

Cosmos, Earth, and Nutrition: The Biodynamic Approach to Agriculture

Richard Thornton Smith



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Cosmos, Earth, and Nutrition: The Biodynamic Approach to Agriculture Richard Thornton Smith In recent years there has been an explosion of interest in organic and biodynamic produce. Although once considered marginal and "alternative," growing concerns about the environment, health, food quality, and animal welfare have brought organic and biodynamic agriculture into mainstream consciousness.

Biodynamic agriculture is a unique development of the organic approach that does not focus only on agricultural techniques. It was conceived as a whole new approach and way of thinking about farming, nutrition, and the world of nature, allowing revitalized relationships with the living soil, the elemental world, and the cosmos. Originating from a series of eight lectures by Rudolf Steiner in 1924, biodynamic methods broaden the outlook of agriculture and the science behind it, leading to a holistic perspective that incorporates astronomical rhythms and unique preparations for plants and earth.

Richard Thornton Smith describes the foundations on which biodynamics as well as the more general organic movement is based. He builds bridges between mainstream science and Steiner's insights, making it easier for the broader organic and ecological movement to approach biodynamic concepts and practice.

Cosmos, Earth, and Nutrition has much to offer for the beginner, as well as for those already involved with biodynamics. Its broad range of topics include the ecology of the farm organism; food quality and nutrition; community supported agriculture (CSA); planetary influences; seed quality; and the vitality of water, all contributing to a deeper understanding of the subject. The author is also concerned with promoting innovation, so that biodynamics moves forwardwith the times. An appendix includes details for contacting various elements of the biodynamic world.



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