A woman with curly hair, wearing a patterned jacket and dark pants, stands in a vineyard. She is looking upwards with an open mouth and hands raised in a gesture of surprise or joy. Above her, a bunch of dark grapes is falling from the sky, with a single grape falling below it. The background consists of rows of green grapevines under a clear blue sky.

demeter

EAT MORE
HAPPINESS

BIODYNAMIC CALENDAR 2023

PLANTING AND HARVESTING

About the biodynamic calendar symbols:

 Planting time corresponds to the descending moon phase. It is the moment in which the moon goes from its maximum height in the sign of Gemini to its minimum height in the sign of Sagittarius. The descending moon phase favours vitality in the roots of the plants.

Tasks suited to this period are: tillage, fertilisation, planting, pruning trees and perennials.

During the rest of the time, the moon is ascending. The ascending phase favours vitality in the upper part of the plant, up to the flower.

Tasks suited to this period are: harvesting, grafting trees, pruning trees and shrubs in the case of excessively strong growth.

The ascending and descending moon phases are not the same as those of the waxing and waning moon (full moon - new moon - full moon).

NODE DAYS

Days when the moon crosses the ecliptic are considered unfavourable for any gardening work.

FLOWER DAYS

On these days, flowering plants, all the flowers in the house and garden, should be tended to. Harvesting medicinal and aromatic herbs, and plants that have intensive colours and aromas. Days generally suitable for harvesting.

LEAF DAYS

Leaf days are suitable for tending to plants that have strong leaf development, e.g. cabbage, salads greens, spinach, fodder plants. Leaf days are not suitable for harvesting.

FRUIT DAYS

On these days, plants that produce 'fruits', e.g. legumes (beans, peas, etc.), berries, fruit, and cereals are tended to. Suitable for harvesting.

ROOT DAYS

Root days are suitable for tending to plants with roots used for food purposes, e.g. carrots, salsify (oyster plant), beetroot, turnips, potatoes. Root days are suitable for tillage and planting.

JANUARY

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30 Mon	
31 Tue	

FEBRUARY

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MARCH

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APRIL

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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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31 Sun	



Planting



Node
ascending/descending



Flower



Fruit



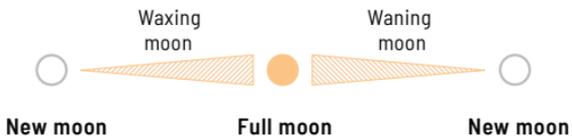
Leaf



Root

Example

 ¹³  = flower, from 1 p.m. leaf



Notes