

*“Every farm problem has an answer naturally”*

**Special points of interest:**

- ◆ Silica
- ◆ Homoeopathics Gets the Green Light
- ◆ Biodynamic Farming
- ◆ New Farming Secrets Website

**Inside this issue**

It is time to take the steps to farming biodynamically **1**

Minerals: Silica **2**

Tales from a Homoeopath. **2**

**Product of the Month:**  
An Alkalizing Diet & Easy pH Kit **2**

Walk the Talk **2**

**“Growing Soils For The Future - Food For Today”**

Trekking about with Helen & Hugo **3**

Worm Farmers Diary **3**

**Tigger Tales :** Doggie Treats **3**

Members Section **4**

Join the movement: No Farms No Food **4**

Farming Secrets Guarantees Profitable Healthy Sustainable Farming With Less Hard Yakka More Time and More Joy

Welcome to our 20th Edition of the famous Farming Secrets Digest! As was stated in the last Digest we believe that many of today’s diseases are largely due to the lack of wholesome, mineral rich food and proper diets. They are also due to the high consumption of processed white sugars and flours both which create acidic levels of pH in the body. When your body pH is

your immune levels are challenged and ill health easily follows.



Helen & Hugo with Hamish Mackay & John Priestley

A simple solution to this is to maintain an alkaline body. So we have decided to promote the **Easy pH kits** and the book **“The Alkalizing Diet”** which explains healthy food habits, what foods to eat when and how they affect your pH levels. Edgar Cayce whom many of you know is an inspirational source for the author. *Check Featured Products*

acidic

**Check out the all NEW Farming Secrets website!**

Lots to read and discover! [www.farmingsecrets.com](http://www.farmingsecrets.com) More being added all the time. Make sure that you keep up with the Latest News by leaving your details online. Or maybe you’d like our FREE series **“The 7 Steps to Healthy Soils”** This is a great and fun way to see for yourself what a healthy soil is! A simple tool to use again and again. Please visit our new website at: [www.farmingsecrets.com](http://www.farmingsecrets.com) to discover more for yourself! Want to read back issues of the Farming Secrets Digest? They are all there. Want to know of farming events coming up? Click on our calendar. Maybe you’d like to keep in touch with Specials or Free Gifts? They are listed in our STORE. We are also building up a library of our experts and farmers we work with so that you can gain from their deep experience and countless hot tips. And right now, don’t know for how long, we are offering a FREE Consult. So make sure that you check it out. Go to: [www.farmingsecrets.com](http://www.farmingsecrets.com)

**Is Biodynamic farming the future way of farming?**

As more people demand nutrient dense food more are seeking food grown biodynamically. Both biodynamic and organic crops boast of higher yields, less disease, more pest resistance and longer shelf life. *“Nutrient dense foods have higher levels of vitamins, carbohydrates, minerals, enzymes, antioxidants and trace minerals, making them ideal for improving health and guarding against disease.”*

Dan Kitteredge, Grower, Mass. US

It was back in 1924 that Rudolf Steiner gave a series of lectures outlining a new approach to agriculture to a group of farmers concerned about the dwindling fertility of their crops and declining state of their stock. They wanted healthy food for their family.

These lectures he gave form the basis of biodynamics. Steiner observed that **‘everything in nature is interdependent’** and his methods were practical, energetic and spiritual. Practical in that they were intended to increase microbial life, structure and nutrient availability in the soil; energetic in that they were intended to synchronise the Earth with the influence of the

moon and planets; and spiritual in that an anthroposophical approach to agriculture would, he hoped, encourage humans to connect to the spirit world. Steiner hoped that his agricultural method would help heal the earth. Biodynamics exists on 3 levels. Firstly the farm is seen as a living thing. Secondly is the belief in the cosmic energies—the sun and the moon that play a major role in increasing germination. Thirdly is the use of biodynamic preparations which make use of specific herbs as well as certain animal organs. In a nutshell biodynamics happens with the natural forces at work. It is a subtle interaction within the natural world. Its practice requires minimal inputs, a willingness to work with Nature and good intentions.

References:

Max Allen [www.redwhiteandgreen.com.au](http://www.redwhiteandgreen.com.au)  
Anita B. Stone *An Ancient Call to the future*

**Want to have a chat. Have a question? Just give Hugo a call on 1800 800 466 to find out your best options. Do it today! Better still join and become a Farming Secrets Member NOW!**

## MINERALS

**Silica** is silicon dioxide, a trace mineral found in bones, teeth, skin, eyes, glands and organs. It works with **calcium** to maintain bone strength. The body can't make silica so it must be supplied through food sources or supplements. As animals grow older, they use more silica but are less able to replace it. Because silica is one of the essential nutrients in the body, it has a huge impact on health.

### What Does Silica Do?

Silica strengthens blood vessels, prevents the body from absorbing Aluminium and flushes aluminium

## Silica

from the tissues, stimulates the metabolism, strengthens hair, normalises circulation, regulates the gut, heals urinary tract infection, repairs and maintains lung tissue, tones the respiratory tract, strengthens hoofs, hardens tooth enamel, improves elasticity of the joints, lessens degeneration of connective tissues, increases mobility, helps to remineralise bones, aids in bone Healing, alleviates osteoarthritic and back pain. Its my belief through observation that Ho-moeopathic Minerals combined with

by Jean Belstead

the same minerals stimulate the body to assimilate said minerals. In that light I combine Homoeopathics and Herbs, then throw into the mix some Flower Essences. (See below) **Herbs that are high in Silica** include: *Alfalfa, Comfrey, Corn silk, Horsetail, Nettle, Oat straw, Parsley, Peppermint, Sage and Thyme*. As previously mentioned, Silica likes to have Calcium as a work buddy and because Mother Nature knows best, guess what! ... all the herbs on this Silica list contain Calcium.

## Homoeopathy On Line

by Jean Belstead

I received a phone call from the Australian Pesticides and Veterinary Medicines Authority. I had been reported for providing homoeopathics to farmers; there seemed to be some concern over legalities and that my products were perhaps not registered. No, they're not registered. When the APVMA reviewed my case and got back to me they told me that: as a natural therapist providing my clients with custom made natural substances, nothing I supply has to be registered. So long as I dispense them directly to the user and don't make claims of cure, the APVMA has no problems at all with how I run my business. My bottles of magic are legal and always have been, but now they're also approved by the APVMA. What a bonus, thank you to the person who reported me, you have made my year!

And so I am starting a series of writing on **Minerals**, the 1st being **Silica** (See above)

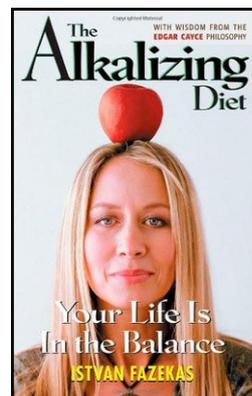
**Flower Essences** address the mental side of us and two of these that tie in with the Silica symptoms are: **Flannel flower** that increases physical energy – note I said flower essences address the mental, don't we have more physical energy when we are happy? And **Gorse** that helps to release us from the despair of chronic (longstanding) diseases– notice that most of the ailments that Silica addresses are to do with chronic disease. Animals have feelings like we do; and we are animals!! And so a Silica Formula is born in my dispensary. *Cheers, Jean jbestead@dodo.com.au PS I am in Scotland from 28th August to mid October!*

### “Walk the Talk”

The 2nd and 3rd “Walk the Talks” for Farming Secrets Members were highlights of **Dr Mary Cole's** talk to the NE CMA group at Oxley. It included plant health disease management as well as why take the biological approach with your soils. As a trained microbiologist Mary has easily identified under the microscope the damage done to the soil microbial life by using synthetic fertilisers, pesticides and weedicides. Mary offers microscope courses and an excellent online service for identification of microbes.

Mary's “Walks” have been followed by a presentation **“Growing Soils For The Future—Food For Today”** which features **Hamish Mackay & John Priestley** at Krinklewood. These 2 together are a powerful duo. Both have been working in their field for decades. In fact John has only known how to farm in tune with nature. Our members are loving the depth of their knowledge and practical advice. To listen check the [farmingsecrets.com/blog](http://farmingsecrets.com/blog) **Coming Soon!** Next “Walk the Talk” for Members is the 3rd in the series.

### Featured Book Of the Month



By **Istvan Fazekas**  
RRP \$30  
See review Page 4

New “Fast Track Your Farming” DVD! Comes with telephone consult as well!

### “Amazing Results From Composting With Worms”

Features **Bruce Davison, David Davidson & Dr Maarten Stapper**. Only \$97



## Trekking around with Hugo and Helen



Since our last Digest we have been very busy. In early May we met Jane Burns, (L) BFA Schools and Maarten Stapper at the Clayton North Primary School where we filmed the children as



they showed us their garden and prepared a lunch entirely from their efforts! Even fresh eggs! All Primary schools can join the BFA programme which is free, invites farmers to help and gives lessons on their website: <http://www.bfa.com.au/SchoolGardens.aspx>



Later in May we travelled to Krinklewood Vineyard in the Hunter Valley which is owned by the Windrims who adopted biodynamic farming practices and are loving the joy and rewards it brings.

Each year Rod (L) hosts Hamish Mackay and John Priestley (L) to present their workshop **“Growing Soils For The Future—Food For Today”** over 1 or 2 days.



Hamish has the best explanation we have heard as to why farmers struggle to leave conventional farming behind. It is here: [farmingsecrets.com/blog](http://farmingsecrets.com/blog) We heard John tell of his natural way of solving any



problems—such as snails and of his innate way of knowing how to work with nature. Hamish Mackay (R) Krinklewood Vineyard & static compost (L) And on our way out we saw this sign on a fence post. We both think that it is a sad day when farmers have to fight to save their good farming land from large corporations while the government does nothing. Food will be the currency of the future and farms need to be protected and farming needs to be

prioritised. Please read the **No Farmers No Food** movement and join! (p4) Late July saw us at the **Nutrisoil** 2 day event. This year Nicole Masters (below L with Rachele Armstrong) spoke again along with Ash Martin from Microbelabs (Below far R) with member Tom Nicholas. And 2 more members below are Anthony Sim and Martin Williams (on R) with Klaus



## Tigger Tales! ..... for all her farmyard friends.

Helen says that Hugo has spoilt me lately as I really only love going outside to bed when I am given a small biscuit. Helen thinks I should just go outside but it has been freezing lately and it is only a tiny biscuit which they get from Fred's, their local organic shop. It says on the box they are called “Organic Dog Bones” but they are really biscuits in the shape of a bone. I love them but am glad that for the rest of the time I only get raw meat or fish, grated vegetables, oats and real bones. I really do feel very sorry for any animals that are only fed foods that they wouldn't get out in the wild—especially if that's all they get. It's no wonder I hear of more of my furry friends getting cancer, arthritis and diabetes because any of those processed kibbles—even highly recommended by the vets—are just not natural. Even my biscuits which are certified organic contain cereal & vegetable protein by-products, whatever that means!

## The Worm Farmer's Diary



Just returned from a flying visit to Queensland to look at how the “real” Worm Farmers operate. Visited **Kookaburra Worm Farms** run by George Mingin and his family, a backyard business with an annual turnover in excess of half a million dollars, also **Down to Earth Worm Farms** operated by Dave Wyatt, another flourishing enterprise with associate growers all over the country and Penne Mitchell and Paul Harrey from **Worms Down Under** also with a thriving business operated from their back doorstep.

Probably the feature of my trip was the willingness of these people to share their information and knowledge. Beth will see even less of me now as I virtually live in my shed, copying the things I learnt.

Out in the paddocks, the thing most visitors notice is that even as we are settled in to our cold Ballarat winter, the continuing growth of clover is amazing. This of course translates in to significantly less feeding out for the cows and horses.

I must admit that due to increased work pressure, and a bit of slackness, not all of my paddocks got their due dose of worm tea over the autumn, but I must be on top of the battle because there are no noticeable negatives, just continued pasture improvement, regardless of the season. Nevertheless, come springtime, I will be back out there giving the pastures their next motivational session.

By the time you read this you may have heard me speaking about worms at the Herald & Weekly Times Show. Cheers, Davo

