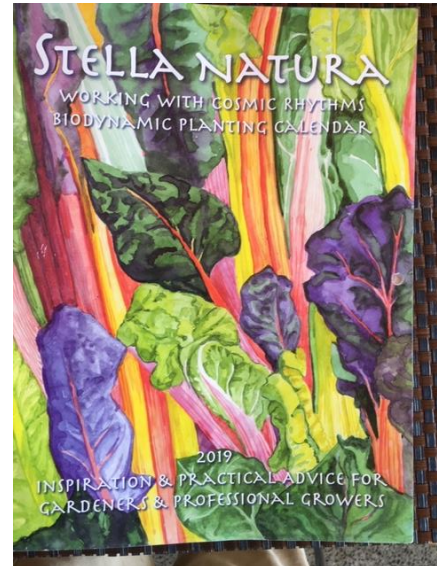


# **Quarry Farm Newsletter #13 September 6, 2019**

## **This week's box:**

Arugula, beans, beets, cilantro, cucumbers, Hakurei turnip, kale, lettuce, peas, hot peppers, strawberries, and tomatoes.



## ***Biodynamic Agriculture***

Daria has visited many biodynamic farms both as a volunteer worker and as an organic inspector. She uses many components of biodynamic farming at Quarry Farm. The first is the calendar which lays out the work that should happen on specific days in relation to the cosmos. Leaf days, fruit days root days – it's amazing how, if you follow the calendar's listing, you make your way all around the garden over the course of a few weeks. The calendar specifies propitious days for working with root crops, leafy crops and flowering crops.

The farm also employs biodynamic preparations to the soil and particularly to the compost. Many people might say this is all hogwash, but in fact, it is an extremely well-organized system that ties all aspects of farming together. The gardens at Quarry Farm continue to generate new and delicious food. The peas in your box this week and last are a testament to this. It's no easy feat to grow a tasty crop of peas and harvest it in the first week of September. The constant attention to building and using good compost is another good example.

If you are interested in learning more about biodynamic farming, you can bug Daria or just google it online.

***Sad news about our dinner. Due to an unexpected issue, we have had to cancel. If you have bought a ticket, write to [info@thequarryfarm.ca](mailto:info@thequarryfarm.ca) to sort out your refund.***

All the best from the Quarry Farm Team