

# What is biodynamic cultivation?

Biodynamic cultivation is not simply an ecological way of producing food but a holistic perception of Earth as a living organism. The whole point is the field to be self-sufficient and healthy, producing what it needs by itself, so as to yield the best possible fruit. Cosmic extraterrestrial forces, such as the sun and moon, are conducive to that end. Our earth is not a lonely planet; it is influenced by the whole universe. In order to comprehend the life of the plants we have to take into consideration that what happens on earth is a reflection of what takes place in the universe. So we can say that celestial bodies such as the sun, moon and stars play a part in the plants' growth. Thus, all work is done considering the position of the stars and constellations based on the annual biodynamic calendar.

Plants used in the formulations:

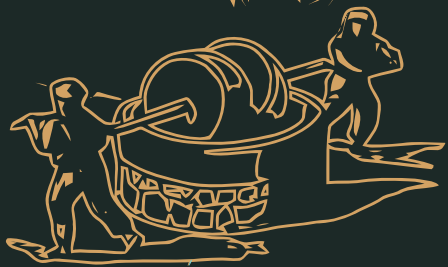


Kouses area is situated at a short distance from the holy hill of Phaistos embraced by the beauty of Messara valley. This is where I produce the only biodynamic oil on Crete, one the first in Europe, following the principles of the biodynamic principles to the letter, keeping the tradition that my parents and grandparents left. It is in their land that today I continue producing the oil needed on the family table just as respectfully as then.

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# BIODYNAMIC CULTIVATION

Some of the qualities of the formulations and processes to be followed:

## Processes:

We prune at the waning crescent stage of the moon when the trees have less juice.  
We water at the waxing stage when the trees "work".



## Valerian

Phosphorus' process is regulated, resilience against glaciers is enhanced.



## Nettle

The quantity of iron in the soil is reduced.



## Achillaia

Sodium is retained and the function of calcium is regulated.



## Chamomile

It creates good connection between sulfur - potassium - calcium, keeps the plants healthy.



## Dandelion

It enhances the silicon-potassium ratio



## Quartz in the horn

It enhances the powers of heat and light. It improves the taste, scent and sweetness.



## Manure in the horn

It regulates calcium and nitrogen content  
Helps in the absorption of micronutrients  
Promotes the creation of roots



## Oak Bark

It creates the right sulfur mix with other elements

