



# Grasp the Nettle: Making Biodynamic Farming and Gardening Work

*Peter Proctor*

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## **Grasp the Nettle: Making Biodynamic Farming and Gardening Work** Peter Proctor

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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