



Biodynamic farming

is a holistic, ecological, and ethical approach to agriculture that treats the farm as a self-sustaining, living organism. It goes beyond organic farming by using specialized herbal/mineral preparations to boost soil health and aligning planting, harvesting, and cultivation with lunar and cosmic rhythms.

Key Aspects of Biodynamic Farming

- **Self-Fertility:** Farms aim to generate their own fertility through composting, cover cropping, and rotating livestock, minimizing external inputs.
- **Preparations:** Specialized preparations (e.g., BD 500 horn manure) are used to enhance soil microbial activity and plant photosynthesis.
- **Lunar Cycles:** Farmers follow a, [biodynamic planting calendar](#) based on lunar, solar, and planetary positions.
- **Holistic System:** The farm integrates plants, animals, soil, people, and the surrounding environment.
- **No Synthetic Chemicals:** Similar to organic, it completely avoids synthetic pesticides, fertilizers, and genetically modified seeds.

Biodynamic Produce and Usage Examples

Biodynamic produce is recognized for high nutrient density, improved taste, and better storage life. It is often sold at specialty markets, high-end grocers, or via direct, [farm-to-table](#) models.

- **Examples:** Vegetables, fruits, wine grapes, herbs, meat, and dairy products.
- **Usage:** Often consumed fresh or used in high-end culinary applications to showcase superior flavor profile and texture.

Synonyms and Related Terms

- **Deep Organic:** Often described as "beyond organic" or [deep organic](#) because it adheres to strict ecological standards.
- **Regenerative Agriculture:** Shares goals of reversing climate change and restoring soil health.
- **Bio-dynamic Agriculture:** An alternative spelling.
- **Steiner Farming:** Named after Dr. Rudolf Steiner, who established the principles in 1924.

Biodynamic farming, as detailed by the Biodynamic Association, emphasizes nurturing the, [soil biology](#), resulting in, [regenerative agriculture](#), that heals the planet.