

**A Report on the Three-Day Regional Biodynamic Gathering – November 11<sup>th</sup> through  
November 13<sup>th</sup> at [Perennial Roots Farm](#) in Accomac, Virginia.**

By Jody Grossman BD Gardener

Friday afternoon arrival at Perennial Roots farm in Accomac, Virginia, after two years of studying the Agriculture course with Stewart Lundy on zoom, was pure exhilaration. A steady sea breeze reminded us that the farm straddles a spit of sandy loam soil on the Delmarva Peninsula only a few miles from the Chesapeake Bay to the east and the Atlantic Ocean to the west of the farm. The late afternoon sun over the market garden field, and the livestock grazing just beyond, gave an otherworldly sense of peace and pastoral harmony to the landscape. Roughly 30 eager participants registered for the first ever, Chesapeake BioDynamic Regional Conference on November 11-13. We followed Stewart around the farm, closely examining his compost piles, barley grass sprouting operation that feeds his livestock nutritious sprouted grains, and the thriving market garden that supplied us with delicious feasts created by Stewart's wife, Natalie. We admired the grass-fed heritage cattle, the pigs, sheep, goats and geese, all co-existing peacefully together in the pasture. Stewart explained that animals who didn't get along with others, were gradually sold off, or transformed into humanely raised, free range sausage, a trademark of the farm.

Stewart and Natalie farm 50 acres, a mix of market garden and grass fed livestock. They also provide invaluable internships for three aspiring farmers. At feeding time, Cecilia and Anna, two 8<sup>th</sup> graders attending the conference with their mothers, serenaded the animals with violin duets. The sunset, the music and the animals gathered together for their evening meal, felt like the essence of a farm festival! And let us not forget the human feasts. Natalie is a splendid cook, and every meal was delicious. All the produce came directly from her garden, which is still plentiful even in mid-November. Many of us snuck back for seconds and thirds, begging her to write a cookbook. Our days were filled with presentations on the spiritual basis of biodynamic farming, followed by long discussions on pest management and other practical questions. Interspersed among these lectures, were practical activities—stuffing cow horns with manure and sheep skulls with oak bark, and artistic activities like social painting with Martha Loving, music jams around the fire pit, and a puppet play offered by Beechtree Puppets - The Giant Turnip, a Ukranian folktale. These offerings provided a welcome balance of head, hand, and heart activities that made the time feel much too short.

A special thanks to Michael Judge for shepherding along the Chesapeake BioDynamic Network, which encompasses the geographic, cultural, and historic region of Virginia, Maryland, Delaware, District of Columbia, and West Virginia. Michael's encouragement of aspiring BD gardeners like myself, is truly invaluable. Heartfelt thanks also are in order for the generous financial support offered by the Anthroposophical Society Greater Washington Branch and the Rafael Branch of Baltimore. Their faith in the value of supporting this conference was deeply appreciated.