

**This Lunar Planting Calendar is a practical tool derived from generations of successful Biodynamic practice.**

The influence of the Sun and the weather it creates are the most important factors affecting conditions for plants and grower. The gravitational effect of the Moon is equal to that of the Sun. It is strong enough to create the tides in the ocean. This also governs behaviour in plants, animals and soils.

**TIMING (ACTIVITIES)**

**NEW / WAXING MOON----SOWING SEED**

**FULL MOON-----GERMINATION**

**WANING MOON-----CUTTINGS / PROPAGATION**

**DARK MOON-----TRANSPLANTING**

**TIMING SEED-SOWING (Synodic Cycle)**

Sow seeds as many days *before* Full Moon as it will take them to germinate. Roots should be sown under the influence of the Dark Moon.

Sow on the nearest most suitable sign day for the *crop* you want at maturity. Identifying **windows of opportunity** suitable for various tasks means you can plan ahead and don't try to do too much at one time or too soon. The restriction imposed by following this timetable is compensated for by improved subsequent growth. Priority tasks such as seed-sowing can be prepared for well ahead of time, fitting less important jobs in as and when possible. Following this pattern provides a diversity of activities through the course of each month which enhances personal motivation and momentum.

**Sideric Moon Cycle**

The Moon affects plants differently according to which sector of the celestial, night sky / Astrological Sign it is passing through, promoting and enhancing specific types of growth. The 12 Signs correspond to the four **Elements [ Air, Water, Fire and Earth ]** in three sequential cycles each month, which are related to four main categories of Growth [ *Flower, Leaf, Fruit and Root* ]. Depending on what part of the plant you want as crop, sow, cultivate & work with those plants on days ruled by the relevant Sign/Element:-

**FLOWER = AIR** AQUARIUS ♒ / GEMINI ♊ / LIBRA ♎

**LEAF = WATER** PISCES ♉ / CANCER ♋ / SCORPIO ♏

**FRUIT / SEED = FIRE** ARIES ♈ / LEO ♌ / SAGITTARIUS ♐

**ROOT = EARTH** TAURUS ♉ / VIRGO ♍ / CAPRICORN ♎

**NOTES FOR CALENDAR:**

There are **13** Moon cycles in the vertical columns. **Sundays** are underlined. Moon cycles vary in length ( 28-31 days / 29 ½ ave.) needing maximum **32** daily entries. Each column starts at the **New** Moon for that moon-month and finishes at **Dark** Moon.

The central line across page, half way down each column, shows when **Full** Moon is.

Precise timings are included for the exact **time** of the Full Moon.

Signs are associated with days when the Moon is in that sign for most **daylight hours**.

# S.O.F.I. OCN 3428 - OC&C: Unit 2 Theory of Organic Cultivation. Element 1

## THE SUN

The Sun is the most important factor deciding what plant growth is possible at different times of the month and year. Solar activity dictates the availability of necessities such as heat, light and drives the weather cycles. Sunlight can be unpredictable, even in summer, but the Sun also has cycles of increased activity, such as the occurrence of sunspots and emissions of particles from its reactions. The influence of the Sun and the weather generally are the most important factors affecting conditions for both plants and grower, although it sometimes seems that the influences of the Sun and the Moon are synchronised, as when a drought breaks just before a Full Moon.

## THE MOON'S CYCLES

### 1. THE SYNODIC MONTH

From an earthbound perspective, the visible Moon takes **29.5** days to complete the cycle through its phases from New to Full and back to New.

It is this cycle which governs and is synchronised with the behaviour of **water** around the world, causing it to rise and fall twice daily. On the macroscopic level, the gravitational pull of the Moon on the oceans directly controls the pattern and extent of tides. The same force which causes oceans to move also influences the behaviour of the liquid magma beneath tectonic plates and consequent volcanic activity. It also influences water and all liquids on microscopic and molecular levels. Behaviour patterns of both plants [ e.g. dormancy / fertilisation ] and animals [ e.g. hibernation or estivation / reproduction ] are both timed to co-incide with the Moon's cycles, as are menstrual cycles.

Just as the Moon is capable of producing two high and low tides a day, so water rises and falls within the soil. These **land-tides** are most extreme at Full and Dark Moons. When the Sun and Moon are opposite each other [ Full ], water in soil rises strongly twice, twelve hours apart, feeding plant roots and encouraging them to travel into the soil as the water drops. When they pull together at Dark moon, they produce one larger, combined pull every 24 hours, causing roots to search deeper for water.

### 2. THE ANOMALISTIC MONTH

Represents the Moon's proximity to (☉ **near**) or distance from (☉ **far**) the Earth. The Moon's disc is larger when it is closest (**perigee**) and smaller when it is furthest away (**apogee**), and its gravitational effect is proportionately stronger or weaker. This cycle is just over **27.5** days long and the Moon is **40,000 Km / 16,000 miles** closer at perigee than at apogee. Sow seed before perigee, seed sown at apogee will be more likely to bolt, which could be useful if you want seed.

### 3. THE TROPICAL MONTH

Shows how high the Moon is in the sky, its elevation, when it is furthest North in the sky (**^ high**) and its declination or lowest point South (**v low**). Days when the Moon is ascending are suitable for grafting: when descending for sowing roots, transplanting & pruning.

### 4. THE SIDERIC MONTH

The Moon takes **27.5** days to cross the celestial sky and return to its starting point. The sky can be understood to be a **Zodiac** made up of 12 approximately equal longitudinal sections [ Astrological **Signs** ], each occupying approximately 30° of the 360° of a complete circuit. It takes the Moon 2-3 days to pass through each section. The effect of the Moon on plants is different according to which Sign it is passing through. The Signs correspond to the four **Elements** [**Air, Water, Fire and Earth**] in three sequential cycles each month.

When the moon is in a certain Sign, specific types of growth process are promoted and enhanced. These are identified by relating the four Elements to four main categories of growth [**Flower, Leaf, Fruit and Root**].

Depending on what part of the plant is required as a **crop**, harvest or end-product activities can be carried out on days ruled by the relevant Sign and Element. **For example:** Varieties within the cabbage family have been bred to yield crops with characteristics which correlate to the four elemental characteristics. Hence, the biodynamic cultivator can sow turnips or swedes when the moon is in an Earth sign, to maximise root growth: broccoli or cauliflower on Air-flower days: kale or spring cabbage on Water-leaf days: and for a seed crop like mustard on Fire-fruit days.

## THE MOON AND THE STARS

Lunar and Cosmic influences can combine and reinforce each other. For instance, a transplant or cutting carried out just before Dark Moon and during an Earth Sign [ Rooting ] would be receiving doubly helpful influences. Even subtler systems of attribution assert that individual plant species correspond to or have affinities with specific astrological signs or planets.