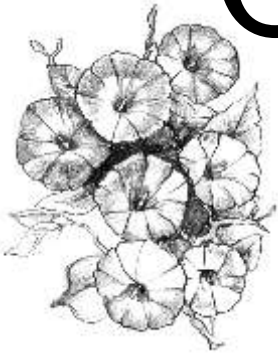


A Biodynamic Celebration



The Twelfth Annual Harvest Festival

Long Hungry Creek Farm • Red Boiling Springs, TN

For more information: www.barefootfarmer.com

September 28-30, 2007

Women in Agriculture

These conferences

attract a wide array of people with gifts to share.

Ample time is allowed for one on one discussion with workshop leaders throughout the weekend.

Women were the first farmers, originally and ultimately organic. Our festival this year honors women, past and present, and the nurturing way biodynamic agriculture tends the earth.

Feel the difference wholesome food makes in your body, and learn how to grow it yourself.

Genuine health begins in the soil. Meet with professional biodynamic gardeners, learn from their experiences, and find out first hand the relationship between soil health and really good food. Meals are provided, and come fresh from the beautiful gardens we will be living and learning in throughout the weekend.

SCHEDULE

Friday

1 p.m. to 4 p.m. Afternoon Workshops
4 p.m. to 6 p.m. Reception
6 p.m. Biodynamic Banquet
7:30 p.m. Keynote - Who were important women in agriculture? Bring stories of your favorites to share.

After Dinner

Music with the Troubadours of Divine Bliss

Saturday

8 a.m. Breakfast
9 to 11 a.m. Workshops
12 p.m. Lunch and garden party
2 to 4 p.m. Workshops
5 p.m. Circle together
6:30 p.m. Biodynamic Banquet
7:30 p.m. Talent Show
9:00 p.m. Bonfire, Barn Dance, and Biodynamic Music with the Troubadours

Sunday

8 a.m. Breakfast
9 a.m. We share our favorite passages from Steiner's Agriculture Course. Q&A with workshop leaders

Lunch
11 a.m. Farm tours - cattle, hay, and compost at Long Hungry Creek Farm
12 p.m. Farm tours - orchard, pruning, cover crops at Long Hungry Creek
2 p.m. Or continue on to Bugtussle Farm - pastured poultry and intensive grazing
6 p.m. Dinner and Good-byes at the farm

4 p.m.

6 p.m.

Speakers and Workshop Topics

Lorraine Cahill comes to us from New York. She will be Evaluating the Life Force in Food, Soil and Human Health thru Radionics and Radesthesia, including hands on demonstrations in assessing life force energy, biodynamic and etheric formative forces, understanding the energetic modalities of medicine to promote healing and health, and much more.

Susana Lein is the modern woman pioneer of Salamander Springs Farm outside of Berea Kentucky. She will talk about establishing a homestead and successful farm based business starting from scratch.

Mary Ann Skillman was a registered nurse and medical researcher at Walter Reed Army Medical Center for 20 years, then went to Switzerland, Germany and England to study Osteopathy and many other forms of medicine for the past 10 years. She will speak with us about Anthroposophical Medicine.

Laura Riccardi lives at Fox Hollow in Kentucky and is involved in the "Biodynamic Integration Project". She is exploring the feminine side of the Biodynamic preparations and working with the preparations as a tool for Earth healing.

Laura Button shares her enthusiasm about raw and living foods through "Journey to Bliss" workshops and products in Nashville and the surrounding region. Her workshop will be delicious.

Florence Rewinski works at the Josephine Porter Institute in Woolwine Virginia. She is a long-time biodynamic gardener and will be talking about Flo's Gardening Experience.

Maude Merlo came into farming after a 20 year acting career in New York City. She now operates Delta Star, her family's farm, in Arkansas using biodynamic methods.

Ricki Linnenkohl with her husband Lane, use horse power to farm their 40 acre Dry Branch Farm in Summer Shade Kentucky. They raise grassfed beef, pork and poultry. Ricki and Lane use biodynamic preparations on their farm and treat their livestock with homeopathics. They also teach various topics related to eighteenth century farming and westward migration.

Sarah Cherry is a long time student of Rudolf Steiner. She has hosted a Rudolf Steiner group for the past five years and used biodynamics on her property since the early 90's. She works with many forms of healing energetics for the body and the land. She will conclude her Medical Qi Gong Practitioner training later this month and works with private clients using Geomancy to harmonize homes and the land. She will speak about sacred geometry.

Coree Entwistle, along with her family, live and work on the Red Springs Family Farm, just a few miles downstream from the Festival. Coree has spent most of her life on and around organic and biodynamic farms and is glad to walk with friends through the gardens.

Cher Smith and her family own Bugtussle Farm in nearby Kentucky. They will offer a farm tour to demonstrate their pastured poultry and intensive grazing.

Harvey Lisle, from Ohio, is a young-at-heart experimenter, with 50 years of experience in biodynamics. He is a retired soil scientist, an avid dowser, and will talk about "cosmiculture".

Steve Storch builds stirring machines and compost tea brewers and runs "Natural Science Organics", a biodynamic/compost tea spray and consulting service on Long Island, NY. He has developed new biodynamic preparations and compost teas and will report on his experiments.

The Troubadours of Divine Bliss and the Dream Revive Consciousness Cabaret will be providing biodynamic music each evening of the festival. Their performance is designed to stimulate the creativity of mind that is so often found struggling for attention in a fast-paced world.

Biodynamics was initiated in 1924 when Dr. Rudolf Steiner recommended we farm with compost, not artificial fertilizers, because the latter would tend to make our food less nutritious and our thinking and feeling more materialistic. Along with entirely practical methods for integrating soil, plants, and animals into a self-sustaining farm individuality, biodynamic gardeners work with the spiritual element by using special homeopathic preparations to create superb compost, high quality produce, and a pleasant farm atmosphere.

Graphics by Blue Moon Image Studio • 615-633-4397

We are grateful for our Sponsors:

Bio-Dynamic Farming
and Gardening Association
Spiritual Food for the New Millennium
Salamander Springs Farm
Other World Food Co-op

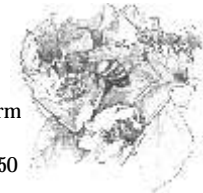


Conference Details

Conference Fee:
\$125.00 for the weekend, paid at the door
\$100.00 if pre-registered by September 14th
Or \$50 per day - Children are always free

Pre-registration by September 14th is greatly appreciated so that we may plan adequately for meals. You are encouraged to bring seeds for the seed swap, homegrown food to contribute to meals, and your crafts and products to sell or trade.

Send Check to:
Jeff Poppen
C/O
The Long Hungry Creek Farm
P.O. Box 163
Red Boiling Springs, TN 37150



Located at the beautiful Long Hungry Creek Farm just outside of Red Boiling Springs TN, 71 miles northeast of Nashville. Detailed directions and more info are available on-line, or by request:

www.barefootfarmer.com
jeff@barefootfarmer.com
or Call 615-699-4676

Biodynamic campsites are available on the farm at no extra cost. There are no power or water hook-ups. Three historic hotels in Red Boiling Springs offer affordable rooms. See www.rbstn.com, or email us for lodging options.

This is a family event. Some child care will be available. We have a swimming hole, hiking trails, and a cave for outdoor enjoyment. Please, No dogs.

We want to keep this conference totally affordable for future farmers. So if you are a farm intern, need assistance, or can contribute to the scholarship fund, please contact us. Absolutely no one will be turned away for financial reasons. However, you will be asked to participate in one or more of the task committees.