

# Esteban's Description of the Biodynamic Principles

from Episode #009

Basic Biodynamic Principles

By: Esteban Acosta



Ensure your soil's fertility with minerals and fermented preparations.

Develop the farm as an organism, and discover the farm's individuality.

Collaborate with local farmers, advisors, and teachers to exchange and learn from each other

Integrate the animal kingdom, either with animal modules and improvements on the farm or collaborating with local farms.

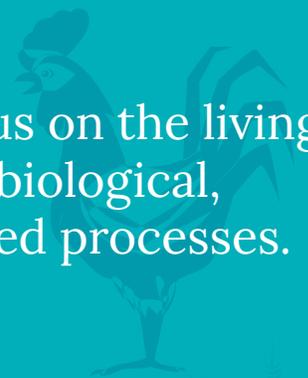
Develop diverse, integrated landscapes with the use of agroforestry and crop rotation.

Integrate knowledge from other systems, like permaculture, syntropic agriculture, regenerative farm planning, and other techniques based on regeneration of the landscape. Keep the soil

# Biodynamic Principles

## Basic Biodynamic Principles

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Keep your focus on the living realms of biological, self-developed processes.



Maintain a biodiversity reserve and a biological corridor through the farm.

Use the compost process to create high-quality humus that can be integrated into the land.

Treat your compost with biodynamic compost preparations

Use the biodynamic field spray preparations.



Apply intensive techniques of green manuring, cover the soil and manage the biomass of the land as the primary source of organic matter for the soil.



Use modern agronomic knowledge and traditional wisdom to manage the farm.



Organize your farm in coordination with the planetary rhythms

**Esteban Acosta Pereira is a Biodynamic promoter and developer throughout Central America. He is a recognized Demeter Advisor and promoter of a new generation of biogás systems, based on circular economy and farm self-sufficiency.**

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