

A hand is shown holding a small green plant with several leaves, which is growing out of a white fabric bag. The background is a clear blue sky with some light clouds. The text is overlaid on this image.

**Biodynamic** agriculture, a method of organic farming that has its basis in a spiritual world-view (anthroposophy, first propounded by Rudolf Steiner), treats farms as unified and individual organisms, emphasizing balancing the holistic development and interrelationship of the soil, plants, animals as a closed, self-nourishing system. Regarded by some proponents as the first modern ecological farming system, biodynamic farming includes organic agriculture's emphasis on manures and composts and exclusion of the use of artificial chemicals on soil and plants. Methods unique to the biodynamic approach include the use of fermented herbal and mineral preparations as compost additives and field sprays and the use of an astronomical sowing and planting calendar.