AKE Study groups

Members of the AKE, friends and experts come together on a regular basis to discuss diverse subjects.

Study group „Nutrition and Cultivated Plants"

This expert group engages in current and fundamental issues in the area of nutrition. At each meeting, the group discusses an anthroposophic lecture and a current topic. In addition to this, comparative taste tests are carried out. The topics over the last year were nutrition and health and potatoes. Our next focus lay on the cabbage family (cruciferous vegetables).

Initiative "Future of Nutrition"

An international group of nutrition experts meets virtuall and in presence for studying anthroposophic nutrition, promoting local and regional initiatives for example in nutrition teaching, coaching cooks in healthy food, making workshops or publish a journal and books. It starts 2022 in follow-up the Nutrition Initiative at the Goetheanum. The language is German.

In **2025,** the group met in Erdmannhausen/Marbach at the Erdmannhauser company, where we had the opportunity to learn about wholegrain processing. In terms of content, the group is working on texts from Rudolf Steiner's Agriculture Course, focusing on the topic of cosmic nutrition. The gut microbiome is also a current topic of interest; this year, particular attention is being paid to the relationship between food quality and the soil microbiome.

In **2026**, the meeting took place in Loheland. During our stay, we also visited the Kwalis quality research laboratory in Dipperz. The new topic is a text of Rudolf Steiner to the young doctors (GA 316)

Regional group

The regional group of members has been in existence since 2023. It engages in content-related work within the AKE, develops its skills through perception exercises, and participates in exhibitions and festivals in the Rhine-Main region. The participants are AKE members from the Rhine-Main region.