

STEINER STOREHOUSE

AUTUMN 2008 NEWSLETTER



BIODYNAMICS:

IT'S NOT JUST FOR GARDENS

Starting in the early 1920s, a group of practicing farmers, concerned with the decline of the soil, sought the advice of Rudolf Steiner, founder of anthroposophy, who had spent all his life researching and investigating the forces that regulate life and growth. From these studies emerged the fundamental principles of biodynamic farming and gardening, a unified approach to agriculture that relates the ecology of the earth-organism to that of the entire cosmos.

Essentially, this approach looks upon the soil and farm as living organisms. Biodynamic agriculture is a way of living, working and relating to nature and the vocations of agriculture based on good common-sense practices, a consciousness of the uniqueness of each landscape, and the inner development of each and every practitioner. (*Thanks to the Biodynamics Farming and Gardening Association in Junction City, Oregon, for this introduction.*)

Want to get started with Biodynamic gardening? It's simple---just taste a biodynamic product and you'll surely be inspired. This can be done every day at the Storehouse as we carry biodynamic coffee, tea, and raisins all the time. Want to try Biodynamic produce? You can find this wherever

the Winter Green Farm of Noti, Oregon, sells their products. See their website for Portland locations.

Now that you are interested, stop in at the Storehouse where we carry many books, and even a DVD to get you started with your gardening.

Next, it may be time to find out what biodynamic remedies and skin care can do to improve your well-being.

We carry Uriel, True Botanica, Weleda and Dr. Hauschka biodynamic products and luckily, more products are coming each month from these fine companies.

Call us to register for two upcoming events that will add to your experiences with Biodynamics.

First, on October 8th, Jacqueline Freeman of Friendly Haven Rise Farm in Battle Ground, will speak on her experiences in starting a Biodynamic farm. Visit the website at: FriendlyHaven.com for more info.

Next, on November 5th, we will have another Dr. Hauschka Night. Our rep will demonstrate new products and teach methods of skin care and makeup to enhance any skin type.

"For every star in the sky, there is a flower in the field."

---Paraclesus

MADE EASY

We're all stocked up for back to school and remember---our quality Waldorf products are still at low 2007 prices! And don't forget wellness. Bring in the coupon below to help your family respond to the bruises and colds that come with autumn adventures.

20% Off

Uriel First Response Kit
Includes Arnica cream, oil, and gel for bruises, rashes, and wounds, Chicory/Ginger Bitters for digestion, Lemon/Quince pellets for nasal congestion. (Larger sizes and different formats in all products available in the store.)

GOOD NEWS ABOUT FAVORITE PRODUCTS

Ruskovilla Silk & Wool underwear is available to us again this year as we have found a new vendor. Please call or stop in and let us know what sizes and types of this marvelous 70% wool/30% silk underwear your family needs for cool weather comfort.

Engel, a German company, is our new source for wool/silk baby caps. We have several in stock now for your baby gift needs.

Q'ewar Peruvian Dolls will be in the store soon from an American vendor who is also a Waldorf teacher! Our new vendor will have these available to us all year long. She tells me that the village that this project supports in Peru is ready to build their own Waldorf School! What wonderful news.

Advent Calendars are coming. We have some old favorites from **Raffael-Verlag** and some new styles coming soon.

Games we carry from Co-operative Games have been a big hit---so we ordered some of their new games like Bambino Dino and Berries, Bugs & Bullfrogs. And one "*for the clever, the imaginative, the creative,*" called The Blot.

New to us is a European game called **Bioviva**. "*Nature at Play, as an adventurer thirsting for knowledge, you travel the world discovering...*" it sounds great.

Dr. Hauschka has new products coming---five Intensive Treatments. Newly formulated for imbalanced skin conditions such as acneic teen skin, acneic adult skin, hypersensitive skin, mature skin, and menopausal skin. Wonderful help just when many of us need it.

Uriel products new to us---teething remedies like Amber/Amethyst skin cream and Chamomilla/Belladonna pellets are helping parents with this challenging time in baby's life.

Weleda is now offering Sea Buckthorn hand cream, body lotion and creamy body wash to go along with the body oil. Sea buckthorn was originally used to give horses a shiny coat and help improve their eyesight...and is super rich in antioxidants, says the product literature. Stop in and try a sample.

CONGRATULATIONS

Justin Trombly, who has been a faithful weekend staff person here at the Storehouse will take over the first grade at Swallowtail School this fall. We congratulate him on all his hard work and look forward to hearing about the new plans for the school. Stop and visit us when you can, Justin, and thanks for your good help.

THE HARVEST

The silver rain, the shining sun,
The fields where scarlet poppies run.
And all the ripples of the wheat
Are in the bread that we do eat.

So when we sit for every meal
And say a grace: we always feel
That we are eating rain and sun,
And fields where scarlet poppies run.
---A. Henderson

NEW STAFF

Seth Miller has joined us to fill in for Justin. He'll be here part-time and we are glad to welcome him. He has taught physics and other topics in a variety of Waldorf High Schools (including Portland) across the country for the last six years. He holds a Master's Degree in Consciousness Studies and is now working on a PhD in Transformative Studies. In his 'spare' time he and his wife like to play guitar and run around with their new whippet puppy Daisy at the Mt. Tabor dog park.

FALL HARVEST RECIPES FOR CHILDREN

CARROT PENNIES

- 2 medium carrots, sliced into rounds
- 1 teaspoon butter
- 3 shakes salt
- 1 squeeze lemon juice
- 1 teaspoon sesame seeds
- 1 tablespoon brown or raw sugar
- 1) Grown-up steams carrots
- 2) Add all ingredients to pan, use medium heat
- 3) Cook and stir until coated with syrup
- 4) Put onto plates. Blow on it till cool enough to eat. Enjoy!

(from *Pretend Soup: A cookbook for preschoolers and up*)

CRUNCHY ZUCCHINI CIRCLES

- 3 small zucchini
- 1 egg, beaten in a bowl
- 2 tablespoons olive oil
- 6 tablespoons unseasoned fine bread crumbs
- 3 tablespoons grated Parmesan cheese
- ¼ teaspoon salt
- 1 teaspoon dried basil
- ½ teaspoon dried oregano
- ½ teaspoon onion powder
- 1) Slice zucchini into ¼ inch circles.
- 2) Prepare the bread crumbs by mixing spices with the bread crumbs.
- 3) Dip each zucchini piece into the beaten egg and then into the crumbs.
- 4) Cook over medium heat in pan with the olive oil.
- 5) Eat these hot, warm or at room temperature.

(from *Honest Pretzels: and 64 other amazing recipes for cooks ages 8 & up*)

NEW LUNCH BASKETS

Stop in and get your little one a natural woven lunch basket, complete with hinged lid. We have had many requests for these and are happy to offer them for the preschooler in your life. Some are buying them for a purse!

BIODYNAMIC ALMONDS

Our good friends at Marion Farms will be supplying us with lovely biodynamic almonds. We'll be offering them in two sizes, individual and family size snacks. So if you put our raisins and almonds (both from Marion Farms) in the new lunch basket, your children are assured of the finest treat they could have.

MANY THANKS

Thanks to the Storehouse friend, Mary Weick, for her continuing help with ordering the beautiful Q'ewar Peruvian dolls. She goes above and beyond to help this worthy project.

WEBSITE NEWS

We are in the process of updating our website. Thank you for your patience with this project. We had to assemble a fine team and devise a process and this we now have done. Please feel free to email us at info@steinerstorehouse.com with comments and suggestions. For any product questions along the way, please call us at 503.777.1251 and get the most current information.

Steiner Storehouse
5915 SE Division St., Suite 2
Portland, OR 97206