

# BIOINTEGRALE WORDS

## Dictionary

A Z



BEING BIOINTEGRALE® MEANS  
GIVING THE RIGHT WEIGHT  
TO WORDS, WHICH IN SOME  
CASES ARE ENRICHED BY A  
NEW MEANING.

HERE YOU HAVE THE  
FUNDAMENTAL ONES FOR  
SPEAKING A REALLY  
SUSTAINABLE LANGUAGE.  
RIGOROUSLY IN  
ALPHABETICAL ORDER, JUST  
LIKE A REAL DICTIONARY.

FAMIGLIA  
CASA DEI

**Amphora** noun [from Greek *amphoréa*,  
composition of “from both sides” and “bring”]  
– There is no BioIntegrale® wine that hasn’t  
been refined in amphora. Declined into plural it  
becomes a line of wines: *Le Anfore*, indeed.

**Ancient grains** – Even though they have a  
lower yield in the fields, the BioIntegrale®  
farmer prefers ancient grains because they  
are stronger (growing high, but with very  
deep roots, they will force out the weeds)  
and genetically intact. Once they reach the  
table, they will be appreciated for their high  
nutritional value, their low gluten content, their  
lightness and digestibility.

**Architecture** noun [from Latin *architectura*]  
– The BioIntegrale® language doesn’t only  
speak about decalogues and products but also  
about places to live in: architecture can in fact  
be BioIntegrale® as well. Some suggestions?  
Buried electrical cables to cut down the  
electromagnetic pollution; condensing

boilers; renewable energy sources, such as photovoltaic...

**Be** intransitive verb – Being BioIntegrale® is for the whole life.

**Bee** noun – An insect of the Hymenoptera order, famous for its diligence and resourcefulness: like that of a BioIntegrale® farmer! In addition, becoming bee keepers favors the biodiversity of a healthy cultivating environment.

**Biodiversity Friend** proper noun – A regulation based on which the biodiversity index of the cultivation environment can be certified.

**Biodynamics** noun [composed of “bio” and “dynamics”] – A discipline that studies the dynamic aspect of vital processes based on the laws of mechanics. As an adjective, associated to agriculture: a method of cultivation inspired by the Steinerian vision which considers the

soil and forms of life as one single system. These agronomic practices are the base of the BioIntegrale® method.

**BioIntegrale®** noun [derived from “bio” and “integral”] – A regulation created in the first decade of the 3<sup>rd</sup> millennium, merging biodynamic agronomic practices with great attention for quality, and enjoyment of the final result. Let's give agriculture back to nature!

**Child** noun – The one to whom you hand down your own BioIntegrale® essence: so that they can live in a world where respect for life, the environment, and the vital resources of the planet aren't abstract concepts but concrete models for behavior.

**Compost** noun [from Old French *compost* and from Latin *compositus*, past participle of *componere* “compose”] – Take the pruning waste (stalks, pips, mowed grass), add manure from the animals that work on the farm and

you're good to go: you've obtained the best possible nutrition for your soil.

**Comtois** *«komtuà»*, proper noun [from French *comtois*, an adjective relative to *Franche-Comté* (county), an Eastern region near the Swiss border] – A heavy, fast, plump-bodied, French draught horse with a chestnut or bay coat, height to withers between 145 and 155 cm, weight between 500 and 600 kg, a thick mane and a low set tail. A meek and willing character: a very precious ally!

**Decalogue** noun [from later Latin *decalogus*, composed of the Greek words *déka* “ten” and *lògos* “word”] – 10 moves are enough to cultivate BioIntegrally. 1. Create interaction between man and animal. 2. Employ preferably local labour force and local businesses. 3. Reduce mechanical passages on the soil. 4. Limit human intervention on the plant. 5. Feed the soil and not the plants. 6. Eliminate synthetic chemicals. 7. Respect fundamental

principles of biodiversity. 8. Avoid cyclical uprooting. 9. Reduce the manipulation of the raw material to a minimum. 10. Always aim at top quality in the production.

**Dynamise** transitive verb [literally “make dynamic”] – Stirring a homeopathic product to generate efficiency. In other words: practice rotation clockwise and anticlockwise for approximately an hour; the small vortices created mix the initial elements into a single, homogenous and indivisible substance. It's better to dynamise by hand: electric power supply is banned!

**Earthworm** noun – Generic name for worms in the soil. Its digestive and intestinal activity (they feed on soil) contributes to the formation of humus and the airing of the topsoil.

**Environment** noun – Going BioIntegrale® is an excellent premise for safeguarding the environment. Because the defence of the

ecosystem begins with each and every one of us.

**Fertiliser** noun – This has to have 100% natural origin, preferably dynamised by hand, like horn manure.

**Game** noun – We BioIntegrale® people leave it in peace, of course: we bring spelt to the table, not hares!

**Goose** noun – The cleaning of the rows through grazing the different types of grass can be done by these web-footed animals living in freedom. Nature at 100%.

**Green manure** noun – A fundamental substance for enriching the soil with a plenitude of organic substances.

**Headland** noun – At the head of the row (the headland, indeed), when it's time to turn around, the draught animal stops, concentrates, and gets ready to start working again.

**Horn manure** noun [composed of “horn” and “manure”, the two elements it is made of] – Is the best possible fertiliser to nourish the earth in a natural way. Invented by Rudolf Steiner – the father of biodynamics – it's made of cow manure pressed into small horns and buried for a few months, until it transforms into noble humus smelling of earth and undergrowth.

**Horse** noun – A draught horse is a great help on the farm. Like the Comtois.

**Native yeasts** – A wine that wants to be defined as BioIntegrale® will be fermented only with wild yeasts from their own terroir: native yeasts, indeed.

**Organic** adjective – Refers to living organisms. Organic farming; a cultivating method where only organic fertilisers are used and only natural preparations for pesticides (decoctions and macerations of herbs, algae and

powdered minerals etc.) and natural predators (microorganisms, insects, birds).

**Renewable energy** – Being BioIntegrale® today is the prerequisite for living well tomorrow, it means taking measures now to protect nature in the future, it means meeting the needs of today without compromising tomorrow's generations. Using energy that renews itself quickly is a great starting point.

**Sardinia** proper noun, an insular Italian region (24.090 sq km) – The first place where the BioIntegrale® project not only has taken form but has also given great results.

**Sedda sa figu** proper noun [composed of *sedda* “pass, hilltop” and *figu* “fig plant”] – Name of the Olianas vineyard which has obtained the highest vitality index on the farm: according to the Biodiversity Friend regulations it's worth 155 points!

**Social responsibility** noun – Model of BioIntegrale® behaviour. To interpret in the sense of community, tolerance, sustainability, support, reliability, awareness, conscience, and prudence.

**Spelt** noun – Sown to regenerate the BioIntegrale® cultivating fields, then used in the kitchen for soups and salads; ground it becomes flour, then pasta: rich in proteins and vitamins from the group B with a reduced calorie content.

**Sun** noun – Synonym of *light*, *life* and *warmth*, it's the star around which not only our solar system but also the BioIntegrale® system gravitates. Because without the sun there would be no life.

**Sustainability** noun – It's at the base of the BioIntegrale® thought: every behaviour, every action has to be compatible with the concept of safeguarding, starting from the environmental resources.

**Terracotta** noun, “earthenware” in English. – The material of the amphorae (buried or non) where the BioIntegrale® wine is refined.

**Terroir** *terūâr*, noun – A French term indicating the close relation between a product and the characteristics of the territory (microclimate, soil...) where it sprouts, finds its nutrition, grows.

**Tractor** noun – If you’re BioIntegrale® it’s better if you reduce the use of the tractor, favouring animal drawn vehicles as much as possible.

**Valorisation** noun – In BioIntegrale® language, that of the territory, at the expense of mere exploitation.

**Vineyard** noun – If you’re aiming for a BioIntegrale® vineyard, start from evaluating how vital the cultivation environment is.

**Viticulture** noun – Overcoming the monoculture approach; favouring natural cycles; safeguarding the quality of the soil: these and a few other measures are enough to become a really BioIntegrale® vine-grower.

**Wasp** noun – The characteristic buzz together with the whispering of the wind or the rhythmic footsteps of the draught animals: the perfect soundtrack of a 100% BioIntegrale® cultivating environment.

**Water** noun – Primary resource which we all depend on, just like air. Synonym of nutrition and regeneration, if preserved, it will guarantee the vitality of the soil.

**Wind** noun – Whether it pushes the clouds in the sky or brings air from the sea or, simply, a little bit of coolness; whether it dries up the humidity or shakes the leaves, the wind keeps us company during our BioIntegrale® days.

**Wine** noun [from Latin *vinum*, probably a word of Mediterranean origin, just like the Greek *oinos*] – If it's BioIntegrale® it's better. In DCasadei we've already managed this with both the Sardinian and Tuscan wines: the varieties are different, but the care with which we cultivate them is the same.

**Zero point** noun – Said of the vitality index of a cultivation environment at its first evaluation.