

## What is Biodynamics?

Biodynamic agriculture is based on a series of lectures, *The Agriculture Course*, given by Rudolf Steiner in the 1920s. Basic tenets include:

- Recognition of agriculture as a foundational aspect of economy, culture, and society;
- Development of a living “farm organism” with balanced relationships between land, plant, animal, people, and cosmos;
- Creation of healthy soil life as the basis for whole-farm health;
- Application of special preparations that enliven and balance the farm organism.

Biodynamics is not a recipe book. Perhaps its most basic tenet is the need for the farmer to become a sensitive, sensing steward, in touch with all aspects and activities of the living farm.



## Hawthorne Valley Association

Hawthorne Valley Farm is part of Hawthorne Valley Association, a 501(c)3 educational not-for-profit located in central Columbia County, New York. The 400-acre campus includes a Waldorf school; working Biodynamic farm; on-farm education programs; a full-line natural foods store; social, ecological, and cultural research groups; and more. For additional information, please visit [www.hawthornevalleyassociation.org](http://www.hawthornevalleyassociation.org).

**We welcome visitors!**

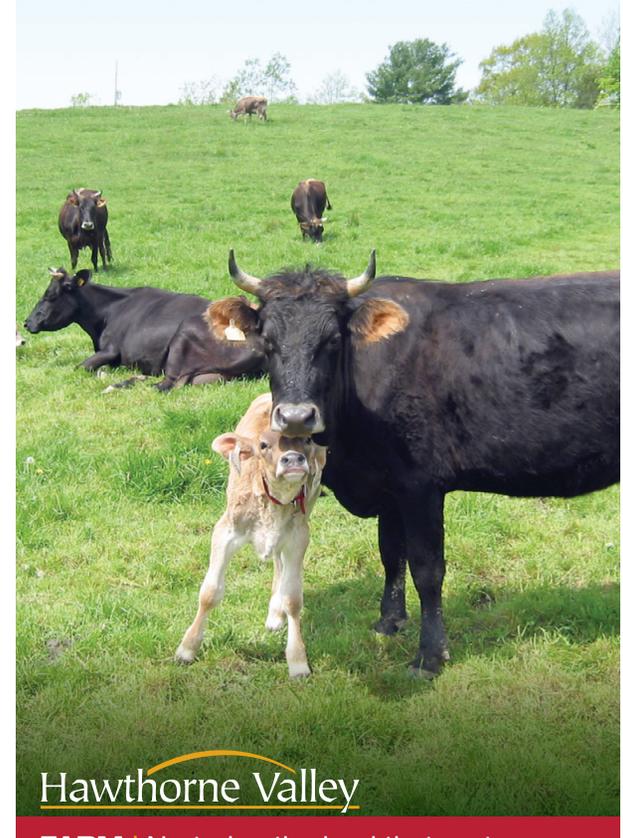


Hawthorne Valley

**FARM** | Nurturing the land that nurtures us

# Hawthorne Valley FARM

Weaving together sensitive  
land stewardship,  
Biodynamic food production,  
and farm-based learning



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## The Farm

Since its founding in 1972, Hawthorne Valley Farm has grown into a highly diversified operation encompassing 400 acres of forests, fields, and streams. The heart of the farm, giving rhythm to farm activities, is the 60-cow dairy herd. We also have 12 acres of vegetables and raise about 15 beef steers and 40 pigs each year. Chickens, sheep, and horses round out the livestock on the farm.



Food from the farm is sold in the Farm Store, at Greenmarkets in New York City, and via a 300-member Community Supported Agriculture (CSA) program with pick-up sites at the farm and in New York City. Various restaurants and distributors also carry our products.

## On-Farm Learning

Since 1972, Hawthorne Valley Farm has hosted more than 20,000 children through its founding initiative — the Visiting Students Program. School groups of all ages spend



a week on the farm, working, living, and learning alongside experienced farmers and farm educators. This program continues and has expanded to include overnight summer camps for children ages 8 to 15.

In 2009, with generous individual and foundation support, the Farm Learning Center was created. The Learning Center provides land-based learning opportunities for children and adults and offers professional education in Biodynamic and sustainable agriculture to those who choose farming as a vocation.

## Artisan Foods

All of our artisan foods are certified-organic and produced on the farm. Ingredients not grown on the farm are sourced as locally as possible from other Biodynamic and organic farms. Through these partnerships, we seek to help build a more resilient regional food system and a strong local, living economy.

Our **Creamery** produces a diverse line of products including raw milk, yogurt, and hard and soft cheeses.

Our **Bakery** creates a range of sourdough and yeast-ed breads and pastries baked fresh daily using grain milled on site.

Our **Sauerkraut Cellar** produces a line of lacto-fermented foods including sauerkrauts and pickles. All vegetables are naturally fermented using high quality sea salt.



## Farm Store & Deli

In 1972, the farm “store” was simply a fridge and a cigar box. Today, it is a full-line natural foods store offering a wide range of organic, Biodynamic, and locally-produced foods and household items. The in-store, organic deli offers a soup and salad bar, hot entrees, and grab-and-go sandwiches.



## Greenmarkets

Hawthorne Valley Farm has been bringing fresh, organic foods to New York City eaters since 1976. Year-round, we attend Union Square Greenmarket (Wednesdays and Saturdays) and Inwood Greenmarket (Saturdays), bringing fresh and lacto-fermented vegetables, breads, yogurt, cheeses, meats, and more.



## Community Supported Agriculture (CSA)

Community Supported Agriculture is a unique partnership between a specific farm and an individual or household. Membership in our CSA means receiving a share of the weekly garden harvest of Hawthorne Valley Farm. Three hundred households participate with pick-up locations at the farm as well as in New York City (Garden City, Inwood, and Riverdale). Members can sign up for Summer, Winter, and/or Fruit Shares.