection of farmers and consumers and this is developing well in South Africa. Training and skills & knowledge transfer form part of this as well as the newly created Biodynamic Internship Programme.

The purpose of this document is to remind, inform, connect and hopefully inspire, but ultimately to share with those growers and consumers who do not have access to the internet and who thus cannot see and feel the energy and life of our Association online.

Would you like to contribute time and energy to the creation of the optimal biodynamic communications and connection tools? This Newsletter being one of them? What do you want and need to read about? Please contribute your solutions and initiatives. Help us make this document worth the paper it is printed on.

As always with wishes of fertility and great growth
Liesl and the Board of the BDAASA

IN MEMORIAM

Adriane Edwards

Adriane passed away on 31st January 2012. I met her at my first Biodynamic Conference in 2009 and we became instant friends. To me she was an ever present observer, asker of valuable questions, great dancer, brave and committed biodynamic farmer and loved dark chocolate as much as I do. With love from Liesl who learnt much from you, my friend.



Johann Myburgh

At the end of May this year, Johann passed. Thus we see the passing of another great and committed pioneer of organic agriculture in South Africa.

Kathy de Gersigny

Kathy was a member from when I started at BDAASA. She ordered the calendar annually and we shared correspondence about beehives and vegetables. I never met her, but was truly sorry to hear of her passing.

EVENTS

National Biodynamic Farmers' Conference: 28 June – 1 July, Camphill Hermanus (Fertility between Centre and Periphery)

The initial invitation to our 2012 annual conference included: We will be covering a deepening of our understanding of Biodynamic agriculture as given by Dr. Rudolph Steiner in 1924 (Cosmic influences on life, growth and maintenance of healthy organisms on our Planet Earth) as well as finding our relationship to other natural/organic/scientific farming practices. To find this we will be seeking to understand the collaborative working of the elements and their ether polarities which combine to effect growth and development of healthy plant life. Plant Life being central to and the basis of the existence of Man and Animal in the World.

This subject will be worked with in practical demonstrations, artistic contributions, lectures and participatory discussions plus of course celebrating and sharing Biodynamically grown meals. We are bringing in specialists in various fields of expertise so as to get a wide overview of the subject of what works from the Centre (Earth or individual farmer) outward and how this engages with that which comes in from the Periphery (Cosmos or total circumstances in which we find ourselves.)

"The Whole is more than the Sum of the Parts" W von Goethe

Camphill Resident Peter's report

For me, the conference started with name-games (bean bags) in front of the hall. Then, there was a talk about "Complementary systems & their relationship to BD" by Avice. All members of the conference walked up to the Chicken house. After this we prepared the preparation BD 501 in the cow pat pit. We took cow manure and egg shells and mixed it together with our hands. Then we also added basalt dust. We had a big drum and added the cow manure into it. We switched on the mixer and it revolved around. We also added the preparation BD 501. After supper I went to the hall to the library. There, we had a general discussion about biodynamic farming. The Saturday started very early in the morning at 7h30. We stirred the preparation BD 501 and then we used a pump with a handle to spray it on the fields. We were at the field above Melissa. Later the morning I

listened to Will's talk about Camphill Farm. We went to other fields ("Upper Rooikrans") and looked at the water system. In the afternoon, I went to a talk about Goethe and light. Then, we went to the top of Camphill (above Naledi), Ronnie also joined us. I met two Wendys again, who I already know from "Bloi Blommekis". I was very happy to see them both. I also met a lady called Ruth, who traveled a lot. She went to Ireland, Egypt, Australia, New Zealand, Peru (Machu Picchu) and Israel. She has a very generous aunt, who supported her with her travels. I am so impressed by her travels. Saturday night we had a talk about the stars, for example the "virgin", which was said in an amusing way. On Sunday, everybody left and I am still filled with so much warmth and love for all these people.

Thank you's after the Conference

"The more I reflect on the conference the more powerful it works in me. It was a solid piece of foundation for the future of BD in SA. Well done Avice, Liesl, and all who contributed, especially the beautiful folks at the Hermanus Camphill farm and kitchen. Wow, what a feast and what a truly loving space you created for us. Thank you. Rob Small"

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"Hallo person present before, during and after our recent Biodynamic Conference. I want to thank you for your presence and contributions. Some were intense and some gentle, but connections and impressions were most definitely made on all levels. I always wonder after such an event about the impact we have on each other. What it would look like, if we could somehow plot the ripples. I left with a deep sense of gratitude to have been within a community of people who share my understanding of biodynamics and who continue to inspire my growth."  
Liesl

### **2013 Biodynamic Conference: Goetheanum**

<http://www.sektion-landwirtschaft.org/Theme-of-the-Year-2012-13.4973.0.html?&L=1> Please have a look at the link herewith and consider your involvement: To actively encourage each other to take responsibility for bringing our unique biodynamic impulse into the world using our personal connections, regional partnerships and global networks.

**Fair's Biofarm National Biological Farming Forum**, Harrismith, 28-30 August 2012  
086 594 1975 / [info@sabiofarm.co.za](mailto:info@sabiofarm.co.za)

A feature of this Forum was that most of the speakers were hands-on South African biological farmers. They shared their achievements and their know-how and was backed by Neal Kinsey and other experts. If there is one word that can sum up how different this Forum was from those presented in the past, it is Holistic, i.e. harmonising diverse enterprises so that they become one unified farming system. The time has arrived to explore various components of livestock production and the integration thereof with crop production. The economics also needs to be spelt out; biological farming is all about farming sustainably and profitably. Low-cost pastures are not only the basis of profitable livestock production, they have a key role to play in improving the biological fertility of soil which, of course, results in higher levels of production at lower input costs. This Forum is designed to provide you with new knowledge, insights and know-how so that you will be able to flourish in your farming enterprise and be well positioned to deal with the challenges of the future.

Guest speaker - Neal Kinsey: *Insights into the man William Albrecht*

**Sustainable Farming Conference**, Houw Hoek Inn Conference Centre, 1 & 2 August 2012, 021 848 9434; 028 284 9646 / [marietjie@ecosoil.co.za](mailto:marietjie@ecosoil.co.za) (Marietjie Barnard)

The topics discussed were:

- The interaction between soil, plants, insects and microbes, and the effect they have on growth, production and quality
- Aspects determining soil fertility and how it can be improved.
- The way plants communicate with soil microbes.
- Methods to transform dead soil back to a healthy state.
- Changing the farm environment to be more conducive to beneficial insects.

The session was opened by prayer. "In order to switch off the brain and turn on the spirit."

**IFOAM Organic Animal Husbandry Conference**, Hamburg, Germany, 12-14 September 2012, [www.ifoam.org/animalhusbandry2012](http://www.ifoam.org/animalhusbandry2012), [events@ifoam.org](mailto:events@ifoam.org)

This conference presented the latest research, marketing trends and innovations in organic livestock systems and explore the future challenges of animal husbandry, e.g. climate change, food security, and animal welfare.

**Second African Organic Conference: “Mainstreaming Organic Agriculture in the African Development Agenda, Lusaka , 2nd-4th May 2012**

Helen van Zyl and Liesl Haasbroek directly represented the Biodynamic Association at this conference, attended by 289 participants from 34 countries. The Conference saw the formation of the African Organic Network (AfroNet) an umbrella African organic movement as well as the development of the Organic Agriculture Plan of Action for Africa under the auspices of the AU. The Southern Africa Network for Organic Development (SANOD) a regional organic network for Southern Africa was also formed.

Helen presented a talk called ‘An innovative training method for farmers and gardeners as initiated by the Biodynamic Agricultural Association of Southern Africa’ about our training programme.

BizAfrika made it possible for Liesl to attend and below is the feedback and thanks to them.

I would like to start by thanking you again for supporting my application for attending the 2<sup>nd</sup> African Organic Conference. I used the opportunity optimally on a variety of levels and am convinced that it was an investment in biodynamics for me to be there. (Staying at Lusaka Backpackers and sleeping next to the pool table after an overnight trip from Livingston was for my own account of life experience.)

The reasons I say this are:

- Helen and I met with the Department of Agriculture after a request to develop accredited biodynamic training

- We learnt about and met a strong biodynamic impulse in Zambia. We have a couple of old as well as new members and friends and this is to be supported with biodynamic preparations and training
- I represented the BDAASA in being a founding member of the Southern African Network of Organic Development
- The entire list of participants (300+) has been added to the mailing list and we have had 2 provisional bookings for the BD Conference from Kenya and 2 from Ghana
- Great connections were made – when people enquire about organic connections in Africa, we can advise. (Eg that happened last week: Do you have any contacts for organic agriculture in Ethiopia? Yes, Sue Edwards from the Sustainable Development Network in Addis Ababa)

The full report is available from Liesl at [info@bdaasa.org.za](mailto:info@bdaasa.org.za)

### **The African Food Security Urban Network (AFSUN) Development Workshop**

AFSUN invites you to join us for a two day capacity building workshop on Urban Food security awareness. The workshop will be held on the 28-29<sup>th</sup> of November at in Cape Town, and facilitated by Reos Partners.

The purpose of the workshop is to bring together international and national NGO's and community based organization working in the food security field to

- reflect on their current realities of food systems in African cities
- develop systemic insights on the urban food systems they are trying to understand and influence
- Gain practical facilitation techniques when working in more complex contexts

For more information or to confirm your attendance, please contact Dineo Ndlanzi on 0735859145, [ndlanzi@reospartners.com](mailto:ndlanzi@reospartners.com)

(The *African Food Security Urban Network (AFSUN)* is a network of African and Canadian organizations based at Queen's University and the University of Cape Town. AFSUN is funded by CIDA and dedicated to improving the food security of poor urban populations in Southern African cities.)

## **BIODYNAMIC TRAINING**

### **Biodynamic Training Circle 2012 Workshops**

We are proud to report back on a very well presented and attended series of six workshops based on the Agriculture Course of Rudolf Steiner (1924) offered by Howard Dobson (Environmental and Goethean Scientist).

Lecture titles were:

SOIL : The gift and sustainer

SPIRIT AND MATTER : The formative forces of nature.

FERTILITY OF THE LAND : Manure and Compost

THE BIODYNAMIC PREPARATIONS : Mystery and Reality.

THE WHOLENESS OF NATURE : Ecology and Connectedness

FOOD AND HEALTH : Nutrition and Consciousness

Helen van Zyl facilitated Goethean observation exercises which 'allow the farmer / gardener in you to develop a new qualitative understanding of living nature'.

*In order to reach our members and friends who could not attend these workshops, a series of recordings and notes will be available at the end of the year. If you are willing and capable of editing the recordings as well as compiling CD's with these and the notes, please let me know at [info@bdaasa.org.za](mailto:info@bdaasa.org.za)*

### **Blue Sky Organics Biodynamic Session Report by Wendy Crawford**

On Sunday the 9th of July I set off for the farm Blue Sky Organics to present a practical session of Biodynamic applications. I had my tool box packed full with the preps in it. A set of notes I had prepared for the 14 participants. My mind clear on the various ways in which I can share Biodynamics. And most of all a full and happy heart to feel like a bright agent for pragmatic and pertinent delivery of Biodynamic practices.

The winding dirt road out towards Van Wyksdorp allowed my soul to find inspiration in the geological forms, plant communities, water flows and ecology processes to be observed in this special valley below the Rooiberge.

My inspiration was fuelled by the sense of being so blessed to be a carrier of the special role that Biodynamic farming practices allows a human being to feel a part of. My mind settled confidently into what it is that I could impart to these participants of a composting course that I had not yet met. I could trust the nature of my working knowledge in Biodynamics and my ability to bring this knowledge into relevance for what their interest would allow for. After 30 km of dirt road I turned off to the farm where rows of happy olive trees were my greeting and then some boisterous cows.

The composting course had been in process for a day and my arrival time had been scheduled for their morning tea break. Introductions and a round to hear who they are and what they are busy with allowed me to understand who I would be working with in terms of sharing Biodynamics. 13 participants, mostly active farmers. A cup of olive leaf tea set me in good stead to stride out with the group to the site of action which was a series of some of the most gorgeous compost heaps I have had the pleasure to see- The composting technique used was superb- alternating layers of manure, semi hardwood prunings and dynamic accumulator plants (yarrow, comfrey, dandelion and other 'weedy' greens).

We inserted the preps talking about each one as we went. There was a good balance between discussing the actual making of the preps, the forces behind them as well as their physical action. This was quite a lot to cover. I had in the beginning of the session explained that there are different levels that one can understand Biodynamics through and that in fact it is a life time's work ... but that we would be able to have a broad sweep of it all in this one session. Within the group there were some who wanted to understand it from a scientific and purely physical point of view, whilst for others the spiritual understandings were easily grasped and the fact that there are forces behind substances. The stirring of the Valerian allowed us to learn about how the field sprays are potentised. A brief discussion followed on the importance of the Field Sprays 500 and 501. I then also discussed the Barrel Compost/Cow Pat Pit.

This ended the session and the group felt happy with the various levels of understanding that each one could accept; and armed with a good set of notes that they could go home and read.

Many participants came to thank me saying that for them Biodynamics had become accessible now and they felt excited and inspired by it.

One set of preps was sold and membership forms given to all the participants. A jovial lunch was shared with much local produce and of course gorgeous olive oil from Blue Sky Organics, as well as l`Gadi. (Yes! Gina and Ferdinand were participants on this course! And they were sprouting their excitement for Biodynamics, as well as telling everyone what a fantastic group of people there are - the conference had been only just the weekend before that).

So, all in all it felt like a triumphant day for the spirit and practice of Biodynamics. Liz was genuinely pleased with the session – and I felt a warm camaraderie. She is a powerful person in her networks of being able to be a business woman, an ambassador for sustainable farming, a political agent as well as a farmer. Hats off to Liz Eglinton!

Thank you BDAASA for making this session possible.

### **Marvelous Monty Waldin and new wave of biodynamic wine growing in South Africa by Nadia Sanetra**

In March BDAASA was proud to host two workshops by world renowned wine journalist, writer and consultant on biodynamic wine Monty Waldin. The first workshop held at Reyneke Wines in Stellenbosch was a roaring success. Participants were wide ranging in expertise. Among them representatives from WWF, owners of vineyards large and small, winemakers and vineyard managers.

The morning session began with the room buzzing in anticipation. Monty began by telling how he became interested in wine as a child while on a trip to Bordeaux to learn French. It was in France that he discovered a self sufficient way of farming that would go on to change his life. Biodynamics has taken Monty Waldin around the world showing farmers how this method can improve vineyard health and wine quality. He has also published the definitive text on the topic entitled the Biodynamic Wine Guide.

The workshop was filled with practical examples from Monty's work illustrating how the use of the biodynamic principles and preparations can contribute to quality grapes that when turned into wine truly reflects the place where it is grown. As more than one participant mentioned Monty showed that Biodynamics is easy to implement and that anyone can and should in his opinion have a go.

The day was ended on a spirited note with participants sharing their wines while reflecting on the day. The Reyneke team gave a practical demonstration on how to prepare Barrel Compost that boosts fertility the biodynamic way. Monty joined the group huddled around the Barrel Compost and shared some candid observations and this advice:

**The more chemicals that are used in the vineyard, the more corrective action is needed in the cellar. For Biodynamics to grow in Southern Africa communication and mentoring is needed in the farming community.**

*Monty Waldin's Biodynamic Wine-Growing Theory and Practice is available from the BDAASA office. The member price is R300. Contact Liesl at [info@bdaasa.org](mailto:info@bdaasa.org) / 0218813628*

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#### **Biodynamic Foundation Course DVD**

Received from Australia:

In the last 2 years the Biodynamic Education Centre has not been able to run a single Foundation Course because we have been unable to find enough people in one place to make it happen. As a result of this we have started to look at a project that has been in the background since 2009 in more earnest. This project is to convert the Foundation Course into a DVD so that it can be purchased and completed by anyone, anywhere without the need to get 10-15 people together to do it.

This project requires a significant amount of money that the business just cannot find at the moment so we have turned to a community funding website for help. The link to the campaign is <http://www.indiegogo.com/BiodynamicDVD> and we are asking people to donate money to this project to allow us to take Biodynamics to everyone who wants to learn about it.

All donations through the website will go towards the development of the DVD and larger donations attract rewards like, a copy of the textbook that is currently being assembled, and a copy of the DVD and a mention in the credits. We greatly appreciate any help you can give and hope that we can start to make this DVD a reality.

Yours Sincerely

**Cheyne Unwin**

*Administrator/Managing Director*

*Biodynamic Education Centre, [info@biodynamiceducation.com](mailto:info@biodynamiceducation.com)*

**A PRACTICE-BASED WORKSHOP for the DEVELOPMENT of ETHERIC and ASTRAL PERCEPTION (5 & 6 January 2013) lead by Frank Burdich**

Although everyone more or less has the ability to perceive etheric and astral forces, most people are not aware of this ability. This workshop will provide the opportunity for participants to broaden and deepen their capacities to the point where they can become conscious experiences. The workshop will take place mainly in nature and will focus on practical perception exercises that can lead to the experience of supersensible forces and beings. The workshop is suitable for people with no previous experience and for people who have some experience but are hesitant about their capacities and would like to develop them further.

About Frank Burdich: Frank Burdich is 45 years old and has been a science teacher in a German Waldorf school for 14 years. Frank also has the ability to perceive etheric and astral forces and beings using Imaginative and Inspirative cognition, and is now working as a spiritual researcher in a variety of contexts, including food production processes, medicinal preparation, quality testing, etc. He also gives workshops and seminars for spiritual perception in a number of countries. Since July he is the manager of the Society for applied Spiritual Research Ltd. On his own journey he has found it important to validate his own spiritual experiences and is now able to help others to develop their own capacities, which is his motivation for offering this course. Frank works out of an Anthroposophical approach and is also a member of the First Class of the School of Spiritual Science.

Please contact ASWC on 0217619600

## **Biodynamic Interns and Ambassadors**

The seed of our local biodynamic internship programme has germinated (on 20 October 2012 to be precise). Thank you Avice for watering this seed. After completing this programme a local intern can qualify as a biodynamic ambassador through the Goetheanum. More information about these initiatives below.

### **Southern African Biodynamic Internship Programme**

The invitation to the inaugural meeting is below. If you want to become a hosting farm or apply for internship, please contact [info@bdaasa.org.za](mailto:info@bdaasa.org.za)

#### ENVISIONING FARMS PLACED IN NEW CONTEXT

where Man meets Nature to create new world to live in - differently.

The question....

Can we, working with what we've got,

then by seeing, owning and using it differently,

incarnate a program that makes space

for the youth to be included in, influenced by and exposed to  
all healthy aspects of human and farm life

In so doing improve the fertility and productivity of the farms?

(connect the generation gaps and close the feedback loop)

The youth will then capture and spread the pollen of our knowledge, the nectar of the vocation and the hive of activities that integrate to produce the honey for the future.

The aim of our inaugural meeting is to design on-farm internship programs to fit our country's unique circumstances and peoples so to shift farms from being isolated places focused on economic productivity to working with the 3 economies -

the knowledge economy - gifting /tax

the social economy - investment/ loans

the productive economy - trade and exchange

Promote farms as places of culture, education and (art) head

places of social reverence, spirit of equality (religion) heart

places of work, productivity (science) hands

Facilitator, Avice Hindmarch.

## **BD AMBASSDORS PROJECT: An Exchange Platform for the Benefit of Biodynamic Agriculture - Reto Ingold**

Biodynamic pioneer projects are now spread over all continents and all climatic zones. Even though the world seems to be getting smaller, it is not easy for many of those pioneer projects to have access to field-tested expertise in the biodynamic farming methods. One source of such practical knowledge, which includes, apart from agricultural skills also enthusiasm, creativity and commitment to biodynamic farming, are the graduates from Biodynamic training courses. It is to them that the offer/challenge from the Section for Agriculture is mainly directed at: why not, after completion of your biodynamic training, spend a year helping to set up a pioneer project in biodynamic agriculture somewhere in the world?

“Biodynamic ambassadors” is a program that aims at supporting the biodynamic projects located far away from the usual channels of information; and young adults who have completed a biodynamic training can become an ambassador of the biodynamic movement. This is an opportunity for young graduates to go out into the world before deciding for a long-term commitment to a farm. This is an opportunity to help root in biodynamic agriculture in places where it is just about arriving, for example in a project in South Africa, Morocco, Southern India or Peru.

The Section for Agriculture has professional support for the "Biodynamic ambassadors" project, since the project is conducted jointly with the "Friends of Waldorf Education" in Karlsruhe (Germany).

*If you are interested, please get in touch with the Section for Agriculture at the Goetheanum [biodynamic.ambassadors@goetheanum.ch](mailto:biodynamic.ambassadors@goetheanum.ch) or read more on [www.sektion-landwirtschaft.org/4812.html](http://www.sektion-landwirtschaft.org/4812.html). Pioneer projects can be individual farms, biodynamic organisations or other non-profit institutions that want to set up biodynamic agriculture.*

## Volunteering on farms

Dear Sir/Madam

Please forward your updated project listing for a presence on our website, get in our forthcoming book about volunteering in Africa, and be in contention for a cash donation.

Please do not hesitate to contact me if you have any further questions.

Yours faithfully

Stephen Knight

Volunteer 4 Africa

[info@volunteer4africa.org](mailto:info@volunteer4africa.org) / [www.volunteer4africa.org](http://www.volunteer4africa.org)

[www.facebook.com/volunteer4africa](http://www.facebook.com/volunteer4africa)

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*A page filler and a tummy filler:*

*CARROT BOBOTIE Jeanne Malherbe. Serves 10*

|                                                                           |                              |                          |
|---------------------------------------------------------------------------|------------------------------|--------------------------|
| <i>1 ½ cups chopped nuts</i>                                              | <i>1 ½ teaspoon curry</i>    | <i>1 cup raisins</i>     |
| <i>3 cups bread crumbs</i>                                                | <i>1 ½ teaspoon turmeric</i> | <i>3 teasp olive oil</i> |
| <i>8 ½ cups grated carrot</i>                                             | <i>1 ½ teaspoon ginger</i>   | <i>3 teasp vinegar</i>   |
| <i>1 ½ cup chopped tomatoes</i>                                           | <i>3 teasp sugar</i>         |                          |
| <i>1 teasp marmite dissolved in 1 ½ cups boiling water</i>                |                              |                          |
| <i>3 chopped onions sautéed in the oil together with the breadcrumbs.</i> |                              |                          |
| <i>Salt</i>                                                               |                              |                          |

*Mix all ingredients together. Place in greased casserole, decorate with blanched almonds and bay leaves (or lemon leaves). Bake @ med oven till golden then add custard topping.*

*Custard Topping.*

*3 eggs,  
3 cups milk  
1 teaspoon salt*

*Beat together and pour over, bake again till set about 20 min.*

*You can also substitute cooked lentils, or grated butternut, if desired.*

## **Genetic modification and supporting the positive alternative**

In recent months there has been much energy and information exchange around genetically modified organisms in South Africa, its use, the concerns around it, labeling thereof etc. It continues to be a heated debate and I am constantly reminded to think holistically.

Mother Theresa said that one should be FOR something, not AGAINST. To consider the quality of your energy when you *resist*, as opposed to when you support the positive alternative. I am very fortunate to work with organic and biodynamic growers, and thus it is easy for me to support the positive alternative.

I would like to share my faith in and excitement about solutions manifesting just beyond our reality. Consumers are becoming aware and taking action; and they are starting to vote with their forks. This demand will be supported by farmers who *work with Life*, not against it. I have a vision of GMO-free zones in South Africa and the world and a future where 'natural' will be the norm. Like an ink blot on wet paper, it spreads. It starts with conscious growers and consumers.

The **Biodynamic Association** responded to a request from the African Centre for Biosafety and invited all members and friends to contribute to an Open Letter from the Organic Movement to the Minister of Agriculture regarding GMO's. Input, feedback and concerns were received from teachers and farmers, activists and parents. A final letter was compiled which will be forwarded to the Minister with all the contributing letters.

Thank you to all who supported this impulse by contributing letters as well as signing the letter. Not to mention those who continue to grow nutritious food for us. The final letter is available from Liesl at [info@bdaasa.org.za](mailto:info@bdaasa.org.za), but I would like to include extracts from a letter by entitled Seed Saving is Life Insurance by Avice Hindmarch:

“As far as Science knows, the only planet that exhibits life is planet Earth. All life is able to reproduce itself via its DNA and genes. Life brings characteristics from its past generation, to live in present local situation so as to build up its characteristics for its future life/generation.

There is a progression & evolution of inheritance through seasonal adaptation. This is Life insurance. This 'seed' pattern ensures that life continues, that each species is food for another and that all waste is utilized by systems that all together support life in a system of adaption that *promotes Life*. New breeds and varieties are created using these 'eternal' life laws. When a scientist artificiality modifies the genes of a plant with the effect that it does not breed true to type, this demonstrates that it is out of the realm of nature and is not therefore good food for other life forms, and becomes a poison. (Notice obesity and allergies to the main grains.) Its life form is just not true if it is not able to reproduce its own characteristics, given its usual pollinators etc.

GMO's now put the plant into the realm of extinction – *promotes death*. I refer to Terminator gene and other notable effects. Saving seeds for the next season is inherent wisdom and involves Cosmic movement, light, temperature, wind and bees, birds rodents etc. Nature is the main player here - the giver – and we are the benefactors – receivers.

– Seed saving was traditionally the responsibility of the elders and they saw that it was not eaten and stored properly. The doors usually had 'sacred' carvings to protect/bless the seed. There is thus also a loss of social importance, ritual meaning and roles of the elderly

– Prices always go up and can be manipulated without participation of the farmer.  
– The farmer has intimate relationship with his seeds – he knows the strength or weakness and breeds by adapting his circumstances to overcome weaknesses – this is denied him/her.

– Why buy seeds when Nature makes them for free..... and in abundance..

Avice Hindmarch

## **GMO Labeling Update**

Hi Liesl

Please can you circulate our press release to your members-it provides a link to the draft labelling regulations and provides an email address for Mr Vananda to whom, comments must be sent by the 9th November. Best, Mariam

Press Release: African Centre for Biosafety 10 October 2012

Consumers in South Africa have won a hard earned victory with regard to the labelling of genetically modified (GM) foods. Yesterday, the Department of Trade and Industry (DTI) published draft amendments to the regulations governing the labelling of GM food. According to the draft amendments, all locally produced and imported food containing 5% or more GM ingredients or components must be labelled as “contains genetically modified ingredients or components”. The food industry has to date, taken the view that current GM labelling laws are ambiguous and do not apply to processed food.

Mariam Mayet, Director of the African Centre for Biosafety (ACB), congratulated the DTI and praised the huge role played by consumers in demanding their right to know. According to Mayet “the proposed amendments convey the clear intention of government that the food industry must now step up to the plate and label their products.”

However, Mayet expressed disappointment that labelling will only be triggered when there is 5% or more GM content. The 5% threshold is not based on any scientific measure but purely on commercial considerations.

South Africa has been growing GM crops since 1999 and consumers have been largely unaware that their staple food, maize, has been genetically modified. South Africa also cultivates GM soya and cotton. Indeed, a large amount of foodstuff on the supermarket shelves contains GM ingredients or components.

Fahri Hassan of SAFeAGE, the organisation that tenaciously fought to have mandatory labelling of GM food included in the Consumer Protection Act in the first place, said he was “delighted that finally, the best interests of the public have

been considered and that consumers have won the right to know what they are eating”.

The draft amendments are open for public comment until 9 November 2012. It is expected that industry will continue to lobby for weaker regulations and raise spurious arguments as to why they should not label their products. Zakiyya Ismail, ACB labelling campaigner urged all consumers to defend this hard won victory and submit their comments to Mr Ntutuzelo Vananda Email: [Nvananda@thedti.gov.za](mailto:Nvananda@thedti.gov.za). The draft amendments can be found at [http://www.acbio.org.za/ACB\\_35776\\_9-10\\_TradeIndustryCV01.pdf](http://www.acbio.org.za/ACB_35776_9-10_TradeIndustryCV01.pdf)

Contact:

Mariam Mayet 083 269 4309

Fahri Hassan Cell No. +27 72 481 8835

Zakiyya Imail 083 273 730

What can you do? (via Liz Eglington)

- ❖ Buy organic food
- ❖ Support farmers markets where the food is grown locally.
- ❖ ASK the growers if they use GMO seeds
- ❖ Support a community garden in your area or start one.
- ❖ Check labels and buy the ones that say “no Gmo”
- ❖ In growing your own food, ASK the seed company or supermarket if the seeds are GMO. Buy organic seed.
- ❖ Talk to your supermarket manager and tell him you do not want GM products in your food. With enough consumer feedback these supermarkets will change what they supply. It works!
- ❖ And above all spread the word! Tell everyone you know to do the same.
- ❖ Inform yourself!

## **Biodynamic Planting Calendar**

Dear Jane,

Here is a rough guideline to make sense of the BD planting calendar. Firstly here are the distinct rhythms that could be worked around:

1. Full moon to new moon
2. Ascending moon phase and descending moon phase
3. Moon movement through the 12 constellations
4. Moon opposition to Jupiter, Saturn and Mars
5. Node days, Eclipses, Occultations and Transits
6. Apogee and Perigee

Secondly here is a brief description of the different rhythms and what actions could be taken:

1. This cycle relates to the moon's position relative to the sun as seen from the earth. This cycle lasts for 29.5 days. It is said to increase in size when it is waxing and to decrease when it is waning. Biodynamic farmers believe the moon's influences on earth are felt through the medium of water. During the waxing moon there is an increase in the moisture content of the earth and atmospheric humidity. This helps plant growth but may encourage fungal diseases. Growers of annual, above-ground crops from seeds are advised to sow a couple of days before full moon for better germination.

2. The moon's rise and fall movement takes 27.3 days. Just as the sun's position in the sky relative to the equator is constantly changing, reaching its highest point in the sky at summer solstice and its lowest point at winter solstice so the height of the moon in the sky also changes. During the descending phase the earth is said to breathe in, and growth forces are concentrated underground as sap flows downwards into the roots. Good time to apply compost, spray 500 in autumn and cultivate soil and working with root vegetables. The ascending moon rhythm is said to invoke a spring/summer mood. The earth is said to breathe out and plant growth is concentrated above the soil level as forces stream upwards from the roots. The upper parts of the plant fill with sap, vitality and aroma. Good time to harvest, cut flowers, and work with tea's and 501 preparation.

3. In its 27.3 day orbit round the earth the moon passes through the constellations of the zodiac and transmits forces to the earth which affect the four elements: earth, light (air), water and warmth (fire). They in turn affect the four parts of the plant: roots, flower, leaves and the fruit/seed. The health and growth of a plant can therefore be stimulated by sowing, cultivating and harvesting it in tune with the cycles of the moon.

4. Oppositions occur when celestial bodies stand opposite each other. With the moon-saturn opposition the strongest plant growth resulted when there was a balance between the two force poles of lime and silica. Silica influences plant form and shape while calcium influences plant substance or its matter.

5. The zodiac is the group of twelve constellations of stars which the sun, moon and all the planets pass on their circuits. The sun's annual path always takes exactly the same line, called the ecliptic. The moon's and planets' paths vary slightly, sometimes above and sometimes below the ecliptic. The point at which their paths cross the ecliptic is called a node and considered an unfavourable time to work with your plants.

6. This cycle relates to the distance of the moon from the earth. It takes 27.55 days for the moon to return to exactly the same place relative to the earth as it is orbiting it. However, rather than orbiting earth in a perfect circle the moon does a boomerang-style ellipse. This means the moon is nearer earth at certain times but farther away from it at others. This has also proved to have effects in vegetable production especially related to potatoes from what I have read and then also when this coincides with full-moon, the fungus level rises from the soil into the plant level like the 2010 grape vintage effecting and bringing crops down with 30% on average!!!

And that is more or less it, should you have more question feel free to ask.

All the best from a very cold cape!

Joan-Marie Heatlie

## **BIODYNAMIC CALENDAR ANALYSIS**

(Our awesome Avice – honorary member, pollinator prodder, seeder and some much more – contributes the calendar analysis below. Thank you Ave!)

### **NOVEMBER**

Sun in Scorpio from 17 Nov to 16<sup>th</sup> Dec.

#### **Peppering**

Plant 21 – 28 Nov. When Moon is in Leo

Insect: Collect but not time to process.

Animal: Venus enters Scorpio on 14 - 31 Dec.

Biodynamic Preparation. Valerian flowers, gather and Sun infuse.

Total Solar Eclipse 14<sup>th</sup> seen from Northern Australia 8 – 9am.

With peak N node and Perigee. All this on a Water Moon Day

Expect extreme Weather....

29 Lunar Eclipse around 00.45 in Australia with peak South Node and Moon apogee. Eclipses occur every 6 months and then they will take place in the space of a fortnight. During this time take heed of any planetary aspects. This is time of volcanic and earthquake activity in the world so anticipate extreme weather.

Mercury is retrograde from 7 – 26 and also crosses the eclipse point, retrograding.

Jupiter also retrograde in Taurus from 1 – 30.

For those who do monthly Horn Manure spray, best time is Monday 19<sup>th</sup> especially good if it has rained the day before and soils are wet or land has been cultivated.

Horn Silica spray, Moon opposite Saturn on Monday 26.

Time to make more Cow Pat Pit....Also 26<sup>th</sup> nearing Full Moon. And apply best when soils are damp and receptive.

### **DECEMBER**

The full moon on 28<sup>th</sup> so the evenings before Christmas will be beautiful.

#### **Peppering**

Weeds: Moon in Leo 5 - 6<sup>th</sup>

Animal: Venus in Scorpio from 14 – 31 December,

Moon – Saturn opposition 23 Dec. Good for Horn Silica Spray.

HAVE A BLESSED CHRISTMAS AND ALL BEST FOR THE NEW YEAR.

Avice

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Dear All

A few compilers of calendars have collaborated to encourage their 2013 readers to experiment together. They have identified some dates which include some favourable and less favourable constellations and are suggesting that people plant then and pool their harvest results.

Details here: <http://considera.org/2013planting.html>

You would be very welcome to join in. Please spread the word down your grapevines if you are so minded.

Thanks

Mark

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## **GENERAL INFORMATION**

I receive the National Agro-meteorological Committee (NAC) Advisory. Please contact Henk to be added to the database for extreme weather predictions for your region:

Henk Cerfonteyn

Risk Assessment Scientist, Institute for Resource Utilisation

Telephone: (021) 808 5084

Cell Phone: 083 649 6942

Fax: (021) 808-5380

Email: [henkc@elsenburg.com](mailto:henkc@elsenburg.com)

Agri-Outlook: <http://www.elsenburg.com/trd/resource/agri-outlook.html>

## **General Articles**

- I was sent an article on "Raw Milk as fertilizer" by Dave Wetzel. If you would like me to forward this to you, please contact me on [info@bdaasa.org.za](mailto:info@bdaasa.org.za)
- Bee research sheds light on human sweet perception, metabolic disorders. (Scientists at Arizona State University have discovered that honey bees may teach us about basic connections between taste perception and metabolic disorders in humans.)
- Ministeriële Studiebesoek na Costa Rica deur die Minister van Landbou, Bosbou en Visserye. Die doel van die besoek was om ondersoek in te stel na die "Direct Farming" model wat Walmart in Sentraal-Amerika gebruik om aankope te doen direk vanaf kleinskaal produsente. Massmart poog om dieselfde model in Suid-Afrika te vestig. Agri SA, sowel as verteenwoordigers van al vier georganiseerde landbou unies was betrokke. Agri SA is positief oor die inisiatief van Massmart om die "Direct Farming" model plaaslik te implementeer en het alreeds gesprek gevoer met Massmart om van die kleinskaal produsente in Limpopo in te sluit in die loodsprojek van Massmart.

Die volgende skakel kan besoek word vir die persverklaring wat deur DAFF uitgereik is:

<http://www.daff.gov.za/docs/media/COMMERCIALISING%20SMALLHOLDER%20FARMERS.pdf> BRON: <http://greenpepper.biz/newsletter/agri/2012/july/costa.html>

## **Relevant Newsletters – let me know if you would like me to send it to you**

- 4th issue of Biodynamics in the world
- East African Organic Sector Newsletter
- Biodynamic Circular from the Goetheanum
- Biowatch Bulletin July 2012
- IFOAM Insider | N° 6 - June 2012
- Namibian Organic Association Newsletter: [info@noa.org.na](mailto:info@noa.org.na)
- Ecology & Farming Magazine, September edition:

[http://www.ifoam.org/public/ecologyandfarming\\_0312.pdf](http://www.ifoam.org/public/ecologyandfarming_0312.pdf), including an article on studying biodynamic agriculture.

## **Interesting Links**

- <http://www.organic-center.org>
- [http://www.ifoam.org/growing\\_organic/1\\_arguments\\_for\\_oa/arguments\\_main\\_page.html](http://www.ifoam.org/growing_organic/1_arguments_for_oa/arguments_main_page.html)
- <http://natureswow.com/> - **website in SA for the identification of all our fauna and flora**



## **MARKET PLACE, ADVERTISEMENTS, NOTICES**

### **Horse drawn plough**

Do you know of a horse drawn plough for sale? We are going to start to plough by horse soon.

Regards, Marion / [marion@elginridge.com](mailto:marion@elginridge.com) / 0794339400 / 0218468060

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Dear Friends,

We would like to put out a request for contributions towards a worthy cause: William Dry, the youngest son of Eva and Christopher Dry, biodynamic farmers of Cloud Cottage Goat's Cheese fame, has come to town from the farm is attending Micheal Oak Waldorf School as of this year. It is a wonderful opportunity for him as he has been socially isolated most of his life, the farm being very remotely situated; he is now 15, in Class 9, and thriving! School-fees are steep though, and we his aunt and uncle with whom he is lodging, are in the process of getting together a "Friendship Group" of people who understand the situation and are willing to contribute - once off or regularly, any little bit helps! - towards this opportunity continuing for him.

Please contact us, Toby and Paula Megaw. William is a wonderful person and fully deserves this opportunity. Any suggestions as to other fund-raising approaches are also most welcome. Our contact details: tobymegaw@gmail.com; landline: 021 788 2333; cell: 0714730496.

Many thanks

### **Treasure the Karoo R50 / month donation**

Treasure Karoo Action Group (TKAG) is here for YOU. We oppose the introduction and licensing of shale gas extraction through fracking in South Africa in the face of known impacts and the absence of scientific consensus and proof that shale gas is a responsible and sustainable answer to energy, climate and employment challenges in SA. <http://www.treasurethekaroo.co.za/> sms Karoo to 42030 to donate R30

### **Congratulations, Angus**

Our very own Farmer Angus has received a Good Earth Keeper Award from Compassion in World Farming, an international organisation that campaigns for farm animal welfare. The award was given for his humane treatment of the animals that are farmed at Spier. Tozie Zokufa, Compassion in World Farming's representative in South Africa said, "Angus McIntosh puts commercial farming with animals into a class of its own. For virtually the same price as the produce that emanates from factory farms, his laying hens and broiler chickens enjoy lives thoroughly worth living and their end is as humane as it gets."

*Not to detract at all from this honour, I would like to express my gratitude to and admiration for all farmers who consciously work with their animals with respect and great care.*

### **IFOAM PGS Survey**

IFOAM is the only international organization collecting, compiling and publishing updated information on the development of PGS initiatives all over the world. The information we collect is made available online, published through the IFOAM Global PGS Newsletter and through The World of Organic Agriculture, a comprehensive publication issued annually, in collaboration with FiBL, which includes statistics and emerging trends from the Organic world. By doing this, we want to support and strengthen PGS initiatives just like Green Road PGS!

So we would like invite you to take part on this year's IFOAM PGS survey.

Please contact Flavia directly @ [f.castro@ifoam.org](mailto:f.castro@ifoam.org) for more information.

### **The GreenRoad is growing and needs your produce**

The GreenRoad is a short supply chain of organic produce. The “hub” or coordinating office is based at the Stellenbosch Waldorf School on the Annandale road, outside Stellenbosch. We aim to support local organic / biodynamic farmers, growers or gardeners and need to expand our current offering to our consumers.

We currently have 100 consumers taking weekly hampers, consisting of 6 vegetables, 3 fruit and a herb. This customer base is expanding we’re looking to offer a wider variety of seasonal produce.

Whatever the size of your “garden” please speak to us!

If you wish to convert to organic farming / gardening also contact us on [greenroad@greenroad.co.za](mailto:greenroad@greenroad.co.za).

### **The Kairos Eurythmy Book**

Dear Friends,

Please order your copy of the 100 Years Eurythmy Celebration book from Debbie at the ASWC office or Cecilia at 083 415 7133 / [cecilia-solis@rsaweb.co.za](mailto:cecilia-solis@rsaweb.co.za).

Thank you

Cecilia Solis-Peralta

**Tradin Organic** / [www.tradinorganic.com](http://www.tradinorganic.com) is a Dutch-based company that globally sources and distributes a wide, varied range of organic food ingredients to the world food, bakery and processing industries with minimal impact on the planet.

Tradin is interested in meeting companies/grower association/individuals already involved in or are interested in venturing into organic agriculture and looking for either i) a market for their certified organic products or ii) partners to develop and/or expand their current production/processing of any of the organic food ingredients mentioned above. Tradin seeks cooperation in the form of either joint ventures or trade partnerships.

## **Biodynamic Movement Update in Portugal**

I received a lovely letter from João Castella, board member of the newly formed Movimento Biodinâmica Portugal.

"We, the few but enthusiastic biodynamists in Portugal."

We undertook the tasks of:

- To do counseling in Biodynamics and help our members in every way possible.
- To promote and develop Biodynamics in Portugal
- To lecture and train in theory and practice all those who want to do Biodynamics
- To establish contacts and partnerships with fellow associations nationally and abroad
- To represent our activity next to official and private entities

Amongst our members we have Demeter certified members, in conversion to Demeter members and some others that are not Demeter certified (although they have other prestigious certifications) but that are seriously working with Biodynamics. The products that we can offer are, at the moment, wine and olive oil. We hope to be able to offer, in the near future, a wider range of products.

So, we are sending this letter to present ourselves and to let you know that we will welcome any of your members in case he/she wants to travel in our country and know us as well as our activity. Meanwhile, we would appreciate if you could send us contacts of shops or dealers who would be willing to work with our products. We hope to be able to send you more detailed information about us and our work very soon.

Till then we send you our warmest regards

João Castella (member of the board) / [castella.joao@sapo.pt](mailto:castella.joao@sapo.pt)

## **Cylindrical Barrels for Stirring the Biodynamic Preparations**

Sönke Hobbensiefken sent me a link to a German barrel maker that makes cylindrical barrels especially for stirring the biodynamic preparations. I showed it to Helen van Zyl who tells me that they use 7 different kinds of wood to make these barrels representing the different planets. Please let me know if you know of anyone making such barrels in South Africa.

Or of course if you want to be the one to start making them.

## **Local, high quality dried herbs needed for herbal vet**

We are slowly building a demand for dried herb material of clinical practice (veterinary) and products. At the moment all herb material is imported (via Warrenchem). It is proving difficult to find any herbs locally of a high standard with reasonable COA's. I am keen to develop contacts with growers as well as others who feel a similar need. I am interested in all medicinal herbs, and their products for the practice. For the existing products we need valeriana officinalis, matricaria recutita and passiflora incarnata. If anyone is aware of high quality powdered extracts, we need these 3 herbs in that form too. We are setting up a clinic in Hout Bay - do you know of any practicing medical herbalists that may be interested in joining in a human-animal clinic?

Thanks all

Jimmy

\*Jimmy Symmonds\*

t: 079 389 9958

e: [jimmy@happiness.co.za](mailto:jimmy@happiness.co.za)

### *The history of medicine:*

*2000 B.C. - Here, eat this root.*

*1000 A.D. - That root is heathen. Here, say this prayer.*

*1850 A.D. - That prayer is superstition. Here, drink this potion.*

*1920 A.D. - That potion is snake oil. Here, swallow this pill.*

*1945 A.D. - That pill is ineffective. Here, take this penicillin.*

*1955 A.D. - Oops ... bacteria mutated. Here, take this tetracycline.*

*1960-1999 - 39 more "oops"...Here, take this more powerful antibiotic.*

*2000 A.D. - The bugs have won! Here, eat this root*

*(Source: SOUTHEY'S EARTHWORMS Newsletter)*

## QUOTATIONS AND INSPIRATIONS

"If your life's work can be accomplished in your lifetime, you're not thinking big enough." - Wes Jackson

Abundance is a fact of nature. It is a fundamental law of nature, that there is enough and it is finite. Its finiteness is no threat; it creates a more accurate relationship that commands respect, reverence, and managing those resources with the knowledge that they are precious and in ways that do the most good for the most people. –Lynne Twist

*Beauty depended upon how well a thing helped people fulfill a host of unstated requirements that lent life its meaning and purpose and helped sustain it indefinitely into the future.*

Source: <http://www.dailygood.org/view.php?sid=317> – 'Living with Just Enough

“Don’t wait for the conditions to be perfect before doing something, by doing something, you make the conditions perfect.”

*“I am the voice of one crying in the wilderness”*

(John 1:23)

*“Long live the weeds and the wilderness yet”*

(Gerard Manley Hopkins)

It is an excerpt from an article from Anthroposophy Worldwide Newsletter, by Vera Koppenhel...

'In the end, however, it is always the love for the deed and personal enthusiasm

that invites others to join in what is greater than the individual.

It is of utmost importance to involve the other right from the start and

to appeal to his/her creativity. Not to talk too much wanting to persuade.

If the other then really joins in it means to really practice trust and to let ones ego go.

Within this space wonderful things can happen and herein lies the measure

in how far this is artistic and social. '=

~ ~ ~ ~ ~

### **Allow Yourself to be Inspired**

Farmer Angus shared the following link with me and I highly recommend you watch it if you are able: <http://www.commondreams.org/video/2012/08/18-0>

It is a talk by Pam Warhurst called “How We Can Eat Our Landscapes”

Herewith some of the contents: What should a community do with its unused land? Plant food, of course. With energy and humor, Pam Warhurst tells at the TEDSalon the story of how she and a growing team of volunteers came together to turn plots of unused land into communal vegetable gardens, and to change the narrative of food in their community. Pam Warhurst cofounded Incredible Edible, an initiative in Todmorden, England dedicated to growing food locally by planting on unused land throughout the community. The slogan is: “If you eat, you’re in!”

“Suddenly, we're seeing actions on the ground from local government. We're seeing this mainstreamed. We are responding creatively and there's lots more you could do. I mean, just to list a few. One, please stop putting prickly plants around public buildings. It's a waste of space. Secondly, please create -- please, please create edible landscapes so that our children start to walk past their food day in, day out, on our high streets, in our parks, wherever that might be. Inspire local planners to put the food sites at the heart of the town and the city plan, not relegate them to the edges of the settlements that nobody can see. Encourage all our schools to take this seriously. This isn't a second class exercise. If we want to inspire the farmers of tomorrow, then please let us say to every school, create a sense of purpose around the importance to the environment, local food and soils. Put that at the heart of your school culture, and you will create a different generation. There are so many things you can do, but ultimately this is about something really simple. Through an organic process, through an increasing recognition of the power of small actions, we are starting, at last, to believe in ourselves again, and to believe in our capacity, each and every one of us, to build a different and a kinder future,”

~ ~ ~ ~ ~

**I want to thank Chris, who arrived as an answer to a prayer and was willing to help me with this Newsletter.**

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Sustainability happens when species learn to feed each other instead of fight each other. You get mature ecosystems such as rainforests and prairies where you have far more cooperation than you have hostile competition. You can still have friendly competition, but that's very different. So I see humanity doing exactly this right now. We of the western culture who divorced ourselves from nature saying "We're separate. That's nature out there. Let's see how we can exploit it to our purposes." Interestingly, we're the species who invented the concept of *entropy* and we're the one who creates it, who deteriorates ecosystems while the other species are building them up. So we have a great deal to learn from nature and by recognizing that our conscious experience *is* of other beings, *is* of teachers in nature that we can learn from and gain hope from. If bacteria could do it without benefit of brain, can't we [do it] as humans with big brains?

--Elisabet Sahtouris, in After Darwin

*My friend, you say you want to be a farmer, And there are many things you do not understand.
Farming is a mode of life and living And not a job of getting cash on hand.
If you can love the land and living, And not lose faith when dust is rolling high;
If you buy when other folks are selling, And sell when other folks want to buy;
If you can win and not waste time boasting And bragging of the things you have done;
If you can keep your farm work up to season And still have time to have a little fun;
If you can plan a program that will give you Feed for your stock in any kind of year;
If you can break a colt but not his spirit, So that he will obey through love and not through fear;
If you can stay out all night in a blizzard To keep your stock from dying in the snow
As day after day and back and forth you go; If you can keep your mind at peace while ploughing
If you can meet your banker without whining Whenever a note comes due you cannot pay;
If you can catch a vision of the future Through the clouds that overshadow you today;
If you can remember every time you need them Where last you left the hammer, the saw, or screw;
If you can work with badly worn machinery And not make the atmosphere around the blue;
If you can keep your books and tell which project Of all you have is paying you the best;
If you can take advice from some old timer And yet with modern methods keep abreast;
If you can raise a good share of your living Can either win or lose and keep you head;
If you can work in filth and not be filthy; If you can be a friend to all about you,
And leave an honoured name when you are dead; If you can do all this and keep your manly charm,
My friend, you have the making of a farmer-*

- Unknown Author