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PLANTING BY MOON PHASE

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Planting seeds by the phase of the moon is a controversial aspect of the biodynamic/French intensive gardening method.

Short and slow germinating seeds are planted two days before the New Moon, when the first significant magnetic forces occur, and up to seven days after the New Moon.

Long germinating seeds are planted at the Full Moon and up to seven days afterward. Seedlings are transplanted at the same time. Both planting periods take advantage of the full sum of the forces of nature, including gravity, light, and magnetism. The greatest sum of increasing forces occurs at the New Moon. The lunar gravitational pull which produces high tides in the oceans and water tides in the soil is very high. During the first seven days of the New Moon, the lunar gravitational pull decreases and the amount of moonlight increases, causing plants to undergo a period of balanced growth. The decreasing lunar gravity (and the corresponding increase in earth gravity) stimulate root growth. At the same time the increasing amount of moonlight stimulates leaf growth.

Phases and their actions:

2 days before New Moon

Plant short and extra long germinating seeds (most vegetables and seeds)

New Moon (first seven days)

Balanced increase in rate of root and leaf growth.

 Moonlight +

 Lunar Gravity -

First Quarter (second seven days)

Increased leaf growth rate.

 Moonlight +

 Lunar Gravity +

Full Moon

Transplant seedlings from flats into beds and plant long germinating seeds
(most flowers) into flats or beds.

Full Moon (third seven days)

Increased root growth rate.

 Moonlight -

 Lunar Gravity -

Fourth Quarter (fourth seven days)

Balanced decrease in rate of root and leaf growth (resting period).

 Moonlight -

 Lunar Gravity +

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