

## Endorsements

- *A clear, comprehensive and unique book that provides rich guidance on biodynamic farming and how the interconnected web of life on and near farms can be managed to benefit people and nature.*

**Professor Jules Pretty**, Professor of Environment and Society Director, Centre for Public and Policy Engagement (CPPE), University of Essex

- *John Bradshaw has produced in the pages of this book a resounding testament to the pioneering work of Alex Podolinsky and to the many farms, farmers and stewards of land that have taken up his thoroughly practical agroecological insights. Attested to by Bradshaw's own grasp of biodynamic methods and its benefits for land and people, the several case studies presented in the latter section of the book provide rich contextual examples of Podolinsky's lasting – and evolving – legacy.*

**Dr Jonathan M. Code**, Royal Agricultural University, author of *Muck and Mind*

- *We have run our 10,000-acre wheat farm since 1986 using these practices, supplying clean food and being economically successful doing it. For anybody wanting to find a way of producing the most nutritious and chemical free food you can in your backyard or on a large-scale farm, this book has it all. John shows you how and why certain practices are done. This is a detailed instruction manual. Food and chemicals should never mix. This book will improve the health of all who follow its practices. Great book John.*

**Barry Edwards**, Biodynamic grain producer, Victoria

- *A clear and accurate guide to Alex Podolinsky's Australian Demeter Biodynamic Method and a very useful resource for farmers.*

**Bridgette Olsen**, Agricoltura Vivente, Italy, medicinal herb producer

- *This book that John has created is a wonderful resource and reference for new and experienced Biodynamic practitioners who are interested in enhancing their knowledge and understanding of the Australian Demeter Biodynamic way of farming and gardening. I have been a practising Biodynamic farmer for more than 35 years and I am still learning thanks to this book.*

**Mark Peterson**, Biodynamic dairy farmer, Victoria

- *It covers both the theoretical and the operational aspects of Biodynamic practice in a thorough and very readable way. A very thorough, accessible and practical guide to Biodynamics for farmers and growers. I wish it had been available when we converted our orchard to Biodynamics 30 years ago!*

**Ian Burns**, Biodynamic orchardist, Western Australia

- *Presents a very clear overview of the method, details the extensive scientific foundation of the method and provides a comprehensive guide to its practical application. As an Agricultural Engineer and Research Scientist, I can confidently state, based on my numerous farm scale trials, academic studies, and shared observations with the farming community that Biodynamics, properly applied, produces wholesome nutrient-rich plants grown unrestricted within the natural processes and are not limited as those plants grown*

*using conventional agricultural methodologies. The resulting biologically dynamic soils increases the soil organic matter, humus, and structure to depth resulting in seasonally resilient productive soils: not depleted shallow soils as is the case resulting from high input conventional agricultural practice where ongoing financial sustainability of such practices is of major concern worldwide.*

**Dr John Russell PhD**, former lecturer at La Trobe University

*Alex Podolinsky is one of the major figures in the history of biodynamic agriculture. Working in the footsteps of Kolisko and Pfeiffer, he has helped practices and understanding evolve towards ever greater precision and efficiency. The colloidal quality of the preparations, the quality of their conservation and application, particularly the stirring, and respect for rigorous agronomic conditions have enabled biodynamic agriculture to reveal its extraordinary effectiveness in developing the structure and fertility of soils, the health of plants and the quality of agricultural products.*

*In his book, John Bradshaw presents the biodynamic method as developed in Australia. He gives many precise instructions and appeals to everyone's observation and common sense.*

*This book contains the message that Alex Podolinsky passed on during his many travels and conferences, and which is still today a major source of inspiration for our work and that of many farmers and winegrowers around the world.*

**Vincent Masson**, BioDynamie Services sarl

*My 'elevator pitch' for Biodynamic farming? 'It's 95% good farming and 5% 'magic'... and we all need a bit of magic in our lives!' John Bradshaw's book focuses on the really good, practical farming that is real biodynamic farming, with insightful case studies from many farming sectors, countries and continents. He does not shy away from the 'magic' elements, or the preparations. These are explained clearly and practically with scientific backing as to how they work. I will be using this book as a resource in all my training work from now on.*

**Marina O'Connell**, Director Apricot Centre, Huxhams Cross Farm, Devon, author of *Designing Regenerative Food Systems*

*John has the marvellous attitude to put aside his ego when presenting a farm or Alex's teaching. I remember Alex talking about pianists interpreting Bach, how they should serve Bach and not their ego. John is one of those amazing pianists who can serve Biodynamics, transmitting the knowledge, the emotions and the real experience. And he knows what it is all about, having practised it himself. But he never puts his experience over the farmers that he is listening to. Thank you John.*

**Saverio Petrilli**, Biodynamic vigneron and adviser, Italy

*The book addresses, in an acute and appropriate way, the different aspects of the Biodynamic method as applied in Australia and in various parts of the world, especially following the impulses of Alex Podolinsky. The recognition and dedication addressed to him is also pleasing.*

*Alex Podolinsky was, for me and for Agrilatina, a turning point and a special relationship. With him we faced in depth many practical and subtle aspects of Biodynamic farming.*

*Over the years, thanks to the intense conversations, during his stays at my house and the many visits to Biodynamic farms that we made together, Alex has been a fundamental reference and stimulus in deepening the practice, thought, experiences and evolutions of this method. John Bradshaw, in this book, has managed very well to illustrate the experience and practices of Biodynamic farmers, making them accessible and useful for every type of reader. I also greatly appreciated the choice to expose the historical evolution and thought of the method, with the contribution that the various personages gave.*

*This, combined with a clear exposition of the preparations and useful elements, from the operations that can be carried out to the machines and tools that can be used, provides the reader with a very useful 'manual' which on one side allows everyone to connect with the spirit of Biodynamics and on the other side provides the suggestion of many useful elements to be able to put it into practice appropriately both in professional and hobbyist context.*

**Pasquale Falzarano**, Biodynamic market gardener, Italy