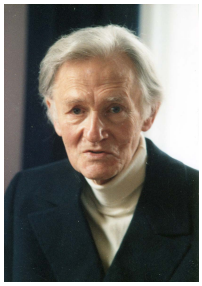
AKE- History



"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 10th 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.

1970-77 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 courses, classes in dietetics and healthy eating have been offered over the course of 15 years.

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

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

2002 several projects on nutrition research started (look page of research)

2007-2022 Start of advanced education course in Anthroposophic Nutrition with a certificate of completion.

2021 The pandemic lockdown forces the suspension of courses. New start with **online** lectures and courses.

from 2023 Online introductory course in spring and advanced course in autumn.

from 2024 First cooking seminar held at a Demeter farm in Bad Vilbel.

from 2025 Participation in local events with information and activity stands.