



PARENT COMMUNITY CLASS

Introduction to Biodynamic Gardening

March 28th | Meet at Farm
10:00am–12:00pm

The Farm is located behind the Lions Club Holladay Recreation Center. Drive to the northeast end of the parking lot and walk up the small hill, there you will find the farm. Enter on the east-facing end of the fence.

Join us for a spring morning on the farm exploring the foundations of biodynamic gardening taught by Lydia Murdock (a member of our team at the Wasatch Charter School Farm). In this introductory class, we'll look at how biodynamics views the garden as a living organism and how we can cultivate deeper relationship with the soil, plants, and seasonal rhythms.

We'll explore some of the biodynamic preparations we use, why they matter, and how they support soil vitality and plant health. We'll also discuss how lunar and cosmic rhythms influence plant growth, and how this guides which days we sow, prune, and harvest.

Whether you're new to gardening, curious about your child's gardening specialty, or looking to deepen your practice, this class will offer practical insight, inspiration, and a renewed sense of connection to our shared land, and to your own garden at home.

Bring a camp/portable chair to sit on if you'd like

Questions?

Lydia Murdock
lmurdock@wasatchwaldorf.org

**NO REGISTRATION
REQUIRED**

Website:

<https://www.wasatchwaldorf.org/parent-evenings-special-events>



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**Everything that is alive is
a process undergoing a
constant transformation.**

- Rudolph Steiner

Rudolf Steiner's work in farming is built upon the philosophy that a farm should be a self-contained ecological entity.