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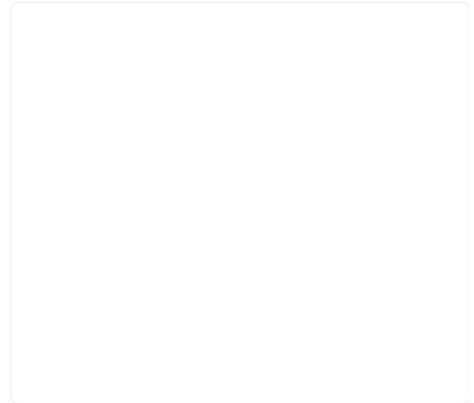
Is Biodynamic Better Than Organic?



By [Gemma Alexander](#)

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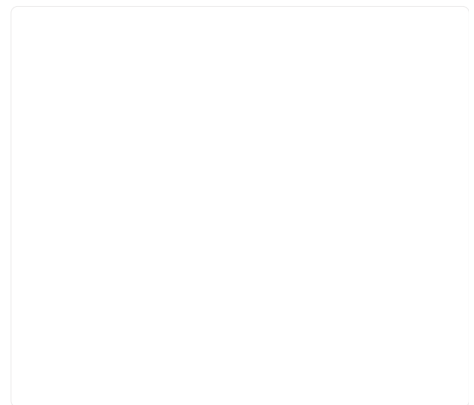
[biodynamic agriculture](#)



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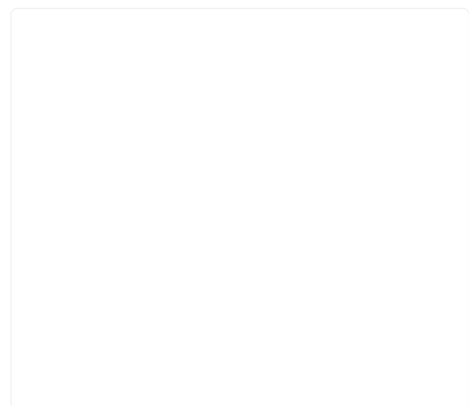
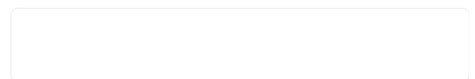
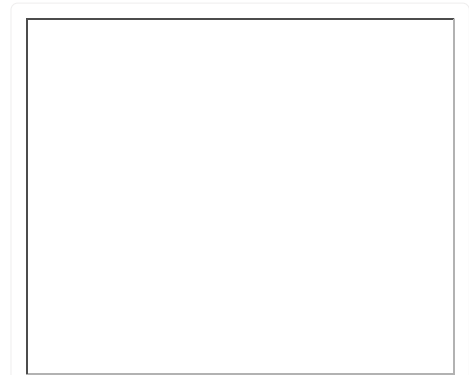
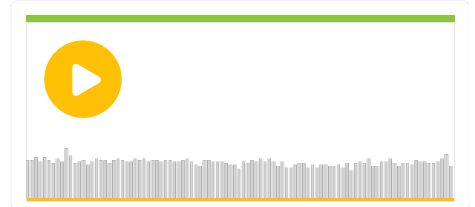
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connection with [wine](#), but biodynamics is a widely applicable holistic agricultural system that is not limited to certain types of crops. The roots of biodynamic agriculture took hold in a series of lectures presented by Rudolf Steiner to German farmers in 1924. In these lectures, Steiner argued that the use of chemical inputs would harm farms in the long run. Steiner is a controversial figure, a self-proclaimed clairvoyant whose spiritual teachings have grown into the widely respected biodynamic agriculture and [Waldorf education](#) systems. But they are also tainted by [suspect medical treatments](#) and [overt racism](#).

Shortly after Steiner's introduction of biodynamic concepts, the Demeter label was introduced and registered as the [first organic trademark](#). In the 1950s, [French vintners](#) began to adopt the principles of biodynamics, and within a few decades, it became the dominant approach to sustainability in wine-growing. Although the system is still most famous for wine, all kinds of agricultural products are produced and certified as biodynamic, particularly in the European Union, where the movement is still most popular.



Many organic farmers feel a deep spiritual connection to the earth, and it can be argued that certain aspects of organic agriculture are more philosophical than scientific. But the organic movement eschews Steiner's more esoteric elements that biodynamic farmers maintain.

In many ways, biodynamic and organic practices are the same. Both eschew chemical fertilizers and pesticides in favor of a more holistic approach that emphasizes soil health. Any product that has achieved biodynamic certification will meet organic standards as well. Biodynamic products must also meet [many additional requirements](#).

The following short video from the Biodynamic Association offers a quick overview of the philosophy behind biodynamics.



Is Biodynamic Better?

Consistent with [regenerative agriculture](#) practices – such as low or no-tillage and dedicating a percentage of total

own compost and feed on-site. It also has strict requirements for the maintenance of natural areas, such as riparian systems, within this enclosed system. Such requirements as these make intuitive sense. But organic farmers often reject them as “nice-to-haves” whose benefits do not justify the expense. Others argue that we should be thinking more broadly than our own property boundaries when attempting to heal an ecosystem.

Requirements that are more obviously rooted in Steiner’s [theosophy](#) cause most of the controversy. Biodynamics’ required “preparations” (specific recipes for compost and sprays) might be effective mycological inoculants. But they are [scientifically untested](#) and their preparation methods (such as packing manure into a cow’s horn and burying it for the winter) and other practices like lunar planting can also be off-puttingly mystical to pragmatists.



Biodynamic in the USA

You may feel skeptical about whether the lunar phase under which your produce was seeded makes it more sustainable.