

A close-up photograph of a hand holding a small, pink, spiky plant stem. The stem is light pink with small, yellowish-green spines. The background is dark, rich soil. The overall image has a slightly grainy texture.

Little Farm

Gardening Workbook

by Lutie Larsen

Garden the "Radionic way" with insight and "in-sense". Learn for yourself the secrets of Nature in your soil, vegetable garden and flowering beds.

Radionics is guaranteed to increase a sense of wonder and participation in your gardening efforts.

March

Spring Equinox

March 20-21

LUTIE LARSEN

LITTLE FARM - TIPS AND TECHNIQUES - FOR GARDENERS

CHAPTER THREE



Start your seedlings inside in greenhouse trays



Temperatures are still too cold to leave your early plantings uncovered at night.



Gathering the tools, the seeds, the plants . . . the soil . . .

Preparing

What comes first?

Some of the first things to prepare for planting involve balancing your seed, evaluating and balancing your garden soil, and checking the appropriateness to plant. Seed balancing is a process where the energetic IDF's of a plant are tuned. This process generally involves a series of rates.

There are other methods of energetically balancing seed. I usually just use my Seed Balancing

Program. The end result is that the GV (general vitality) of the seed rises. I like to see it in the 50's.

Evaluations of your garden soil should be on-going. During the winter I fine-tune minerals and check for significant imbalances. The resting soil GV is often lower (in the 40's) but still provides an index for minerals and mineral ratios. Remember your energetic measurement of minerals is linked with awareness and availability. That may sound strange but

Remember the energetic measurement of minerals is linked with awareness and availability of that mineral.

awareness is very much a factor in the subtle fields. When you tune minerals in your soil you are supporting self awareness, and that seems to increase their availability to your plants.

Glossary

Seedling - definition

After germination the young plant begins its growth cycle. Seedlings are tender and need protection from dehydration. They are growing fast and usually their vitality is high but they can be easily stressed.

Transplants - definition



A transplant is a young plant that has been started in another location and has been moved to be planted into your garden. Transplants are usually seedlings and need protection. There is often “transplant shock”, because the growing conditions change, when the young plant is first planted. Growth is stopped and the plant might wilt or drop leaves. It is very important to water your transplants as soon as you plant them.

Succession planting - Planting technique

Garden plants like lettuce, grow quickly and a wise gardener will plant a smaller amount every week or two. Radishes can be grown all year if planted each week. Some plants do better when they follow another crop. Peas add nitrogen to the soil and corn which loves nitrogen, does better when it follows your early spring pea crop.

Early Growth - definition

Early growth is a part of the growing cycle where the plant is growing quickly, the leaves are young and tender. Plant cells are elongating and the whole plant is getting larger. We like to keep leaf crops in early growth as long as possible. Leafy herbs, salad greens, beets used for greens are all crops that we monitor and tune for early growth.

Everyone should have a garden . . .



Tomatoes and basil are complimentary companion plants. Each enhances the flavors and growth of the other. We always plant them together.

Starting your plants - inside

Many gardeners get a jump on the growing season by starting their plants inside. It takes a little work but saves you the cost of transplants purchased at the Nursery. There is another advantage to the plants, If you are consistent with their care you will have much better plants to start with. We almost eliminated transplant shock with our lettuce seedlings and flowers when we grew transplants.

Plants need warm moist temperatures to germinate. Some plants need light to stimulate the process. Planting inside requires that

the seeded trays have adequate moisture, light and are warm enough for germination to take place.

A good, lean potting soil that has been pre-moistened is all that needed. I will run the germination program (or use LF Germination drops) in the first watering after planting the seed. Then it is just a matter of keeping the plants watered and supplied with alternating periods of light and dark if you are using an artificial lighting source.

Sooner than you think you will have young plants waiting to beset out in your garden. The weeks they spent inside will give them a head start on the growing season.

To Do . . .

Timeline

Week 1

Week 2

Week 3

Week 4

End of Month

Potting Soil Balance

50.334 pH Balance
 40.35 Moisture
 0.84328 Minerals
 60.732 Clear dis-ease

These are several “balancing programs” that we use at little Farm. You can dowse to see if any are appropriate for you to use.

Soil Balance

0.387 Carbon
 40.35 Moisture
 50.334 pH Balance

To Do . . .

continued

Tips for starting seeds inside

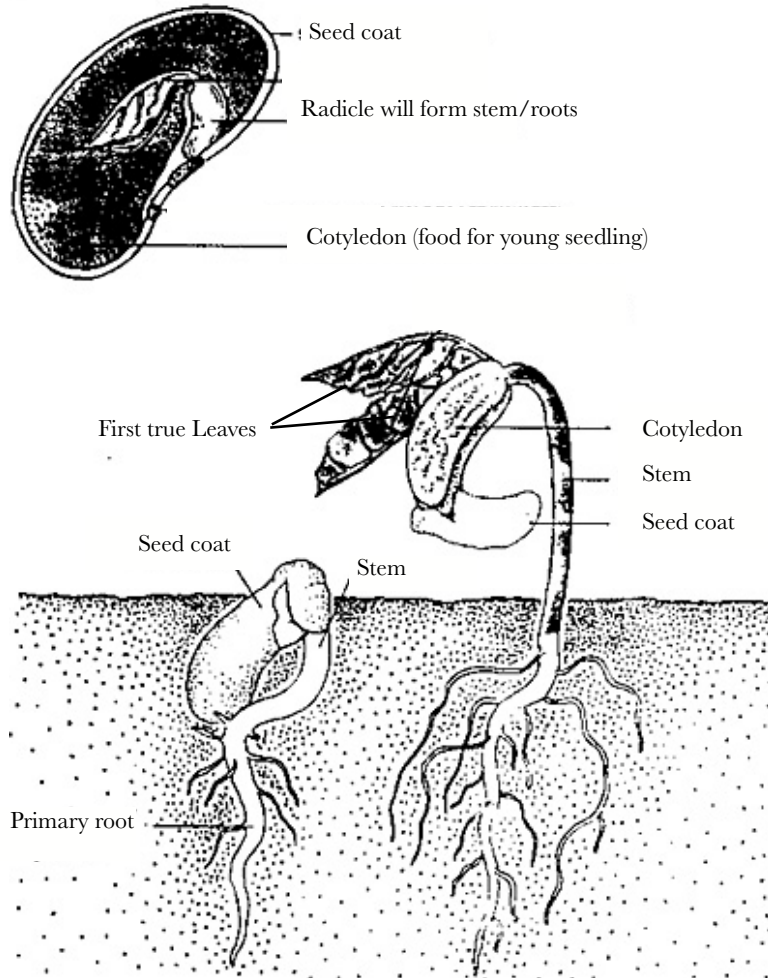
- 1) Seeds don't need rich soil to germinate.
- 2) Watch moisture. It is better to waterless, more often.
- 3) Watch the whole soil profile. It can be dry at the bottom of a flat and moist on top. (The roots are on the bottom.)
- 4) You can bottom water a flat by setting the whole tray into a pan of water. 5 to 10 minutes is long enough.
- 5) Misting is a good option for fragile seedlings.

plants to start inside

Evaluate

Check compatibility

Anatomy of a Seed



Concepts

applying radionics to your garden

Astrological signs- Planting by the Moon

There are a number of special calendars for gardens and farms that show the moon phases. We do know that the moon and other astrological forces have a real influence on your plants. I like to work with the natural cycles when ever I can but do not become fanatical about it.

The *Old Farmers Almanac* and the *Kimberton Hills Calendar* are both good sources of this information if you want to plant with the lunar cycles.

Planning your garden includes getting out a calendar and assigning tasks for each month. Any calendar will do for general planning.

I usually start with the months and refine as I go. Seeds must be ordered, fields prepared, planting, etc. are all to be considered and plugged into the calendar. I also find it works well to keep a dated journal and refer to last years calendar when I plan for the coming year.

Moisture and temperature

Moisture and temperature are very important in the springtime. Most gardeners forget to water because of the spring rains. Moisture must be carefully monitored during the time that seeds are germinating. I use the rate 40.35 to energetically

observe the moisture content in the soil. I use the Hyper/Hypo scale and I like my measurements to be close to 50.

Acid/Alkaline Balance

Measure both the acid (34-84) and the alkaline (26-41) rates. Balance using the rate with the lower measurement for a maximum of 2 minutes to bring the two rates into balance.

Then re-check both rates. They should balance and be close or equal to the general vitality. Repeat balancing if necessary. Both values should eventually equal the general vitality measurement.

Potting soil “recipes”

Potting soil is made by mixing soil (or composted soil) with peat moss and vermiculite (or perlite). Germinating seeds need few nutrients. A light moisture holding medium is best.

I prefer to use unsterilized soil for my mixes because I want “living soil” but you can buy potting soil at many stores.

A recipe is written in “parts” so you can easily make as much or as little potting soil as you want.

Checking compatibility

Measure both the vitality, GV, of the soil and the seed. Make a note of these measurements. You must decide if you want to check the seed, which will become the

plant, the crop, you are growing or if you want to check the soil.

If you are more interested in your soil and how the seed you intend to plant will affect it, Place the soil witness on the input first and then add the seed as a “reagent”. Take a measurement, still using 9-49, and compare it to the measurement you took of the soil. Is it higher? Then this crop will increase the vitality of your soil. Is it lower? Then this crop with decrease the soil vitality.

Likewise you can determine if the soil will increase or decrease the vitality of your seed (crop) by first putting the seed on and adding the soil as a reagent. This is a way to gather information before you plant and help you to make the best choice of where to plant what.

How do I “Balance my soil?”

I have several soil balancing programs on page 27 that serve to balance the important energetic fields of soil. Look over them and pick one by dowsing with a witness of the soil you are working with.

You may need to modify it to get a program the suits your specific conditions. This means you will scan all of the rates and consider the ones you feel a stick (or “yes”). These rates can be added to your custom balancing program.

When I finish I usually ask, “Is this program complete?”, “Do I need any other rates?”

Spring Weeds

. . . and green drinks

Green Drinks are still being talked about all over the world.

Well-known celebrities like Oprah Winfrey have been talking about the health benefits of green drinks.

Oprah said:

"It's like a glass of fresh!"

as she took her first sip of Dr. Oz's green drink on the TV Show.

And yes, it is fresh indeed. There is nothing better than to have a green juice or a green smoothie in the morning!

For those that are unfamiliar with these green drinks, let me explain how easy they are to make.

Spring Green Drinks:

The green juice comes from a combination of a lot of greens (including spring weeds like dandelion) and other vegetables like celery that are blended together to create a green juice. Often I add radishes and carrots, greens and all.

Usually a green drink includes a colorful or tasty sweet fruit. Fresh pineapple is my favorite because of its many enzymes but I have used berries, apples or even citrus juices. These are also blended in with water to thin the mixture a bit. And there you have it, you spring tonic.

***Required equipment for green drinks: a blender.**



When I first moved to Utah in 1973 the neighbor ladies often took walks to gather herbs, or weeds as they called them jokingly. In the spring they always blended them up with pineapple juice for their "spring tonic". They told me that "it shakes the winter out of you body".



The Magic in the Soil . . .

Many eyebrows are raised when I talk about biological transmutation, the alchemy of the soil. Because of my work at Little Farm I have come to believe both plants and soil have the ability to restore proper mineral ratios through biological transmutation. It is a small but continuous process that goes on constantly and is usually unnoticed.

Observations

- on Soil

Much that I have learned about the soil has come through observation. Carey Reams often counseled “See what you are looking at.” So much of the time we only see what we think we should see, what we expect to see. It’s a kind of “selective” seeing and indeed we can see what we are expecting and miss all the rest!

Radionics explores the science of the unseen, the information behind the form. Rudolph Steiner called it a “formative force.” I use radionic technique to see beyond the form. With radionic rates I can link with the specific information that is manifesting in the physical form I am observing.

It is fascinating. Usually, after I link with the field using a setting or rate on my instrument, I measure that field. It sounds simple and it is simple. It is sort of like dialing a number of a friend on the phone and listening to that first “hello.” Is it strong and clear or is it weak or sad or shaky? With radionics we use a scale and dowse for a particular measurement on that scale. Our scale has precise parameters and normal ranges.

This gives us an idea of how coherent things are in the formative field of the physical form we are studying. This is what I call observing, but I prefer to listen and look some more before I make a “judgement.” Most of us are in a hurry and we don’t gather enough information. We feel the tip of the elephants trunk and assume it looks like that trunk.

The soil is a composite of many things. We read about the minerals that have ground down

into “dirt.” Many people stop there and focus only on the minerals. There are so many of them.

Some must be more important than others. What if I add minerals? Which ones should I add? And so forth. Many farmers (and gardeners) never see beyond the minerals in the soil.

But there is more, with a little looking, you will find the soil is very interactive and this “interactivity” is very interesting. I first found that soil that was “alive” was more productive, a lot more productive. We were growing lettuce in one third the time, and I was excited. I started “looking” for life in my soils. I sensed microbes, like bacteria, fungus, algae, and lichens. I’m sure they always have been there, but I hadn’t looked for them.

Pretty soon I had linking rates and was measuring and observing them. I’m sure my “attention” was noticed and perhaps actually changed things, but over the years I have blended into the background and have learned many things. I learned that the microbes were the reason the soil was healthy (or unhealthy). I learned that as small and simple as they are microbes still have the power to reset the soil. And the biggest secret I learned was that we don’t “manage” the soil nearly as well as our microbes do.

This is when I started paying attention. I wanted to see - not what I knew or thought I knew, but what was really happening. I wanted to see what I was looking at. If I was going to let go of my management of the soil I wanted to be sure I was doing the right thing. I wanted to believe in those principles I was observing. Well, seeing is believing and even more. G W delaWarr said, “Believing is seeing.” I made the leap, the shift, in consciousness and a whole new paradigm was

Journal Entries - March

Little Farm notes

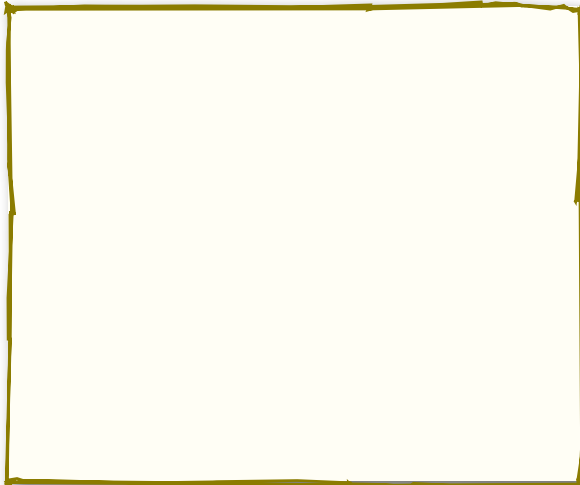
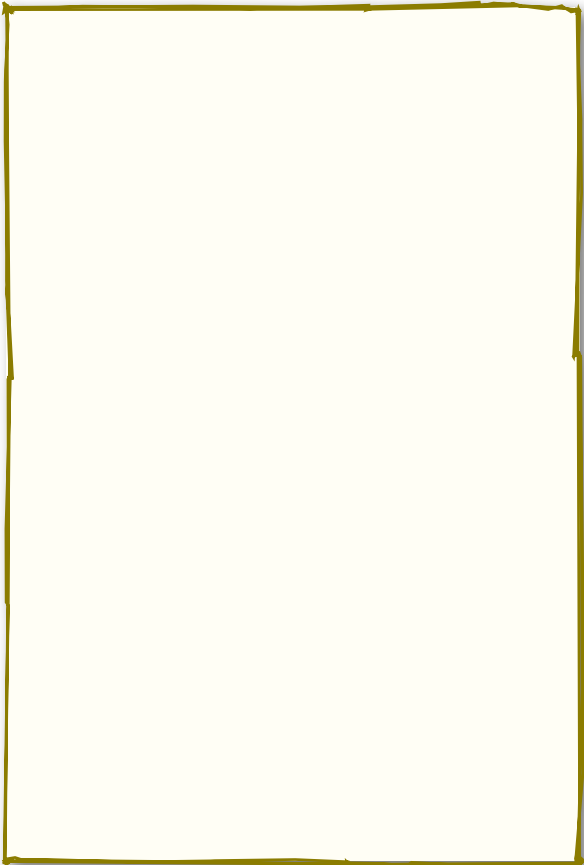
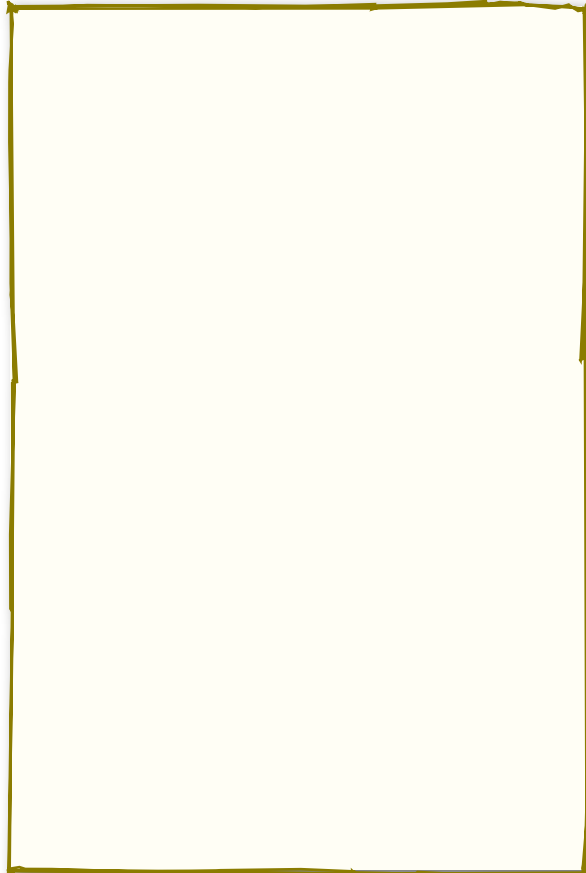
I planted onions in the salad row as markers.

Onion sets are easy to pop in at the beginning or end of a weekly planting of salad greens.

Succession plantings of greens keep us supplied with fresh salads.

March 18, 1987

- from The Radionic Homestead Journal



Observations

Books to Read

High-yield Gardening, by Marjorie B. Hunt and Brenda Bortz, a 1986 Rodale book that has super charts and suggestions for getting more from your garden.

How to Grow More Vegetables by John Jeavons
The classic intensive gardening handbook published in 1974 by Ten Speed Press.

And if you really haven't committed to an organic system, read

Empty Harvest, by Dr Bernard Jensen and Mark Anderson published in 1990 by Avery Publishing Group

Gardening Calendars

The Kimberton Hills Biodynamic Agricultural Calendar

Published by Stella Natura Code: 91131
Price: \$14.95

Old Farmers Almanac

You can purchase the Old Farmers Almanac at most feed and mercantile stores. Go to www.almanac.com for more information.

Notes for March

Succession plantings . . .

I learned . . .

Companion plantings

I want to try . . .

Notes for April

Did you know . . .

Transplants need protection from wind more than from cold. Seedlings are very tender and wind robs them of moisture and of the nutrient-rich gases of the micro climate.

