



# **The Biodynamic Year: Increasing Yield, Quality and Flavour**

## **100 Helpful Tips for the Gardener or Smallholder**

*Maria Thun*

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Maria Thun, a preeminent expert in biodynamic methods of cultivation, or “premium organic,” has collected more than a hundred of her best gardening tips from fifty years’ research.

Discover:

- how to produce abundant and flavorful crops
- how special preparations can transform soil and plants
- how the moon affects planting and growth
- the difference between root, leaf, blossom, and fruit plants
- the best storage methods
- much more

Join the author on a journey through the seasons and discover great new tips and suggestions. The Biodynamic Year contains a wealth of advice for gardeners who wish to care for and manage nature more responsibly and successfully.

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