

A BIODYNAMIC ADVENTURE IN EUROPE

FEBRUARY, 2009

(with condensed itinerary)

The Angelic Organics farm team is planning to attend the annual Agricultural Conference in Dornach, Switzerland and then do a tour of biodynamic farms, BD research centers, and BD educational centers in Luxembourg, Germany, and Sweden. (See the profiles of these destinations in the itinerary further below.)

Who's Going on This Adventure?

Angelic Organics General Manager Bob Bower
Angelic Organics Learning Center Executive Director Tom Spaulding
Farmer John Peterson, Founder of Angelic Organics
Farmer John's assistant and creative partner Lesley Littlefield Freeman
Farmer John's sidekick Hannah Spencer
(Various luminaries will join us along the way; see bios further below)

Our Mission?

To gather information and inspiration from farms that are highly expressed as biodynamic organisms, especially those that have a strong cultural, educational and community element, besides being productive and agriculturally diverse farms.

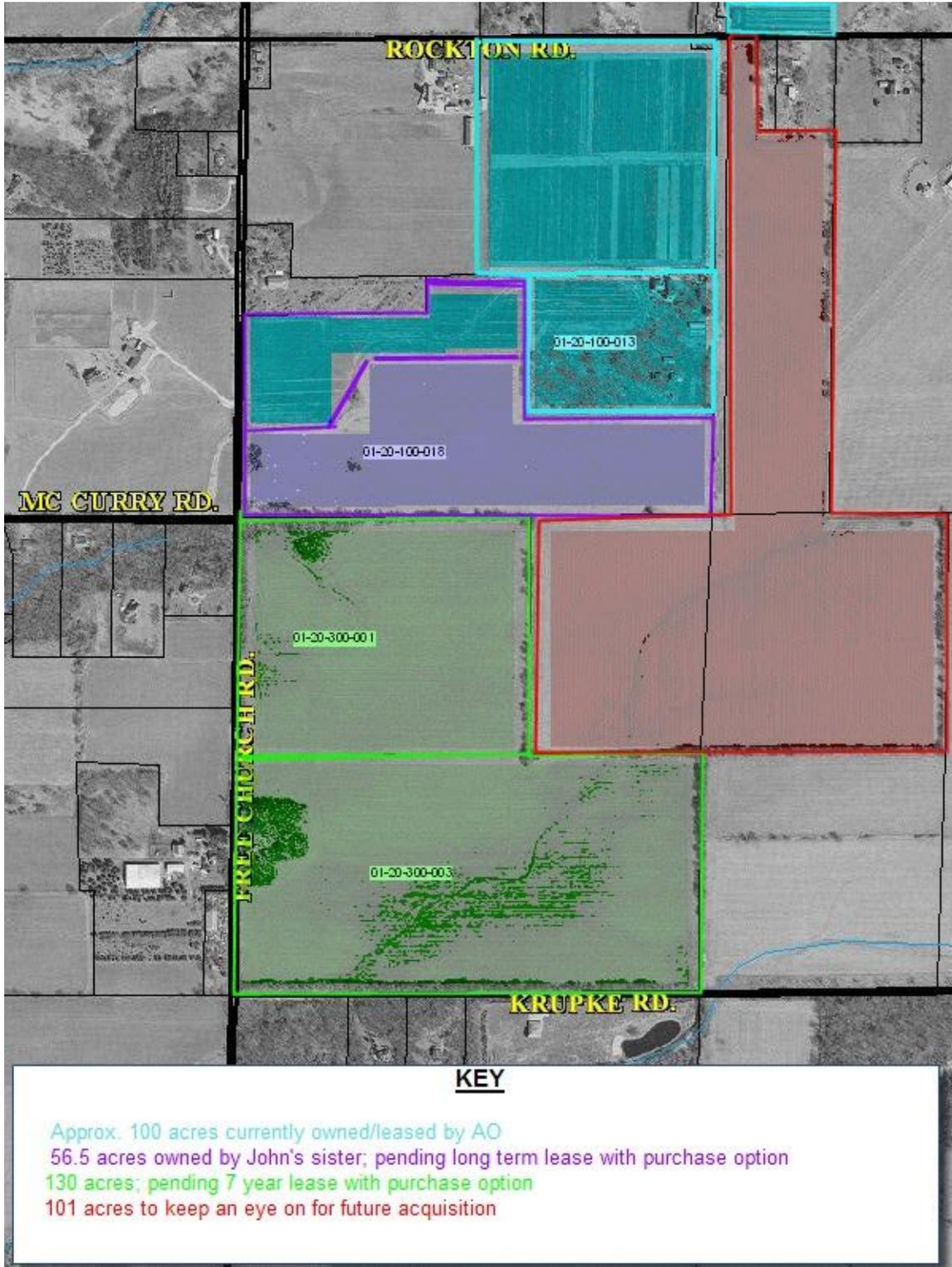
Why a Tour?

Farmer John Peterson has been inspired by his numerous encounters with biodynamic farms and other anthroposophical initiatives throughout the world during his four years of touring with *The Real Dirt on Farmer John*. He has invited his Angelic Organics colleagues and others to witness first hand some of these cultural and farming triumphs.

Adding further to the impulse behind the tour is the long range strategic planning that the Angelic Organics Learning Center (www.learnconnect.org) is currently undertaking as it views the future of its initiatives.

Also, Angelic Organics [<http://www.angelicorganics.com>] may soon have the possibility of securing up to 186.5 acres of land contiguous to the current Angelic Organics farm via long-term leases and purchases. What is possible for the future out of this 250 acre sweep of fertile farmland? (See map below.)

ANGELIC ORGANICS, CURRENT AND PENDING



What is Possible?

What is possible out of our farm's future for production? For biodiversity? For community? For the arts? For education? These are questions that biodynamics (<http://www.biodynamics.com>) and anthroposophy (<http://www.goetheanum.org/87.html?&L=1>) help us to answer, and that the upcoming tour will help us to consider.

The farm team at Angelic Organics has begun a 3 year planning process to develop into a more fully realized biodynamic farm organism over the next 22 years. This means, in part, that we would like to become a more self-sustaining and bio-diverse farm. Angelic Organics is currently almost exclusively focused on raising vegetables (supplying over 1400 households per week during the growing season). The picture of a farm organism, as offered by Rudolf Steiner's Agriculture Lectures that became the basis for biodynamic agriculture, offers a compelling vision for the ideal farm. Angelic Organics would like to have, as much as possible, the whole range of agricultural activities occurring within its boundaries.

We recognize that some of these activities will be non-commercial in scale, but that to have their *presence* as part of a biodiverse constellation of farming activities is necessary to the realization of a fully developed, synergistic, self-sustaining farm organism. Other of these enterprises will be commercial in scale. (You can see in this film excerpt from *The Real Dirt on Farmer John* a range of farm life that is already present at Angelic Organics; other than the vegetable operation, these agricultural elements are symbolic or representative; they are not substantial in a commercial sense or in their capacity to bring true balance to our farm. However, this montage represents a direction our farm is moving in: http://www.youtube.com/watch?v=DQ8arrB_MzU.)

We are looking at the possibilities of adding commercial scale enterprises in grain, dairy, dairy processing, a bakery, and a farm store, while expanding our educational initiatives. Of course, we are mindful that as BD farms evolve over the years, other cultural components often accrue to them, such as educational facilities, a cultural center, restaurant, and Waldorf school; we will also be aware of these cultural enhancements as possibilities in our distant future.

Who Will Benefit?

By offering this information to others throughout the world, we hope that we can help to inspire healthier farms and farm communities.

We will share our tour documentation of the BD farms, research centers and schools on the Angelic Organics web site by spring of 2009. Since our site is ongoingly visited by many people throughout the world, we will be able to reach many with this possibility of biodynamic agriculture. Additionally, this information will hopefully help to catalyze the future of our own farm by encouraging our shareholders and stakeholders to support us in the vision for our future. (Farmer John and his sidekick Hannah will be documenting the tour via audio and video interviews and photographs. They have already done preliminary visits and documentation of many of the destinations.)

Farmer John noticed during his discussions with tens of thousands of people during his worldwide film tour that many people's relationships to farms is primarily through food: the health of food, the purity of food, the cost of food..."Fine to have this consideration," reflects John, "but also of vital importance to the world is the health of the farms themselves, of the communities that spring from farms, of the cultural inspiration that farms can offer to the world."

While people in the audiences often referred to farms as being in the middle of nowhere, John kept suggesting that they are in the middle of *somewhere*, of everywhere. And he kept saying, "look, you guys...farms are really fantastic places, dynamic, full of life and drama, rich with history. They are places that can lead to true cultural transformation. Besides, you can't expect to save the planet if our farms are not on a healthy footing. Farms cover a lot of the earth."

Our web presentation of the farm tour will help people to see what farms can truly offer to the world.

Prepared?

Our reading list as preparation for the conference and ensuing tour is:

Birth of a New Agriculture edited by Adalbert Graf von Keyserlingk
Extraordinary personal reflections by those who attended Steiner's Agriculture Lectures at Koberwitz, with inspiring accounts of the event and of encounters with Rudolf Steiner; includes "Twelve Days with Rudolf Steiner" by Countess Johanna Keyserlingk, co-host of the course; edited by the countess's son.

The Time is at Hand by Paul and Joan Allen
A graspable, colorful summary of Steiner's life's work; gives important background to the origin and genesis of the Goetheanum and Steiner's relationship to Goethe; includes Goethe's fairytale of "The Green Snake and the Beautiful Lily," a masterwork that is unique among Goethe's works.

Tomorrow's Agriculture – Are We Meeting the Challenges? by Manfred Klett & Francis Edmunds (booklet)

Dying and Becoming – Man's Path To a New Communion With Nature by Manfred Klett & T Rapsey (booklet)

The Biodynamic Spray Preparations by Manfred Klett (booklet)

Agriculture Course
Lectures delivered by Steiner at Koberwitz that form the basis for BD agriculture.

Additional Suggested Reading:

An Outline of Occult Science by Rudolf Steiner
One of 5 cornerstone books of anthroposophy.

Theosophy by Rudolf Steiner
Another of the 5 cornerstone books of anthroposophy.

Bees: Lectures by Rudolf Steiner
A complement to the Agriculture Lectures; through Steiner's insights into bees, it addresses social models, love and sacrifice, offering inspiration to humans for how to build and manage flourishing community for the sake of all.

Who's Who on This Journey?

ANGELIC ORGANICS FARM TEAM

Bob Bower

General and Growing Manager, Angelic Organics

Bob joined Angelic Organics farm in 1995 and has headed up efforts in customer service, distribution, finance, marketing, and more. Prior to Angelic Organics, Bob spent nine years in the corporate world with responsibilities ranging from accounting to computer management. He is a Certified Public Accountant as well as a student of anthroposophy and biodynamics.

Tom Spaulding

Founding and executive director of the Angelic Organics Learning Center.

Tom has been with the Angelic Organics Learning Center since its founding in 1998. He focuses on strategic planning, building partnerships, and managing our staff team and facilities. He also keeps his hands in the dirt managing livestock and doing tractor work at Angelic Organics (www.learn-grow-connect.org). Tom has played a leadership role in several local and regional food policy efforts, most recently serving as co-chair of the 2006 Rockford Food Summit.

John Peterson

Farmer and Founder, Angelic Organics

A lifelong farmer, John founded Angelic Organics in 1990, which is now one of the largest community supported agriculture (CSA) farms in the United States, growing vegetables and herbs for more than 1,400 families each year. John is the subject of Taggart Siegel's award winning feature documentary film *The Real Dirt on Farmer John*, which has been seen in theaters and television by millions throughout the world. He published *Farmer John's Cookbook: The Real Dirt on Vegetables* in 2006. He is now writing his autobiography and a book of short stories about farming. John has been touring the world with his film and book since 2005, and looks forward to returning to farm life in 2009.

Lesley Freeman

Lesley has been Farmer John's personal assistant and creative partner since 2001. She appeared as the singing bumblebee in *The Real Dirt on Farmer John*, and in the fall of 2007, she sang on tour with *The Real Dirt* throughout Europe. She co-edited *Farmer John's Cookbook: The Real Dirt on Vegetables*. She lives in San Francisco, CA where she continues to write songs, perform, learn about anthroposophy, and explore different forms of self-expression.

Hannah Spencer

In October of 2008, Hannah joined Farmer John in Europe on a ten-day farm tour. She had such a good time she quit her job in New York City to join him on his European jaunt (well, at least until May). As Farmer John's sidekick, she works on presentations, blogs, and making sure John always has access to a cookie.

OTHER TOUR PARTICIPANTS

Katie Dobb

Katie Dobb comes from Perth, Australia where she was involved in many activities concerning the Youth Section and Anthroposophical Society. Katie is passionate about how creativity can help individuals learn and support each other. Her individual studies in Dornach at the Youth Section of the Goetheanum currently revolve around a project called "Sculpting with Warmth: A Journey from I to Community".

Rachel and Steffen Schneider

Rachel and Steffen Schneider run Hawthorne Valley Farm, an organic and biodynamic dairy and vegetable farm two and a half hours north of New York City at Harlemville in the Hudson Valley. The 400-acre farm is very diversified, with a dairy herd of 60 cows, a processing plant making yogurt, cheese and quark (soft cheese), a bakery, and a full-fledged 100% organic health food store at the farm. In addition, more than 30 varieties of vegetables are grown on 10 acres of the farm. Hawthorne Valley Produce is marketed at their store, at the Union Square Market in New York, and in several CSA (Community Supported Agriculture) sites.

Jan Diek van Mansvelt

After studying biology in the 60's, Jan Diek lead the professional Warmonderhof BD training school in the 70's and established the department of organic agriculture at the Wageningen University in the 80's and 90's. He also initiated the Louis Bolk Institute (1976), co-initiated Biologica (1983), chaired the IFOAM (1986 - 1992), dr.sc. in Moscow (1998), chaired the Dutch BD Society (1998 - 2004), international advisor (Russia, Egypt, Modavia). Linking agriculture - nutrition - landscape within society (economics, culture), being aware of our state-of-mind, is his key issue. He has four sons, one grandson, is divorced, has a great new partnership, and is in pension.

Daniele Dell'Orco

Daniele is an MSC cultural sociologist with years of BD farming experience in Italy. He is very interested in new socio-economic culture wherein consumers and farmers take responsibility in culturally creative ways.

Ursula Büsse

Ursula got her farming education at two different farms: first at a Demeter-farm, then at a bio-farm (Wiesengut). After that she worked at Apfelbacher. At Apfelbacher she cared for the tomatoes in the greenhouses, as well as doing all kinds of fieldwork, like weeding, tractor driving, and organizing the workers. She loves this work, because she can feel the earth and the elements, and can communicate to them while working. For her it is always a kind of meditation while working in the fields. Ursula has many artistic and social interests, which can be explored here in German (though her photographs are a universal language) [<http://www.arts-of-life.net/ursula/index.html>]

Johanna Lagerkranser

In 2006, Johanna worked at Tempo Documentary Festival in Stockholm, where *The Real Dirt on Farmer John* was screened. A year later, she traveled the west coast in North America to explore the world of organic food. Her fascination with food and environment later led to studies in journalism in Stockholm.

THE ITINERARY

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+44 792 441 3784

Monday, Feb 2

John and Hannah arrive in Dornach, Switzerland from Crete, Greece; Lesley from San Francisco via Amsterdam; Bob and Tom from Angelic Organics. Accommodations in Gastehaus Friedwart near the Goetheanum.

Tuesday, Feb 3 – Saturday, Feb 7

Biodynamic Agriculture Conference

<http://www.sektion-landwirtschaft.org/560.html?L=1>

What better place to begin our sweeping inquiry of Biodynamic Agriculture than the annual Agricultural Conference in Dornach? The focus of the conference this year is "How to Live with the Source of Inspiration?" which one could perhaps paraphrase as "How can we make Rudolf Steiner's Lectures on Agriculture relevant to today?"

Special Encounter: (day and time to be determined) In Dornach, the Angelic Organics Farm Team will meet with Manfred Klett, one of the founders of Dottenfelderhof (read about tour destination Dottenfelderhof further below), a lifelong biodynamic farmer and former Leader of the Section for Agriculture at the Goetheanum. We love Manfred's lectures on agriculture (note his presence in the list of recommended reading above) and look forward to hearing Manfred's insights into how to fashion the future of a farm.

Sunday, Feb 8

7:00am: Depart Dornach by van. Drive (4hr -- 391km) to Tom and Anja Kass' farm, Demeter-Betrieb Kass.

11:00am – 2:30pm: Farm tour; farm lunch; see architectural sketches and discuss plans for their new farm; visit new farm site

Demeter-Betrieb Kass

1, Rue Bildchen

L-7518 Rollingen

http://www.demeter.lu/erzeuger_detail.php?link_id=2

In Attendance:

Angelic Organics Farm Team + Katie Dobb + Rachel and Steffen Schneider

DEMETER-BETRIEB KASS

Farmers: Tom Kass and Anja Staudenmayer

[Website: http://www.demeter.lu/erzeuger_detail.php?link_id=2 (German)]



Demeter-Betrieb Kass is a farm in the process of transformation. It was a traditional farm through four generations of Tom's family until the summer of 1999, when Tom and Anja took over its operation and began the process of converting the farm according to the principles of biodynamics. In 2002 the Demeter-Betrieb Kass farm was certified biodynamic by the Demeter association, and in December of 2006 Tom and Anja purchased the farm from Tom's mother.

A few years ago, Tom and Anja began the long process of making their dream of an expanded diversified biodynamic farm a reality. Tom and Anja have invested in 100 ha of farmland only a short drive from their current farm. (Their current farm is in the village, which is common to many farms in Luxembourg; their new farm site is on the outskirts of the village.) Over the last few years they have designed, with the help of an architect, a beautiful constellation of buildings to be built on this new land. It includes barns, animal pens, production units, storage facilities, and a small farm store, not to mention a new home for their family of five.

In addition to all these projects, Anja works for the local chapter of Demeter certification and Tom sits on the board of the organic farmer's cooperative BIOG. They both studied agriculture at the University of Hohenheim near Stuttgart and graduated with degrees in organic agriculture. Tom and Anja also host numerous school groups on their farm throughout the year, which they consider to be a vital component of their farm's mission.

Farm Data

Land and Distribution (current farm/future farm)

Total Land: 50 ha/100 ha

Pasture: 35 ha/70 ha

Tillable Land: 15 ha/30 ha

- Cereals (wheat, spelt, rye, oat, barley, fodder beets): 0.4 ha/0.8 ha

- potatoes: 0.4 ha/0.8 ha

- clover grass: 14.2 ha/28.4 ha

- vegetables: NA/1 ha (possibility)

Livestock (current farm/future farm)

Milking cows: 16/25

Fattening cows: 10/20

Sows: 10/10

Goats: 10/10

Laying hens: 20/200

Mother rabbits: 5/10

Horses: 10/5

2:30pm: Depart for Schanck-Haff farm accompanied by Anja (who will translate).

3:15pm: Arrive at Schanck-Haff; tour farm

Schanck – Haff

Jos Schanck

Luxembourg

www.schanck-haff.lu

In Attendance:

Angelic Organics Farm Team + Katie Dobb

SCHANCK-HAFF

Head Farmer: Jos Schanck

[Website: www.schanck-haff.lu (German)]



Schanck-Haff holds a place of distinction in the history of biodynamics in Luxembourg – in 1980, it became the first biodynamic farm in the country, in many ways forging the path for both organic and biodynamic farmers to come. At that time, brothers Jos and Aender Schanck were interested in finding a new, more earth conscious way of farming – Aender, a trained construction engineer, had discovered anthroposophy as well as the organic movement, and together with Jos they converted the farm to encompass biodynamic techniques and

methodologies (the two other Schanck brothers had branched off to other farms). In 1986, the Schanck farm was awarded the Hellef fir d'Natur environmental prize, a prize that helped to spread awareness of the organic (and biodynamic) movement.

While Jos continued to manage the daily operations of the farm, Aender began to work on marketing the farm's products – the farm, being only 60 km from the capital city, had a large potential customer base. Aender soon discovered other organic farms that could benefit from shared marketing, and the project grew rapidly as cooperatives, associations and interconnected farm stores were formed out of Aender's original impulse. Soon, Aender was involved full time in the formation and strengthening of these organic and biodynamic farm-to-consumer organizations and Jos became the sole head farmer of Schanck-Haff. Present day, Schanck-Haff is a mixed farm with a cheese making operation, bakery and farm store.

Farm Data

Land and Distribution

Total Land: 120 ha

- Vegetables (Carrots 2 ha; Onions 1 ha; Cabbages 0.3; Potatoes)
- Cereals (wheat, rye and spelt – their spelt is an ancient breed uncrossed with wheat; safe for some gluten allergies)
- Pasture

Livestock

Cattle: 30 milking cows plus offspring, 1 breeding bull

Fattening Pigs: 30-40 (fed with unsellable produce, milk whey and grain castoffs; bought from Demeter-Betrieb farm)

Chickens: 20

Pigeons: 30

Beehives: 4

Facilities

Bakery: Marlene Schanck bakes 3 types of bread once a week – a spelt loaf, a spelt and wheat blended loaf, and a wheat, spelt and rye blended loaf. During the winter months, Marlene opens the bakery to school groups to learn the art of fresh bread baking.

Cheese Making: in operation since 1989 in a partnership with Bio-BIOGEN-Bauere. They make eight different types of cheeses – Stoffi, Mellen Hëpperdang (a type of Camembert), Brie, Full-Cut Cheese (as a natural cheese, with garlic, with herbs, with green pepper), skimmed cheese. It is still the only cheese operation in Luxembourg that makes cheese from organic raw milk.

Farm Store: Part of the NATURATA organization. Sells their own products as well as products from other NATURATA farms. Open twice a week to the general public.

5:15 - 5:45pm: Depart Schank-Haff; drive towards Bornheim (near Bonn) and hotel (145.84 km -- 2hr12min), have dinner on the road.

Accommodations at Hotel Garni in Bornheim, a town located between Apfelbacher Farm and Wiesengut Experimental Station.

Monday, Feb 9

9:00am: Breakfast in hotel with AO Farm Team, Katie Dobb, Jan Diek van Mansfeld, Daniele Dell'Orco, and Ursula Buesse.

9:45am: Depart for Apfelbacher Farm (2.5 km from the hotel – about 5 mins)

10:00am: Arrive at Apfelbacher; Therese Apfelbacher will present on their automated packing and internet ordering system.

Apfelbacher

Tombergstrasse 1

53332 Bornheim-Brenig, Germany

<http://www.bioland-apfelbacher.de/>

In Attendance:

Angelic Organics Farm Team + Katie Dobb + Jan Diek van Mansvelt + Daniele Dell'Orco + Ursula Buesse

APFELBACHER

[Website: <http://www.bioland-apfelbacher.de/> (German)]



Apfelbacher is a German CSA farm that delivers organic produce to Köln and its suburbs. Subscribers order customized boxes using Apfelbacher's online ordering system (<http://www.bioland-apfelbacher-shop.de/>). These orders are then filled using a computer system/small scale assembly line at the farm's warehouse. Their operation was recently upgraded with an extensive building project that improved and expanded their packing and storage facilities.

Apfelbacher's produce is obtained not only from their own farm but from other organic farms in the region (in the winter, they import produce from the more temperate south). These boxes are then delivered to the businesses and homes of subscribers.

Farm Data

Land and Distribution

Total Land: 11.5 ha

- Greenhouses: 3 greenhouses totaling approximately 1000 m² (lettuce, radishes, cabbage vegetables, tomatoes, cucumbers, peppers and much, much more)

- Fields: strawberries, soft fruits, mixed vegetables

10:45am: Discuss U.S., Dutch, and German CSA for an hour.

11:45am: Leave Apfelbacher for lunch with Ulrich Kopke of Wiesengut (10.9 km drive – about 16 mins.)

1:30pm: Arrive at Wiesengut; tour farm and chromatography labs with Ulrich

Institut für Organischen Landbau

Katzenburgweg 3

53115 Bonn, Germany

www.iol.uni-bonn.de

In Attendance:

Angelic Organics Farm Team + Katie Dobb + Jan Diek van Mansvelt + Daniele Dell'Orco + Ursula Buesse

WIESENGUT EXPERIMENTAL FARM

[Website: http://www.iol.uni-bonn.de/index2_e.htm (English)]



The Wiesengut Experimental Farm is part of the Institute of Organic Agriculture (IOL) at the University of Bonn. From their website: "Research at Wiesengut centers around the development and optimization of production methods at closed, inner-farm nutrient cycles without using synthetic production substances. The main focus of our research is to illuminate principal interactions in organic systems and to develop methods of practical need for the farmers." Under the direction of Dr. Ulrich Köpke, the farm strives to "develop long-term sustainable forms of land management including a single farm perspective as well as aspects of nature conservation and landscape ecology (e.g., creation of hedges, field margins, buffer strips, field woods and ponds)."

Their animal operation centers on Limousin beef cattle. Come autumn, the calves and breeding bull are sold and the fattening bulls are slaughtered and sold through organic butcheries. The cattle are considered a key part of the organic nutrient system – they are fed exclusively on Wiesengut fodder and the resulting solid and liquid manure is optimized to enrich specifically Wiesengut soil. The two innovative cattle barns on the farm, designed by Ulrich, make the collection of this manure as thorough and simple as possible.

Wiesengut is also involved in biodynamic research. Along with an experiment with organic vs. biodynamic potatoes, Wiesengut hosts a Chromatography lab. Chromatography, to quote the Bio-Dynamic Association of India, "is a technique for separating the components in a complex mixture. ...In biodynamics the technique...is used to create a picture of the substance that can be interpreted directly. Approached in this way it can reveal something of the inner nature of a substance - its vitality and dynamics." Currently, Wiesengut is working on chromatographs of organic and biodynamic grapes and wine.

Dr. Ulrich Köpke not only heads the Wiesengut farm but is also responsible for its existence. He accepted the position of Professor of Organic Agriculture at the University of Bonn in 1987. In that same year, he was directly responsible for the creation of the Organic Agriculture department

as well as the creation of the experimental farm. Since then, he has lectured around the world and has gained a reputation of such that he has been offered and has turned down multiple positions at other universities, preferring to stay at his own beloved research farm. In 1992, Ulrich created and was the first director of the Institute of Organic Agriculture (located at the University). To this day, he is involved in most of the short term and ongoing experiments at Wiesengut. He is married with four children and has a contagious joie de vivre.

Farm Data

Land and Distribution

Total Land: 76 ha

Tillable Land: 59.2 ha (red clover, potatoes, winter and spring wheat, fava beans, winter rye, oats, radishes and mustard)

Pasture: 15.5 ha

Livestock

Beef Cattle: 60 head Limousin (heifers, calves, cows, breeding bull and fattening bulls)

7:00pm: Dinner in Bornheim

Taverne Kostas (Mediterranean food)

Königstr. 102, Bornheim

Germany

In attendance:

Angelic Organics Farm Team + Katie Dobb + Jan Diek van Mansvelt + Daniele Dell'Orco + Ursula Buesse

Also joining us for dinner will be Tadeau and Gisela Caldas, whose family graciously hosted Hannah and Farmer John in Bonn on their 2008 farm tour. Tadeau's company is Ecotropic Consulting S.A. Tadeau has 27 years of consulting experience in organics and biodynamics.

Accommodations at Hotel Garni again.

Tuesday, Feb 10

8:00am: Breakfast at hotel

9:00am: Drive to Dottenfelderhof (1hr44min drive)

11:00am: Arrive at Dottenfelderhof

Dottenfelder Hof

61118 Bad Vilbel

Germany

<http://www.dottenfelderhof.de/>

In Attendance:

Angelic Organics Farm Team + Katie Dobb

DOTTENFELDERHOF

[Website: <http://html.dottenfelderhof.de/> (German)]



The Dottenfelderhof farm is located in and around a former monastery dating back over 1000 years. Today, Dottenfelderhof is a fully realized biodynamic farm organism located on 156 ha of land with approximately 100 people in residence. Along with their field, orchard and livestock ventures, they have a full dairy operation and bakery. Also on site is a popular farm store that carries over 2000 Demeter certified biodynamic products from both Dottenfelderhof and other biodynamic farms. Fresh bread from the farm's bakery and meat from their livestock can be found alongside a myriad of other goods. Next door is the farm's specialty cheese shop, with many of the cheeses originating from Dottenfelderhof's own dairy operation. The space also houses a small cafe, where shoppers and visitors can enjoy espresso, pastries and light sandwiches.

Dottenfelderhof has a long standing history of community building and education. Over 2,000 students from all over the globe have gone through their biodynamic training program and countless other farmers, gardeners and laymen have participated in Dottenfelderhof's symposia and seminars. School groups and special interest groups are welcomed, and Dottenfelderhof's active internship program has helped to train hundreds of aspiring farmers. Throughout the year, the farm organizes and hosts various cultural events and festivals for members of the general public.

Dottenfelderhof also prides itself on a tradition of inquiry and exploration. Along with their own investigations, the farm hosts a branch of the Biodynamic Research Center under the direction of Hartmut Spiess. Some of the ongoing projects at the farm include breeding a better chicken, testing new biodynamic farming techniques, improving seed production and quality.

Farm Data

Land and Distribution

Total Land: 156 ha

Tillable Land: 117 ha

- Vegetables: 2 ha

- Orchards: 4 ha

- Cereals (wheat, oats, rye, barley)

Pasture: 39 ha

Livestock

Dairy cows: 80 (+ young stock)

Pigs: 3 sows (+ offspring)

Chickens: >1000

Horses

Sheep

Goats

Geese

Menagerie of pets

Facilities

Cheese Making

Bakery

Farm Store

Specialty Shop/Café

Extensive residential and educational facilities

11:00am – lunch: Tour of Dottenfelderhof

Afternoon: talking to staff (ideally with founders, people who are involved in visioning Dottenfelderhof's next 40 yrs, and with Hartmut Spiess of their research and seed initiative.)

Supper: Farmer John's friend, Michelle Concepcion, will join us for supper and the evening's activities. Michelle is a superb abstract painter, and has had more than 50 individual and group exhibitions in Spain, Germany, and the United States. She briefly lived and painted at Angelic Organics in the early 90's. Michelle now lives in Frankfurt with her partner Peter (who may also join us for the evening). http://www.michelleconcepcion.com/concepcion/?page_id=15

Evening: Lesley performs; gather with residents to share info about Angelic Organics and to learn more about Dottenfelderhof.

Wednesday, Feb 11

Morning: Breakfast at Dottenfelderhof

9:45am: Depart; drop off Katie Dobb at train station (15.3 km – about 22 mins); return van to Frankfurt airport (11.4 km – about 14 minutes).

12:15pm: Angelic Organics team flies to Stockholm, Sweden.

Johanna Lagerkranser meets us at Stockholm airport, Heiner Lohrmann picks us up, and gives us a short driving tour of Stockholm on the way to Järna. (Heiner Lohrmann is a Waldorf teacher and social therapist with long experience from Waldorf schools in Germany and Sweden. During recent years has he been involved in starting a new initiative within the area of farming.)

Järna:
RSS 25
15391 Järna
Sweden

In Attendance:

Angelic Organics Farm Team + Johanna Lagerkranser

JÄRNA

[Websites: Naturbruks HS - <http://www.Järnanaturbruksgymnasium.se/english/english/> (English); YIP - <http://www.yip.se/> (English)]



The Järna Naturbruks High School, founded in 1999, is located on Nibble Farm in Järna, Sweden. Nibble Farm is an integrated biodynamic dairy operation running since the 1960s. Intimately connected with the daily operations of Nibble Farm, students embark on a comprehensive three year program that encompasses both a Steiner Waldorf education and a full induction into biodynamic farming. Students learn diverse operations working with the farm's various entities. The farm has 30-40 milk cows as part of their dairy operation as well as horses, sheep and pigs. With 90 ha fodder, 25 ha grain, 10 ha bread grain, 15 ha for animal crops, 2 ha of potatoes and 0.3 ha of beets, students not only learn about the growing and harvesting of crops but can watch some of these crops be transformed from grain to bread in the farm's bakery. At the dairy, they can see milk transformed into yogurt and cheese. A working sawmill is also part of the farm's operation. At the neighboring Nibble Garden Center students learn vegetable operations on 3 ha of land and 0.10 ha of greenhouses. All produce grown at the Garden Center is sold in its own shop.

Järna is also the host to the International Youth Initiative Program (YIP). YIP is a new social entrepreneur's training program – it teaches youth from ages 18-25 to explore inner and outer aspects of life whilst developing the skills to make a positive contribution in today's society. YIP is a project under Vårdinge By Folk High School and hosted at the Rudolf Steiner Seminary in Järna, Sweden. YIP is a one year intensive program with one month set aside for an internship abroad. Each day begins at 7:30 am and continues with theoretical and artistic courses alongside an international group of experienced teachers, followed by community engagements. The program has proven immensely popular with its 42 participants from all over the world, and will assuredly be a future mecca for youth in the vanguard of cultural transformation.



An additional feature of the Järna Anthroposophical Community is the Järna Cultural Centre (in Swedish, the *Kulturhuset i Ytterjärna*), an integral part of the Rudolf Steiner Seminary. It was designed by Erik Asmussen, a well known anthroposophical architect, and completed in 1992. The cultural centre includes performance spaces, housing, classrooms, studios for both music and dance as well as small libraries. Throughout the year, it hosts theater performances, concerts, conferences and many other community oriented activities. In 2001, it was voted the 2nd best-liked building in Sweden (website: <http://www.kulturhuset.nu/start/> (Swedish)).

7:00pm (to be determined): Gathering with people from Nibble Farm, YIP people, and school.

Accommodations in Järna; hosted by Heiner and the Youth Initiative Program (YIP).

Thursday, Feb 12

All day at Järna; visit the BD farm and school; learn more about their inspiring Youth Initiative Program (YIP).

8:00am: Breakfast

9:00am: Meeting with farmer Staffan Aresund in the cow barn followed by a short visit to the farm dairy and Thomas Stenius.

12:00pm: Lunch at Nibble with students.

1:00pm: Visit to the southern end of the farm, Baltic Sea and sawmill, followed by a visit to the market garden and store.

3:30pm: Coffee at Kulturhuset, meeting with John Gerhard. (Besides his work at the school, John also represents the company which leases the market garden. John's company Ekoloeden hosted a screening of *The Real Dirt on Farmer John* for its CSA customers during the Tempo Doc Film Festival in 2006, with Farmer John in attendance.)

To be determined: longer talks, or some shorter visits to other sites in Järna.

Accommodations in Järna; again hosted by Heiner and the Youth Initiative Program (YIP).

FARM TOUR ENDS

But the Anthroposophical Gallivanting Continues...

Friday, Feb 13

Tom departs from group to spend a day exploring Sweden.

Bob, Lesley, Hannah and John fly from Stockholm to the United Kingdom.

They will be in the UK for two days of anthroposophical carousing in Forest Row in East Sussex, where they will meet the following luminaries:

Sevak Gulbekian, chief editor of Clairview Books, Temple Lodge Publishing, and Rudolf Steiner Press; author of *In the Belly of the Beast*, an insightful book which illuminates how we can engage with contemporary culture, using all the spiritual wisdom we have acquired, and thereby help to transform evil into good.

www.clairviewbooks.com

www.templelodge.com

www.rudolfsteinerpress.com

Nicholas Wijnberg, Christian Community Priest and co-author of *Crossing the Threshold: Practical and Spiritual Guidance on Death and Dying (based on the Work of Rudolf Steiner)*.

Anne Stockton, editor of *Art: An Introductory Reader*, by Rudolf Steiner and Anne Stockton. She is the illustrator of *The Illustrated Calendar of the Soul: Meditations of the Yearly Cycle*. She is also author and illustrator of *Honey-Bun*, a delightful book about her favorite cat ever. Anne has been painting professionally for most of her life. Resolving to become a painter at age thirteen, she began her formal studies at the Art Student's League and Grand Central Art School in New York City in her fifteenth year. Anne has taught for many years in the United States and in England, at Tobias School of Art which she founded in 1979 with her husband Kurt Falk. Currently, she lives and works in her studio in Sussex, England.

Accommodations at Chequers Inn in Forest Row, England.

Saturday, Feb 14

Tom flies home from Stockholm to Chicago.

Morning: Tour Emerson Campus, an anthroposophically-inspired initiative
<http://www.emerson.org.uk/>

1:00pm: Valentine's Day Lunch with Anne Stockton, Nicholas Wijnberg, and the AO Farm Team (minus Tom Spaulding); to be held at Chequers Inn in Forest Row.

3:00pm: Meet Sevak Gulbekian at his office next to Chequers and explore the Forest Row area. Tea with Sevak and others later that afternoon. Additional plans to be determined.

Accommodations at Chequers Inn in Forest Row, England.

Sunday, Feb 15

Bob flies home to Illinois.

10:00am: Attend Christian Community Church Service; join in fellowship gathering after the service.

Noon: Lunch with Anne Stockton and others

Afternoon (pending): Lesley and John have Rhythmic Massage appointments. Rhythmic Massage is part of the anthroposophic approach to health (it is based on an understanding of the relationship between the nerve-sense and metabolic systems; it has a harmonizing and integrating effect on many bodily functions, including breathing, circulation, digestion and muscle tone).

Accommodations at Chequers Inn in Forest Row, England.

Monday, Feb 16

9:30am: Hannah, Lesley and John go to London to explore.

6:00-9:00pm: Hannah, Lesley and John have sessions with practitioners from Chinese Clinic Herbal Medic

9:00pm: Dinner with staff from the Chinese Clinic Herbal Medic

Accommodations at Tavistock Hotel in London, England.

Tuesday, Feb. 17

John, Lesley, and Hannah continue London exploration.

Accommodations at Tavistock Hotel.

Wednesday, Feb 18

Hannah, Lesley, and John fly to Amsterdam to experience the city and visit Robin (aka the Girl with the Tomatoes from *The Real Dirt on Farmer John*).

Saturday, Feb 21

Lesley flies to Russia to visit friends. This will be her fourth sojourn to Russia in the last eight years.

Hannah and John return to Crete to work on creative projects (including posting a comprehensive account of our BD tour on the Angelic Organics web site).

(Or Lesley, John and Hannah just might deviate from the itinerary and go to Carnival in Venice for a few days.)

March 10 or so

Lesley joins Hannah and John on Crete...

Monday, March 30

Lesley flies home to San Francisco

April

Hannah and John continue their creative projects on Crete.

