



BIODYNAMIC ASSOCIATION

Biodynamic Foundations Training 2025 Session 1 Program Outline

<https://www.biodynamics.com/foundations>

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The Biodynamic Foundations Farmer Training supports and enhances your agricultural learning journey via a variety of elements under 2 main areas of work.

Within the realm of “**Hands-on Training**” the main elements are:

- Work with an Biodynamic Foundations Skills Development Guide
- Daily journaling
- The design and implementation of a simple independent project.
- Visits to 6 other farms with requisite reflective write-ups.
- Attend a biodynamics workshop or event.

Within the realm of the “**Classroom**” the main elements are:

- The [EduCareDo](#) Foundation Year in Anthroposophy Curriculum
- Biodynamic Textbook – Biodynamic Agriculture: An Introduction by Herbert Koepf, Bo Pettersson, and Wolfgang Schaumann
- Monthly Learning and Community Building Videoconference Sessions
- Meetups with your Cohort small group
- Regular participation in an online forum to share your work, questions, and observations
- Submit a monthly report of your work, progress, questions, and inspirations.

In support of these two areas, the farmer training coordinator will check in with each participant on a regular, monthly basis.

A detailed look at each of the elements under each area of work follows. An outline of “Overall Rhythms” of the work can be found at the end.

Additional guides for particular elements, such as the skills development guide, and the independent project will be available.

A schedule of Learning and Community Building Sessions will also be distributed.

Hands-on Training

Biodynamic Foundations Skills Development Guide

Work with the [Biodynamic Foundations Skills Development Guide](#)

The skills development guide is designed to support reflection and evaluation as well as help participants create a learning plan to follow up on through the program.

There are 4 main categories of skills: Soil Care and Plant Cultivation, Animal Husbandry, Biodynamics, and Organizational and Social Health. Under each category are skills that one may work with farming and/or gardening.

While one may encounter many, or even all, during your participation in the program, the purpose of the guide is to support you to find skills that you will focus on this year, and create a plan to develop those particular skills. There may come a time where you feel satisfied with your progress, and may then choose another skill to work on, or you may focus on one skill the entire time. The plan will be revisited monthly to evaluate progress and understand where adjustments may be needed.

At the end of your training you will complete a final evaluation.

Daily Journaling

Daily Journaling supports the cultivation of observation, perception, and reflection to cognize experiences deeply. This 'reading in the book of nature' as well as of our inner lives builds a repertoire of experiences that begin to reveal 'open secrets' to us. Journaling may include tasks of the day, the weather, phenology, astronomical, soil, plant, and animal observations, as well as how you experienced the work and your own health and wellbeing.

It is helpful to distinguish what is a perception, and what have you added to it as a thought, concept, or feeling? What is the phenomena speaking, and what are you adding to it? The journaling may be in words, drawings, paintings, photographs, video or audio recordings – whatever you work well with. Keeping them orderly is important – they will also serve as a record to look back upon.

- Journal Daily – integrating it into the end of the work day is a great time.

Independent Project

Working creatively in an area that interests you and would also be helpful to the development of your farm comes to culmination in an independent project. Working with the On-Farm Skills Development Guide and conversations with Anthony may help bubble up some initial ideas. Through further conversation and initial explorations, these ideas will clarify into a project idea that you will then bring into an outline or plan.

Once this larger structure of elements is in place, the details will be filled in to start to bring life to the project. A timeline will be included in the draft outline/plan and further filled out as well. You will then start upon the project, gathering materials and supplies as well as other resources.

Throughout the work on the project you will check in with Anthony as well as with your outline/plan to evaluate and re-plan as needed. Once your project is complete, you will write it up as a report and present it to your farm and community. At each milestone, you will share your progress and questions with your cohort via the forum.

- Share your ideas and progress via the forum regularly
- Initial Ideas
- Finalize Ideas
- Draft Outline/Plan
- Fill out and finalize outline/plan
- Gather Supplies/Materials
- Begin Implementing Project
- 1st project check-in
- 2nd project check-in
- 3rd project check-in
- 4th project check-in
- Project Complete

Visit 6 other farms/gardens and reflect

Each farm and garden is striving to become a unique individuality. As we get to know our own farm/garden and support its individualization, it can be helpful to visit other farms and gardens to help us understand our own farm or garden's development.

During the main growing season, visit 6 other farms or gardens – spend at least a few hours and take a tour, speak with the farmers or gardeners about their work and experience, and hear more about the development of the farm. Getting to know other farmers in your region will foster relationships and connections.

After each visit, write a short reflection on your experience and how it might help your own work. Accompanying photos and video welcome! Each month you will share one experience via the forum for others to live into.

- Average 1 visit and reflection per Month
- Write 2-3 paragraphs reflecting upon your visit, your interaction with farmers/gardeners, what was inspiring, what you found challenging or would do differently, is there something new to you? What might you change in your own work? Photos and video welcome!
- Share your reflections via the forum

Attend a biodynamic workshop or event

A field day, workshop, or group gathering supports getting to know the community as well as other educators. Ideally this is in person with a regional group, organization, or farm offering a workshop. If there is not a workshop offering close to you, seek out a community event to participate in online.

Share about your farm or garden with your cohort

Our cohort is spread out across North America, with varying climates, soils, weather, and seasons. There are farms and gardens in different stages of life, and many different sizes, markets, and communities surrounding them. Sharing your farm or garden with the community via the forum allows the rest of the cohort an experience into your work and life there and gives some perspective of the variety of farms and gardens across North America, all working with biodynamics. Pictures and video welcome! What is your favorite part? Why did you choose to work there?

- Share your farm or garden via the forum. Pictures/video welcome!

Classroom

EduCareDo Foundation Year in Anthroposophy Curriculum

The EduCareDo Curriculum supports the development of capacities to bring us into a closer relationship with the natural world and ourselves. It is filled with exercises, experiments, and artistic activities to integrate the content in a living manner and individualize it for our own situations. The ideas and pictures that are behind the practice of biodynamics (which spring from Anthroposophy) are revealed and woven together, bringing forward a recognition of the spirit in nature and the human being.

A lesson will be sent to you via email every 2 weeks and we will work with them per the schedule distributed. They consist of short readings along with exercises to complete. Reading and re-reading the lessons over the 2 week period will reveal these new ideas over time, and *the most important part is to do the exercises!*

Complete the diary sheets and email them to Anthony prior to the Learning and Community Building session on that lesson so that you can receive feedback on your questions and comments. Sometimes extra materials will be needed. A list of suggested supplies will be sent out so that you can purchase them and have them on hand.

- Receive a lesson via email every 2 weeks, 26 lessons in total over a year
- Week 1:
 - Read through lesson, work on exercises
- Week 2:
 - Carefully Re-read lesson, continue exercises

Biodynamic Textbook – Biodynamic Agriculture: An Introduction by Herbert Koepf, Bo Pettersson, and Wolfgang Schaumann

A textbook has been selected to provide background and context for practical facets of working with biodynamics. Some of the ideas will be presented via examples from farms, but are easily adapted to be used at any scale. Readings will be selected for each week along with some questions to work over and share via the forum.

The book is out of print. However, there are many used copies on the market, and since it is out of print it can be downloaded freely at the link below. There are a number of similar books by the same author, so please use the ISBN when searching. Hardcover and paperback are the same inside.

- read selected readings per distributed schedule
- respond to questions via the forum
- There are a number of similar books by the author- please search using the ISBN 13: 9780880101554 or the following links
- [Abe Books Used Market](#)
- [Amazon Used Market](#)
- [Free Download at the Soil and Health Library](#)

Learning and Community Building Cohort Sessions

Learning and Community Building sessions will be hosted to integrate your experiences in your farm or garden with the EduCareDo curriculum and the Textbook reading. There will be presentations, further exercises, small group conversations, sharing, large group conversation and more.

A videoconference session will be hosted monthly, mostly likely a Saturday or Sunday, time to be determined, via Zoom. Attendance at and participation in at least 75% of the sessions is required to receive a certificate of participation. For sessions you have had to miss, a video recording will be provided to review.

- Attend and participate in monthly Zoom videoconference session.
- Video recording will be available to review afterwards.

Meetups with your Cohort Small Group

Participants will be paired with 3-4 other participants to work together through the course as a small group. Together you will find at least 1.5 hours to meet up each month to discuss your independent projects, course readings and exercises, practical activities, and other aspects of the coursework. Ideally this will support accountability to each other in keeping up with the work and richer social relationships.

Submit a Monthly Report of your work, progress, questions, and inspirations.

Participants will submit a narrative outline of how they have engaged in each aspect of the program coursework. This will support accountability to oneself and the program through reflection as well as help you see your own progress and illuminate questions and inspirations that may not have been fully present!

Overall Rhythms

Daily

- Journaling

Weekly

- EduCareDo
Read or re-read lesson, work on/review/continue exercises
Work on Diary Sheet
- Biodynamic Textbook
Read selected readings
Respond to questions
- Is there an exercise to do other than EduCareDo?

Every – Other – Week

- Email EduCareDo Diary Sheet to Anthony

Monthly

- Learning and Community Building Cohort Sessions
- Meetup for at least 1.5 hours with your cohort small group
- Submit a monthly report
- Check-in with Anthony
- Farm visits and reflections

Finding your own rhythm

- Working with your independent project and the skills development guide