

“Biodynamic Food and Nutrition course”

Awaken interest in biodynamic foods in your community and raise awareness about their quality and value!

Introduction

One of the most important tasks of the biodynamic movement is to provide vital foods that support the full development of the human being - in body, soul, and spirit. Today, however, it is not enough simply to produce biodynamic foods or promote them in the marketplace for consumers to choose to eat them! In societies that are increasingly materialistic and disconnected from their natural surroundings and from themselves, the real challenge today is to reach people and awaken in them an awareness of the true value of biodynamic foods and the will to actively incorporate them into their diets.

If we want to contribute to the developmental task of biodynamics, we need to actively create opportunities for more people around the world to understand—and above all, to “experience” for themselves—the quality and value of biodynamic foods, so they can speak knowledgeably about them and develop the skills necessary to “introduce” these foods to more people in their communities.

The Course

Goals, expected outcomes and target group

The course is designed to guide you through a process in which you can gain hands-on experience and develop skills in the fields of food and dynamic nutrition. It is open to biodynamic farmers, members of biodynamic associations, trainers, consultants, doctors, nutritionists, therapists, Waldorf teachers, chefs, mothers, fathers, or anyone seeking to:

- deepening their knowledge in the field of biodynamic food and nutrition from an anthroposophical perspective
- gain “experiences” that will allow them to develop a personal relationship with the quality and value of biodynamic food
- develop new skills to share and/or teach about the quality of biodynamic foods and their unique nutritional value in a more creative and impactful way
- learn to design and lead transformative workshops that bring their communities closer to biodynamic foods

In this way, the course will help you become a “facilitator” of biodynamic foods. Someone with the knowledge, experience, and skills needed to help more people become aware of the quality and nutritional value of biodynamic foods for their full development. Facilitators who can motivate others to make real changes in their eating habits, to actively choose biodynamic foods, and thereby support the development of biodynamic agriculture and local markets.

Program content and learning approach

The course lasts three months and will take place between September and November 2026. The course will be offered in English and Spanish.

Based on an anthroposophical approach to adult education, the program aims to guide participants through “experiential” learning processes designed to internalize knowledge, develop new skills, and awaken the will to engage with their nutrition in a more conscious and active way.

Over the course of the three months, participants will engage in various experiences with food and at biodynamic farms near their communities. This individual learning process will be reinforced by group discussions and weekly online in-depth sessions. To support the practical application of what is learned and help participants take an active step toward teaching or sharing knowledge about food and dynamic nutrition in their communities, the course also includes various practical “workshops.”

The course content is divided into three modules, which will be covered in September, October, and November, respectively. During these three months, 1.5-hour in-depth online sessions will be held weekly on Wednesdays at 2 pm CEST.

Module I: The Vitality of Food (September 2, 9, 16, 23, and 30)

- The materialistic view of nutrition and the mechanization of agriculture.
- What do we actually eat? The vitality and formative forces of food
- How does biodynamic agriculture contribute to the vitality of food?
- The threefold nature of plants and human beings
- Vitality through processing methods.
- Practical Workshop I

Module II: Nourishing Body, Soul, and Spirit (October 7, 14, 21, and 28)

- A Broader View of the Human Being: The Four Kingdoms and the Four-Part Human Being
- Experiences of Food Beyond the Material
- A Spiritual Perspective on Digestion
- Nutrition for Spiritual Development
- Practical Workshop II

Module III: Individual and Social Nutrition (November 4, 11, 18, 25)

- Addressing Individual Needs Through temperaments
- The Elements, Vitality in the Kitchen, Individual Needs.
- The True Value of Food. What Does Agriculture Really Mean?
- Cultures and Food
- Reconnecting. The value of food through human connection. New ways to source food: an introduction to CSAs
- The biodynamic farm: a space that fosters individual growth and healthy social development
- Practical Workshop III

Facilitators

The course will be facilitated by different trainers from the biodynamic movement with extensive experience in food and nutrition from an anthroposophical perspective.

Alex von Foerster (<https://alimentoyconciencia.com/>) one of course facilitators is a teacher with the AABDA (Association for Biodynamic Agriculture in Argentina); he is a chef, a specialist in dietetics and natural nutrition, a researcher, a father, a musician, and a gardener passionate about biodynamic agriculture. Alex is Argentine and has spent more than 25 years studying and

experimenting with food and various nutritional systems. In 2023, he published his book “A Kitchen That Changes Your Life”.

Anthony Mecca, another course facilitator, farms, conducts research, and offers workshops and courses at Sun Heart Farm in NY, USA (www.sunheartfarm.org). Farming for over 20 years, Anthony has rich practical experience with vegetables including seeds and breeding, nearly any type of farm animal, draft power, dairying including processing, medicinal herbs and pharmacy, small grains, and perennial crops including berries and tree fruit. He is a teacher, researcher, and author on the themes of biodynamic agriculture, developing new faculties of perception, the nature of substance, and an understanding of nutrition based on Rudolf Steiner's Agriculture Course to support soil, plant, animal, and human health. Anthony also consults and offers mentorship in biodynamic agriculture for all ages, and is the author of the EduCareDo year-long distance learning subject course [Biodynamic Agriculture and Nutrition](#).

Requirements

In order to facilitate an experiential and holistic learning process, participants should meet the following requirements to enroll in the course:

- An interest in deepening their knowledge of dynamic nutrition and food from an anthroposophical perspective and in developing new skills to promote and/or teach about the quality of biodynamic foods and their unique nutritional value in a more creative and impactful way
- Access to a variety of biodynamic (or at least agroecological/organic) foods that you can consume throughout the course.
- Proximity to a biodynamic farm where they carry out some activities throughout the course (This is an ideal requirement, but not compulsory!)
- A connection to a “community” with which they can practice what they learn throughout the course.

Cost

In an effort to be inclusive and support the participation of community members from diverse socioeconomic backgrounds and countries, the course offers a range of pricing of 120, 180, or 250 US. dollars. By choosing the higher price, you'll be helping to support the participation of others with fewer resources. Thank you for your sincerity and generosity.

The course is not for-profit, so if we are unable to cover the minimum costs of the course, we will engage in an exercise of “Fraternal Economy” to collaboratively determine, as a group, how to make the course possible.

Registration

For more information, please contact Maria Paz Bernaschina at paz.bernaschina@demeter.net

To register for the course, click here: <https://forms.office.com/e/ti6F3qS64n>

