

Chris Miliotis

## MODULE

# 1

## A Sense of Taste

**Venue** Warrah Farm and Hall, Dural NSW  
**Facilitator** Chris Miliotis  
**Dates** 22 & 23 July 2017

**The Sense of Taste** | Sat 22 July 2018 9:30am - 4:00pm

How we need to grow food that tastes good to educate the 5 taste buds Salt, Sweet, Sour, Bitter and Umami (savoury).

The health implications of ensuring that the palate experiences all these 5 tastes in Cuisine to reduce the likelihood of developing type 2 diabetes from eating too much hidden sugar and hypertension from consuming too much hidden salt. Attention will be given to Souring foods to balance the gut microbiome with a range of probiotics that are ingested by fermenting foods.

**BD Preps** | Sun 23 July 2018 9:30am - 4:00pm

How using the BD preps conditions the soil to enhance flavour, aroma, texture and shelf life.

## MODULE

# 2

## The Sense of Movement

**Venue** Warrah Farm and Hall, Dural NSW  
**Facilitator** Chris Miliotis: Hand Stirring  
Eric Love: Water Purification with Humus  
Susan Little: The Phosphorus Story and the runoff of this nutrient

**Dates** 2 & 3 Sept 2017

**Fermentation** | Sat 2 Sept 2017

- Fermenting Milks
- Dairy
- The benefits of Soy ferments
- Nut Milks, Coconut, Almond

**The Sense of Movement** | Sun 3 Sept 2017

Getting to know how to bring movement into the water for receiving the soil and atmospheric sprays 500 and 501.

Life is supported by developing rhythms so by creating the vortex which is the movement the sun makes when moving through our solar system we create the right conditions for entry into the watery medium the preparations that have experienced the procession of the seasons throughout the year.



## MODULE

# 3

## The Sense of Sight and Hearing

**The Celestial Harmony of the Spheres**

**Venue** Barrington Tops River Organic Farm, NSW  
**Facilitator** Brian Keats  
Indigenous Elders

**Dates** 30 Sept 2017 & 1 Oct 2017

Ring Chris Miliotis 0418 495 883 for details about this event

Reading the Night sky - a cross cultural event with Brian Keats author of the Astro Calendar and an indigenous elder to introduce us to the Sky knowledge that informs the Mythology, cosmology sociology of indigenous nations. Learning how to use the Astro Calendar for optimal planting with the moon rhythms and organising the farm and garden activities.

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## Fermenting Foods

**Venue** Warrah Farm and Hall, Dural NSW

**Facilitator** Chris Miliotis  
Rob Greatholder

**Dates** 7 & 8 Oct 2017

**The Sense of Smell** | Sat 7 Oct 2017

- Vinaigrettes
- Sauces
- Mayonnaise
- Marinades
- Chutneys

**Composting** | Sun 8 Oct 2017

Making BD compost and learning about rates of application to provide the ideal plant nutritions.



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## The Sense of Touch, Life and Balance

**Venue** Warrah Farm and Hall, Dural NSW

**Facilitator** Chris Miliotis  
Rob Greatholder

**Dates** 28 & 29 Oct 2017

**Bread** | Sat 28 Oct 2017

- The benefits of Biodynamic Foods Cosmic and Earthly Nutrition
- Baking Fermented Breads
- Sunrise bread, baking Honey and Salt and no yeast Honey and Salt Bread
- Gluten Free Breads

**Sense of Touch, Life & Balance** | Sun 28 Oct 2017

- **Sense of Touch** - soil structure
  - **Sense of Life** - creating life in your soil
  - **Sense of Balance** - balancing soil nutrients for each crop
- Rob will show us how to make potting mix

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## The Sense of Smell

The Celestial Harmony of the Spheres

**Venue** Warrah Farm and Hall, Dural NSW

**Facilitator** Chris Miliotis  
Rob Greatholder

**Dates** 25 & 26 Nov 2017

**Organic and Biodynamic Foods** | Sat 25 Nov 2017

- How eating organic foods can lower CO<sub>2</sub> in the atmosphere
- Other benefits to the Oceans, Coral Reefs and Waterways
- The benefits of consciously choosing organic/Biodynamic foods
- The importance of eating more Omega 3 oils
- The gut microbiome
- Immunity and Inflammation and Food Allergies
- Fats that heal and fats that kill

**The Sense of Smell** | Sun 26 Nov 2017

Compost making using BD preps to give a high humus yield  
Learning about each of the 6 BD compost preps



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## The Sense of the Other

**Venue** Warrah Farm and Hall, Dural NSW  
**Facilitator** Chris Miliotis  
Rob Greatholder  
**Dates** 27 & 28 Jan 2018

**Trace Elements** | Sat 27 Jan 2018

- The importance of Trace Elements for Health
- Protection against Neurodegeneration & Cognitive Decline
- The decline of Trace Elements in soil & related degenerative diseases

**The Sense of the Other** | Sun 28 Jan 2018

Building the soil community below the ground and the ecological community above the ground

- companion planting
- inter-cropping
- cover crops
- green manures

To create diversity of plants, beneficial micro flora and fauna in the soils, increasing the carbon content of soils

Sequestering carbon to mitigate against climate change and conserve water.

Developing connections between the growers and the consumers.



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## The Sense of Warmth

**Venue** Warrah Farm, Dural NSW  
To be announced  
**Facilitator** Chris Miliotis  
Bee Keeper to be announced  
**Dates** 24 & 25 Feb 2018

**Bee Keeping** | Sat 24 Feb 2018

Bee keeping; what are they telling us about how we are caring for our environment.

Screen of the Hour of Decision how to save the Honey Bee.

**Hot Composting** | Sun 25 Feb 2018

Hot composting and the BD Preps Part 2.



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## The Sense of Sight

**Venue** Warrah Farm, Dural NSW  
To be announced  
**Facilitator** David Bowden - Projective Geometry  
Mark Baxter - Sculpture  
To be announced - Painting  
**Dates** 24 & 25 Mar 2018

**Diet and Disease** | Sat 24 Mar 2018

- How much Protein
- The benefits of a Plant Based Diet
- The China Study. The relationship between diet and diseases

**A Sense of Sight** | Sun 25 Mar 2018

Painting exercises and projective geometry to understand how the invisible formative forces weave spirit into matter. Looking at how to read the shades of green in the plant to know if the manuring is optimal for each food crop.

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## The Sense of Thought

**Venue** Warrah Farm and Hall, Dural NSW  
To be announced  
**Facilitator** Chris Miliotis  
Rob Greatholder  
**Dates** 28 & 29 April 2018



### Carbohydrates and Blood Sugar | Sat 28 April 2018

- The benefits of a Plant Based Diet
- The China Study. The relationship between diet and disease
- Carbohydrates - How much and in what form
- Maintaining a level Blood Sugar Level and its importance to reduce the risk of Type 2 Diabetes

### The Sense of Thought | Sun 29 April 2018

Planning crop rotations and management of sequences of cropping.



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## The Sense of Ego

**Venue** Warrah Farm and Hall, Dural NSW  
To be announced  
**Facilitator** Chris Miliotis  
Rob Greatholder  
**Dates** 26 & 27 May 2018

### Organic Food and Immune Defences | Sat 26 May 2018

- One in two people gets cancer today.  
Why and what can we do about it.
- Why having Organic Foods may be protective.
- The impacts of GMO's on the health of animals and humans
- The benefits of fermented foods to boost the immune defences

### The Sense of Ego | Sun 27 May 2018

The role of the farmer in building the farm organism assisted by the Biodynamic preparations throughout the yearly cycle.

MODULE

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## Biodynamic Viticulture

**Venue** Krinklewood Vinyard | 712 Wollombi Rd Broke NSW  
**Facilitator** Rob  
**Dates** 23 & 24 June 2018

- Details of this course to be announced. Contact Chris Miliotis 0418 495 883 for more info