



# Grasp the Nettle: Making Biodynamic Farming and Gardening Work

By Peter Proctor

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In this text, the authors share their experiences in applying biodynamic methods to a range of conditions in different countries. The book provides many practical observations and techniques, and relates these to the spiritual knowledge that biodynamic practice is based on.

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#### **About the Author**

Peter Proctor, past national field advisor for the NZ Bio Dynamic Farming and Gardening Association, now teaches and advises farmers on biodynamic methods around the world.

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