



# the SCOOP

**Edition 3**

**May 2004**

## Welcome to the third edition of the SCOOP!!

*the image of a fat, happy, contented chook can relate to good nourishment and good animal welfare. poultry have a traditional place as one of the basic elements of small-scale family self-sufficiency and waste recycling. fat hen is an edible 'weed' that grows well here, and as such can symbolise the efficient use of local resources.*

### What's Bean Going On?

Well it is nearly the middle of the year and this is the first newsletter for 2004. So much has happened it's hard to know where to begin. Let me start by informing you of the new committee which was voted in at the AGM meeting held in December. But firstly a big thank you to the outgoing members who blazed the way for the rest of us. They were President: Mel Watson, Vice President: Alex Peart, Secretary: Kylie Easterbrook, Treasurer: Gary Schurr, Ordinary Members (or should I say extraordinary): Gaye Lamb and Mick Fenna. The new committee is President: Gary Schurr, Vice President: Vanessa Martin, Secretary: Rowenna Keenan, Treasurer: Bea Schurr, (extra)Ordinary Members: Win Moser and Melissa Kennelly.

Also at the AGM, Peter Webb gave a very informative and enjoyable talk on how he became involved in bio-dynamic farming. But more on that later.

While we are thanking people some more thanks needs to go out to Roger, Andrew and Russell for their fine carpentry skills on the pergola out the back.

Thank you also to Robinvale Wines ([www.organicwines.com.au](http://www.organicwines.com.au)) for their gift of a water fountain (which came in real handy on those endless hot, hot, hot summer days).

And thank you to Jenny Tiedemann for arranging Chaffey Restaurant to donate \$2.50 to the Fat Hen Inc. from each meal that was ordered on her birthday.

### IWD

Our culinary expertise were again required for this years celebration of International Womens Day. Thank you to all volunteers who lent a hand. There was a good response to our catering, this is the second year now so maybe again next year.

### Back by Popular Demand

After the success of last years Winter Solstice Party people have been crying out for more trivial fun and antics.

So it is with great delight to announce the 2004 Winter Solstice Happening.

The Party will be held on Saturday, 19th June, 5pm \$5.

Again there will be a raffles on the night. Great PRIZES!!

### Kaffir Limes

Wanting your own kaffir lime tree? Well look no further. You can now purchase your tree by phoning Paul on 0408 329 321.

*DON'T THEY LOOK GOOD.*



### Getting Down to Business

Too busy to shop? Well, why not get on the banana and place your order. It will be waiting for you.

Looking for something different for that person who has everything? We can put together that special gift with an original and beautifully presented organic hamper.

REMEMBER IF WE DON'T HAVE IT - WE'LL GET IT!

### Have any suggestions?

A suggestion box is in the front of the shop for your convenience.

**NEW HOURS** Tuesday 10am - 6pm  
Wednesday 10am - 6pm  
Friday 4pm - 7pm  
Saturday 10am - 2pm

**Organics on Eleventh**

tel: 5021 2230

<http://au.fcoop.org>



**My name is Peter Webb and I just want to give thanks to Gary for actually just ringing up out of the blue and inviting me tonight. This is a first for me, in actually talking about bio-dynamics.**

I was first introduced to bio-dynamics in 1988 when I was asked to establish a property in the Adelaide Hills. This property was to be a walnut farm and is continuing to this day.

So at that point I knew nothing about bio-dynamics so I actually just had to take it on board and seek out as much information as I could. So I sought out Alex Podilinsky and we went to a seminar in Victoria.

I learnt a bit and we started talking to individual farmers around the place, and I asked Alex if he would come over to the farm. Within 3 months he had given me B grade Demeter certification which is the certification of transition from one stage to another.

I've always - in all of this work that I've done over the years with bio-dynamics - I've always gone on the outside of the boundaries of bio-dynamic principles; I try to eschew things that aren't normally seen by particular individuals and the reason I've done that is because I perceive things in a different way and I see the world in a different way from a lot of people and that's just a gift that I have. And it's come to me quite naturally from childhood; I've been around nature and just learning to appreciate the animal and plant kingdom in a way where I as a youth and a youngster would actually sleep in the dens of foxes in the creeks where I used to live and bring the cubs home to mum that were filled with the wild rabbits that of course didn't get on too well with the fox cubs.

So I had this affinity with nature and in this particular environment we established animals - we had a herd of Hereford cattle, we established fruit and nut tree orchards - pecan, walnut and fruit trees of various kinds and a home garden as well as establishing vegetables to the local organic market at Stirling. And that was in its infancy just as this organisation is now. It had just started and I had a really strong connection with Graeme.

# Bio-Dynamic Farming

(the talk was recorded and transcribed by Gary Schurr)

Well that position only lasted for 12 months and a lot happened in that 12 months. There were dams and pumps put in and we found the water for the owner and got the people to do that and I had natural dousing abilities as well... but that's another story.

The bio-dynamics - in this 12 months I actually started seeking out cow horns because I knew that one of the principles of what Rudolf Steiner was talking about back in the 1920's when he introduced bio-dynamics to the world to a group of farmers who were seeking out information on what they could do with their land, was the preparation 500, which is a term science has used to determine a particular substance. 500 means probably nothing - it's just a figure; a nice rounded figure.

The use of the cow horn preparation 500 was one of the key things that we use in bio-dynamics to help create the humus in the soil. And I needed to understand what this humus was and how it came about and why use cow horns. And I didn't understand that.

But I soon learnt very quickly. With a cow horn, if you look at the actual structure of a horn from a cow who's had calves, there's actually calcified rings of each calf that she's had on the outside surface whereas a steer horn is quite smooth. Internally [in the cow horn] there's a spiral that moves inward. In the steer horn it's just a smooth sheath; there's nothing there. So you have this constant vortex that I perceive in the universe of change and order which is the flow of and the ebb of movement, form, tides, rhythms. They all have this chaos and order. And it's in vortices.

When we put fresh cow manure into the cow horn it's quite putrid and it's basically putting the hands under the cow and placing the cow manure into the horn. It's an interesting exercise. But the processes when it's buried in the earth from autumn into spring - it's buried in autumn and then dug up in spring - is quite transforming.

*Stayed tuned for the next installment of Peter's chat next edition!!!!*