

## AKE- History

“It was the morning of July 25, 1970, when our Study Group was born. We discovered afterwards that at that moment, the constellation Virgo, with its star Spica, was rising just above the horizon. Near this was Jupiter. We felt that this constellation was a good symbol for our work. In mythology, the constellation Virgo bestows the blessing of growth. It has been told of the Greek goddess Demeter that she searched for her daughter Persephone, who had been kidnapped by Hades, with the star Spica used as a torch. In Egyptian astrology, Spica is the star that marks the ear of wheat.”

These lines were written by the founder **Dr. Udo Renzenbrink** (1913-1994) on the 10<sup>th</sup> anniversary of the *AKE*.

The ear of grain is the symbol and logo of the *AKE*; it shows our relationship to our staple food: grain. The different grains have accompanied the *AKE* from the beginning. They have been a topic for research and have recaptured their rightful place in the kitchen.



**July 25, 1970** Study Group for Nutritional Research (*Arbeitskreis für Ernährungsforschung: AKE*) is established.

**1970-1977** In the first 7 years, the *AKE* was set up in a small apartment in Bad Liebenzell-Unterlengenhardt in Nordschwarzwald (northern black forest). Udo Renzenbrink held lectures and conducted several research projects. The discoveries were implemented by preparing a lunch in the small kitchen in the apartment. *Margret Koos* cooked the first new grain dishes, later *Barbara Hübner*. Recipes for millet, barley, rye and other grains were developed.



**1977** The “*Haus der Ernährung*” (House of Nutrition) was opened. At this time, the environmental protection and holistic nutrition movements spurred an interest in holistic cooking classes and yearly meetings.

Installation of a laboratory to study foodstuffs using the capillary dynamolysis method (*Steigbildmethode*).



**1977-90** Weekly cooking classes, classes in dietetics and healthy eating have been offered over the course of 15 years.

**1992** Classes are cancelled due to dwindling interest.

**1994** The director of the *AKE*, Dr. Udo Renzenbrink, passes away at the age of 80.

**Beginning in 1996** Relocation of the Study Group’s activities to the Rhein-Main area on the initiative of Dr. Petra Kühne.

Research in nutrition becomes emphasized in addition to lectures. The House of Nutrition is sold.

**1998** The *AKE* moves to Bad Vilbel near Frankfurt/Main. Dr. Petra Kühne becomes the director of the organization.

**2002** Projects on nutrition based on textual research of sheep and goat milk.

**2004** Installation of a small laboratory to use the capillary dynamolysis method, archiving of the *Steigbilder* from the last several decades.

**2005** Research projects on sugar, sweeteners and vegetarianism.

**2006** Specialized one day seminars offered on current issues.

**2007** Advanced education course in Anthroposophic Nutrition in 10 modules with a certificate of completion.

**2008** Start of the second course in Anthroposophic Nutrition.

**2009/10** The third course in Anthroposophic Nutrition with a certificate of completion.

**2010** 40 years AKE

**2011** Start of the fourth course in Anthroposophic Nutrition with a certificate of completion