

## Newsletter 76 12 September 2012

Emailing, Health, Investing, Crops, No pelleted lime, Erosion, Hillsides, Maize growers, More profit, Summer forage crops, Fixing NZ.

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In your GrazingInfo 'Home' page please click 'Update your details' near the top right. If not already in, please add your four number Post Code to allow me to Google for your farm to get an idea of it for advising.

Your address must be correct and complete for me to add it to a Lime Nutrient Planner and/or Fertiliser Nutrient Planner. The road number is used to calculate freight.

### Health Tips

About a third of my clients and friends have simple health problems such as gluten intolerance, allergies, cramp, element deficiencies, etc.

After Europeans first arrived in New Zealand many died from low iodine levels. Maori could have adapted and were eating a lot of sea foods which are high in iodine.

Immigrants into New Zealand from Europe, most of Africa and North America often start to feel unwell, tired and sluggish, which wears off on its own after a few more months as the body becomes more efficient at absorbing the low levels of some minerals such as selenium, magnesium, zinc, boron, etc. Taking the best supplements eliminates the problem.

New Zealand's high rainfall in most parts, and its shallow poor soils (Pumice, Peat, Hamilton Clay Loam, Sands, etc.) are low in many minerals so animals suffer mineral deficiencies. Many under-drained or highly acid soils can have excess manganese so people can suffer from an excess which can encourage Parkinson's disease. Read Elements > Manganese and Human Health Elements > Manganese. Correct farming, draining and correct liming and fertilising help, with Solminix (Read Minerals) to solve cattle health problems.

Good Health Premium Vision is the best mineral mix Auriel and I have ever taken. It is made in New Zealand by a company that obviously knows what it is doing; many don't, proved by their adding manganese and oxides. Good Health Premium Vision contains bilberry (eyes), grape seed, ginkgo biloba leaf (memory), beta carotene, lutein, Vit C, Vit E, copper gluconate (reduces greying and softens bones so reduces breaks and fractures of calcium only built bones), chromium, selenium (reduces cancers and strengthens muscles) and zinc (strengthens bones and nails and feeds prostates. Compatibility is 95/100 which is as good as possible, with no mercury (Hg), cadmium

(Cd), manganese (Mn), aluminium (Al), or lead (Pb) which many supplements contain. It is available from good chemists and health shops. Prices vary between \$55 (with Gold Card and specials) and \$65 for 60 tablets which is cheaper than buying the elements separately. In New Zealand supplements are needed for most from about 50 years on, but a few before 20.

Auriel and I take one a day and our blood levels are now very good.

It has no magnesium or boron because it would make the size three times larger and could create conflicts.

Good Health Magnesium Boost contains several magnesiums. Don't take it after dinner because it has a pH of 8 which can encourage acid refluxes after the body makes acid to counter the high pH of magnesium. The high acid can then rise and cause acid refluxes if the sphincter muscle has stopped working.

Supplements must be purified by molecular distillation to keep mercury and other toxic elements out. Metagenics and a few others do this. Their MetaPure EPA/DHA fish oil is 80 Comptability, two mercury and no other toxic elements, called 'Heavy Metals' by some, however aluminium is toxic, but is light.

Some nuts are high in a toxin. Peanuts are the worst, Macadamias contain mercury and Brazil nuts lead. Salted Cashew nuts are the purest with no toxic metals. Salt is a preservative which is necessary for peeled nuts, which most are, so should be bought as fresh as possible and then kept in a fridge. One would not peel fruit and leave them for weeks before eating them. We buy the nuts that are in sealed packets, rather than those loose in bins that are topped up, so who knows how old the bottom one are.

Read the chapters on Health.

### **Investing in other than farming**

If you have spare funds you are lucky. It indicates good farming, a low mortgage and/or having read and applied GrazingInfo - without buying supplements which have broken farmers in many countries. Money invested in the bank, unless earning above 6.5% in a safe bank gets you nowhere because of inflation and tax. Your money in shares of any kind, or in investments controlled by someone else, are risks.

Read Investing, and in particular Buying and Auctions so you don't get run up by an auctioneer.

The next few years (no one can predict further) will not be easy, so protect yourself by not having too many animals or too much land, both causing a high mortgage. Banks have no sympathy and plainly don't care. They lend you an umbrella when the sun is shining and want it back when it rains. The Investing chapter tells a lot more.

### **Summer forage crops**

In the good old days when a farmer could go into any of several seed companies in Hamilton and watch staff mix your seed mix, we didn't have failures, which are too common now. I've seen the wrong clover seeds (most can be identified) in a mix and the wrong herbs grow in a paddock where it was not sown.

This is from a subscriber. “A two ha crop failed and a chicory mix didn’t grow any Puna chicory. I’m sure that in one particular mix there was no Pasja included.”

Puna chicory and Pasja are now popular, so can run out.

Check yours and do a germination test of 100 seeds spread evenly on tissue paper on a large plate kept damp in a warm room. Expose the seed to sunshine for a day before the test.

In the 1990s Ruakura, LIC and MAF rubbished summer forage crops. An LIC consultant, who with her husband, were excellent dairy farmers, was reprimanded for recommending summer crops and for doing pasture analyses, so resigned. To convince LIC about Olsen P testing’s uselessness, she got some completely raw peat tested. It was 60, which is very high, when it had almost none. Why does low fertility peat have high readings? Because analyses are done by drying, measuring and weighing. Dry raw peat is very light, so the heavier fertiliser gives a higher percentage. Many farmers have suffered wrong fertilising and lost money because of soil analyses. Read Elements > Phosphorus and Soils > Peat, for honest information.

Ruakura’s reason for being against summer cropping was their crop of turnips yielding about 5,000 kg per hectare, which is less than half what good farmers get. I have a photo of it with the Ruakura buildings in the background. Cultivation was by rotary hoeing instead of chisel ploughing, enough lime had not been applied and seeding was too thick. Drainage was poor.

The three dry summers until 2012 made the crops essential to keep cows milking, so the ‘establishment’ then stopped rubbishing summer forage crops.

Shirohie Japanese millet developed in Australia is a lot better than ordinary Japanese millet. Sales are limited so is not always imported. It and Nutrifeed from Australia have to be treated, so can’t be used on organic farms.

Both are best sown with Pasja. With the time to think about and sow, read Forage Crops of Brassica & Millets.

### **Maize growers**

For better maize for green feed, silage or grain, read Forage Crops & Grain Crops Maize/Corn now to plan for a 33 tonnes of dry matter silage per hectare crop. The cost of the extra lime and Gafsa recommended is returned many times.

### **Pelleted fertilisers and limes**

My criticism of some ‘fine’ products in Newsletter 68 has made some ask about pelleted fertilisers and limes. The theory of some these is excellent, and I have been working with companies on this. The advantages are wider spreads, to reduce spreading costs, and wider spreads over hills, no waste in dust, no complaints about it on clothes lines and in rain water collected for drinking.

However, elemental 100% sulphur in granule form is not satisfactory when mixed with reactive phosphates, because reactive phosphates, without sulphur in close contact, take longer to become available to plants. Gafsa mixed with fine elemental 100% sulphur is the cheapest and best form of phosphate in acidic soils with a pH of 6.4 or lower.

A farmer who applied pelletised lime found earthworms didn't like it and numbers decreased.

## **MAF!**

Twenty five years ago Northland Federated Farmers invited me to Dargaville to help with Northland's problems which they found were from wrong MAF advice. That was after Ruakura soil and fertiliser boffins (they call themselves scientists) went there and had to eat their words after I wrote in the Dairyman Mag the same then as now, i.e., apply more lime-plus to give more earthworms and make P more available. A politician at the meeting contributed nothing and ridiculed my 'more and crossbreeding earthworms' to reduce hard pans, which revealed his conceited ignorance of the problem, like most of those who retire to the country's old-people's 'high pension with perks home for 120 in Wellington'.

Their repeated, but no-fix 'know-all' attitude reveals their complete ignorance which is ruining the country. They are allowing the 5% unjustifiably rich to get greedier while a million desperately poor (includes farmers who produce at below the cost of production carry the country), to become even poorer because of New Zealand's highest interest rates in the western world, and an artificially high exchange rate.

## **Fixing what no one seems able to**

I could fix New Zealand's problems in as long as it takes to write this and without forming committees and employing consultants -

1. Reduce interest rates to 4.5% for homes and farms like it was in the 1950s and wrecked by Rogernomics and ACT.
2. Fix the exchange rate at 70 cents to the US\$.
3. Remove GST from fruit, vegetables and all health costs. To remove the body poisoning amalgam fillings which contain mercury, costs up to \$12,000, of which \$1,800 goes to the government in GST. Health insurance should also be free of GST.
4. Make the first \$10,000 of earnings tax free, as in Australia. The cost of collecting this low tax from school children and university students, and their employers hardly justifies the work.
5. Don't allow consultants of any type to earn commissions or percentages as is prohibited in Australia. For those who don't know, finance consultants recommended investing in the finance company that paid them the most commission, not the one that was the safest.
6. Help New Zealand owned banks to grow until the three big Australian ones no longer exist. NZ dairy farmers overseas earnings of about eleven billion dollars per annum is about the same as the profits that the three Australian banks send to Australia.

If money is needed to balance 'the books', halve the number of politicians, and rent their rooms in the Beehive. New Zealand has more politicians per head of population than other countries.

## **Back to good old farming**

Most farmers own land worth up to \$35,000 per hectare (excluding the value of buildings) so if pastures are not thick and of the best kind, they are losing on it. Cultivating and resowing is expensive and time consuming, but following forage cropping is good value. However if not limed and fertilised correctly, they'll be like DairyNZ ones and last only about five years, instead of 50.

### **Over-sowing rates and kg per hectare**

Trojan NEA2 diploid ryegrass 4 kg = 200 seeds/m<sup>2</sup>.

Bealey NEA2 tetraloid ryegrass 4 kg = 100.

Weka white clover ½ kg = 70.

Kotare large leaf white clover ½ kg kg = 70.

Tahora II\* small white clover ½ kg = 80.

Grasslands Puna Chicory ¼ kg = 20.

Tonic Plantain ¼ kg = 12.

Total 10 kg per hectare which is 550 seeds/m<sup>2</sup>.

If farming Aplacas, Goats and/or horses, add 4 kg of Wana cocksfoot and halve the two ryegrasses.

- **Tahora II white clover** makes more nitrogen than any others and lasts even when starved of lime-plus as are most pastures. It was selected from the hills behind Massey University and then improved, so is hardy and tolerates overgrazing.

### **Investing**

Are you making a profit and investing in profitable ventures with capital gain? Fonterra shares are not. Good retail shops can be. Good ones can increase their return from about 7% now to a lot more in the future. Read Investing.

Are your children investing their savings wisely? Banks, stocks and share are not wise. We are encouraging our farmer grand children to buy Alpacas. Google for 'Alpacas profit'.

### **Profits**

If you are not making a profit, check why not by using the Budget spreadsheet.

Have you considered farming Alpacas? Northlanders, they prefer Kikuyu to high nitrate ryegrass. They are tame and easy to handle, and are profitable - at this stage.

In the last three days, four have approached me with close to unfixable financial problems. If they had come years ago, they would not have wasted money on P and K as advised by some fertiliser companies and some ex MAF scientists, which made their pasture levels toxic and killed their clovers. They would not have sick animals, and would have reduced animal numbers and applied lime-plus, and would have money to oversow at least some of their farms, as suggested above.

## **Newsletters**

Steve Roberts, our Administration Manager, has loaded the newsletters into a new chapter heading 'Newsletters'. Now those who have joined recently can now read the old newsletters.

Vaughan Jones

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