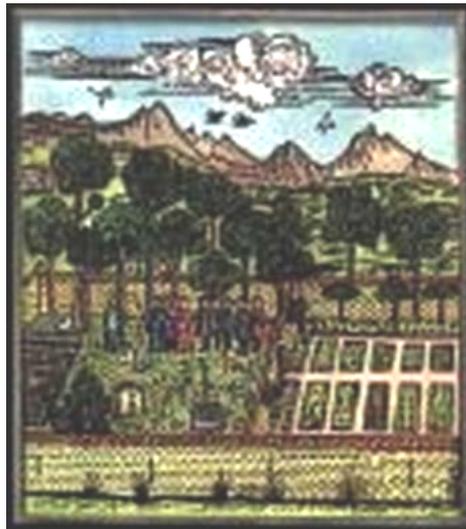


**Growing in the
Garden and
Greenhouse**

WITH THE
**HOMEODYNAMIC
METHOD**



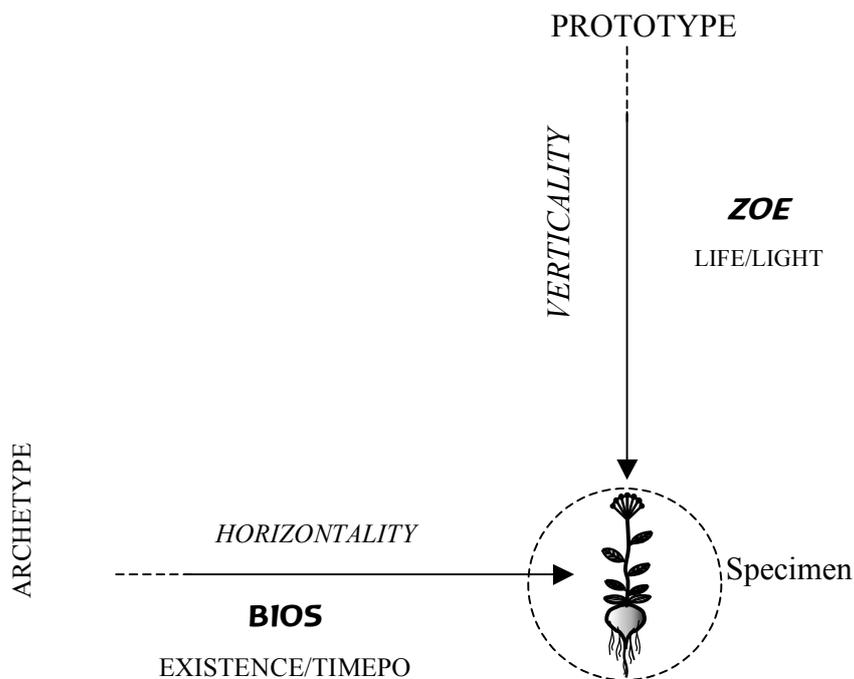
by
ENZO NASTATI

MARCH 2008

GARDEN AND GREENHOUSE CULTIVATION USING THE HOMEODYNAMIC METHOD

– INTRODUCTION –

The term "life" is without a doubt one of the most often used words when we talk about agriculture. With this fundamental word it is clear that we give it different meanings from time to time. We believe therefore, before dealing with the topic of this book we should discuss the different meanings that this word can have. The Greeks used two separate words to describe Life: *Bios* and *Zoe*. *Bios* is the biological life, which develops in the horizontality, while *Zoe* is the Life that descends from heaven, the spiritual Life (hence the word Zodiac) towards which the plant stretches with its verticality.



The convergence of prototypical and archetypal forces in the plant (type)

In **organic agriculture** there is scarcely any reference to the cosmic impulse, and this allows us to easily deduce that, as well as it is practiced, it is an agriculture that relates exclusively to the forces of *Bios*.

At this point we believe it is useful to study a different source to confirm the accuracy of what we are saying: here we are referring to the **Prologue of the Gospel of John**. Initially, John gives a description of the Word according to a temporal point of view ("*In the beginning was the Word ...*" - Jn 1:1), then switches to a description of space, in its aspect of Light ("*In Him was Life , and the Life was the Light of men ...*" - Jn 1:4). John the Evangelist connects Time and Space through the word Life and, as in the greek text, the word that translates as "Life" is not *Bios*, but *Zoe*.

It is *Zoe* that the Earth, today **desperately needs**, be it in our small garden or on an entire continent. **Life** might be like that which is received during the **13 Holy Nights**, or it as may be like what we connect to with the **Seed Bath**.

The "Organic" component when it is not properly processed, is a **poison for the land**: in fact an inadequately composted manure can be very harmful. It is like with us, the chewing, "humanizing" the food, gives it our personal touch, our rhythm, so the soil can only digest a good compost that has passed through the "heat phase" and in which the various components have lost their single Original Principle.

Reasoning about *Bios* and *Zoe* one can find countless ideas. Regarding irrigation water we can easily understand how spring water carries greater *Bios* forces, while rainwater brings those of *Zoe*: one door is the so-called incarnated life, the other diffuse life.

This was well known by the ancient Romans, who after every seven years of a *Bios* type of cultivation, left the land idle in order to nourish the *Zoe* for a year, through a true and proper sidereal fertilization. If we think for a moment how the land is being exploited today then we can imagine it has a thirst for *Zoe*, and this is especially true in the case of plants that do not reproduce by seed, and thus are further deprived of a link with the cosmos.

While the action of *Bios* is universally known (for example, the BIOS forces are carried by fertilization), it is not so easy to find examples of the action of *Zoe*. We can understand a gross aspect of *Zoe* in photosynthesis, energy from the cosmos that arrives at the plant, but in reality the force of *Zoe* is much more subtle, as it relates to

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the quality that is carried by any particular ray of the Sun, depending which constellation it is passing in front of in that moment.

With our method of cultivation we mainly consider Zoe, but, contrary to what you may believe, this is not done to the detriment of Bios, at all.

After this introduction we can now tackle the subject of horticulture.

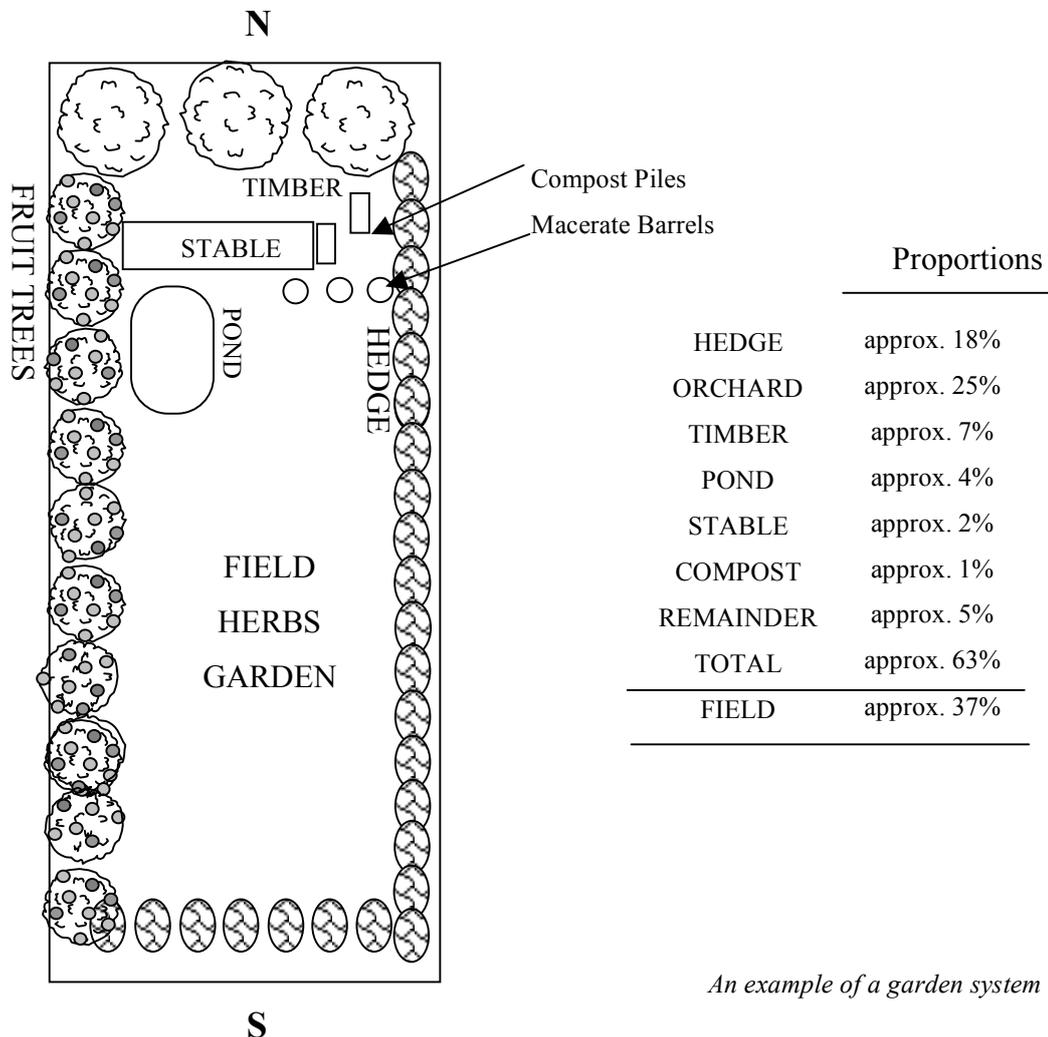
PART ONE

– FIELD HORTICULTURE–

1) General concepts

Normally the horticulturist thinks his vegetable garden is like an agricultural plot that should produce the maximum quantity and quality. Today it is therefore seen as a kind of "machine" which they give fuel (manure) and oxidization (irrigation) in order to maximize performance.

As explained in the introduction the vegetable garden should be seen as a **complete organism in itself** and capable of a maximum of vitality: the aspect of *Bios* will serve primarily the quantity component and the aspect of *Zoe* will be mainly influence the quality of what is produced and will stimulate *Bios* to manifest.



An example of a garden system

A key element is understanding the specificity of this organism, a subject previously covered in our "Four aspects of the agricultural organism." Here we will briefly mention the importance of the presence of **plants capable of capturing the diffuse Life**, that is the *Zoe* aspect of Life, and these plants are the fruitful and have have showy flowers (stone fruit and rosaceae), and plants with spines (cucurbitaceae, moraceae, etc..) whose total presence should cover around 25% of the area.

The presence of **trees** is also important, especially oaks, evergreen, acacia (robinia pseudoacacia), birch and more. They represent the "I" function capable of collecting diffuse Life which is carried to the orchard by bees and distributed to the annual plants by birds.

The third component is the **hedge**, and it must be seen as a living "skin" surrounding our garden. This can be achieved with a row of grapevines, or raspberries.

A fourth concept is represented by the **stable** (rabbits, chickens, etc..) and the area for composting and the arrangement of maceration barrels, tunnels and other cold frames as well as flower beds and aromatic plants.

In summary the main parts of our vegetable garden are a treatment for its vitality.

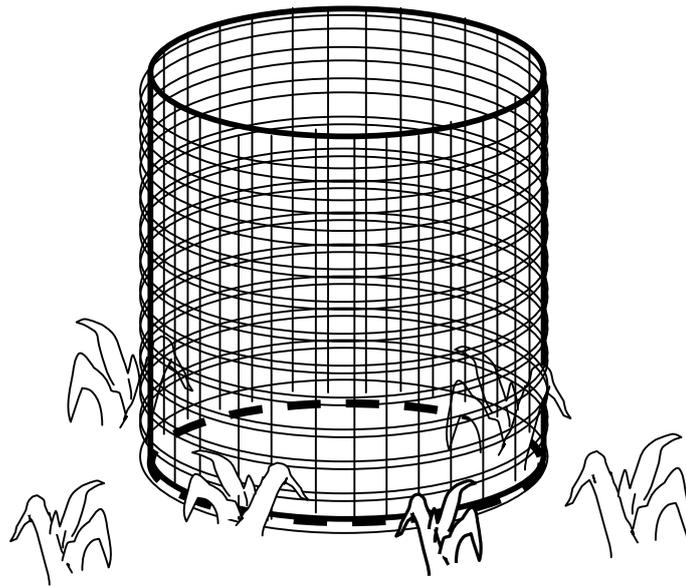
The vegetable garden is part of our farm where we expect the highest yield per area. Obviously the yield from our garden, like the performance of the farm, is primarily linked to the fertility of the soil and the **percentage of organic matter** present. Moreover, since the general trend in vegetable gardens is to plant one crop after another, leaving the land as little rest as possible, the soil must be very vital: for horticultural success it is good if the soil contains at least 3% humus.

2) Hints on composting

As in every good agricultural organism the following rule also applies to the vegetable garden: what the vegetable garden itself produces as waste **is sufficient for maintaining the vitality** without further additions, provided it is properly composted. With respect to with the laws of life of the soil it is best if fertilization takes place around **six months before sowing**, and this is because the ground takes

about six months to "digest" the organic substance that are added, while during the life of the crop, a hoeing is much more useful than a fertilization. **Hoeing** has the double effect of reducing the surface transpiration of the ground and incorporating oxygen into it, thereby stimulating the metabolism of the plant. Everyone knows the saying "*a hoeing is worth a watering*".

So we believe it is useful to provide some basic information to follow in order to obtain good compost from organic waste from the vegetable garden and the kitchen. The issue has previously been discussed by us a few times¹, so we will limit ourselves to the particular aspects that concern us now.



Simple mesh cylinder for composting

First it is necessary to construct a container for the mass to be composted, and for **domestic vegetable gardens** this can be established simply by winding a mesh fence to form a cylinder where we can put the wastes, not even insulated from the soil below.

It is good practice to add some handfuls of soil (up to 3-5% of the total weight) to the layers of waste, in order to facilitate the composting process. After 6-8 months, the bottom part (the oldest) of the compost should be sufficiently mature.

¹ See "Homeodynamic Agriculture Handbook", "Cosmic and Earthly Nutrition" and "Dryland Farming using the Homeodynamic Method" by the Author.

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Another system, suitable for areas of at least 2-300 m², is to build bays with **two fences** (or walls made with bricks with some spaces allowing for passage of air), each about 1.20m apart and tall, and then amassing organic materials in the space between the fences, gradually progressing from the one bay to the next as they are filled. After 6-8 months, the initial bay will be ready and it can be used on the field and then we can fill the space between the fences in the opposite direction.

Adding layers that are too small does not produce a quality compost, because in a reduced mass is more difficult to develop the initial stage of warmth thanks to which the Individual Principal of the Species of plants placed to compost is removed to be replaced by the Organizing Principle of aggregation. This following Principle must be understood as the organizational capacity that regulates all the processes that occur inside the pile. That is, a good compost in general must have at least **one cubic meter of volume** and **an internal humidity of 60 - 70%**. To maintain this moisture in our climate it is good to place the compost in the shade or, if this is not possible, cover it with sheets, boards, leaves, etc.

On this occasion we remember the extreme care with which we must use **wood ash**. The substance, which is immensely rich in potassium, must be used in doses of 5 kg per m³ of compost as an increased use leads to the **collapse of the humic structure** of the soil. This is a heavy consequence to people who heat their homes with wood and are producing a significant amount of ash. It should therefore not be spread on the fields but eliminated in the garbage bins.

Returning to the compost we notice that **plant based** compost is best suited to trees, while the annual plants prefer compost of **animal origin**. The compost of plant origin, especially when it passes through the heat phase, allows only a weak link from the plants to their Individual Principal of the Species. In these cases it may be an effective remedy to treat the seeds with the Generic Production Seed Bath (code S01) which will be discussed later.

Finally, we are reminded that the land never wants a fertilizer that has not been properly composted, ie "predigested", so it should be obvious that the horticultural practice of burying **garden or kitchen waste** is very negative.

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Thanks

Mark