

Newsletter 125

15 February 2015

The **Amway E-Spring water filter phone number** has changed to 09-263-6456 for information and filter supply by Margaret Kirk. This unit is a leader. I and others have tried others with poor results. Two farmers who had high iron and manganese water, are very happy which tests which showed that the E-Spring water filter reduced them to no heavy metals, without reducing the magnesium, which is very clever. It does the same to our Hamilton City Council water. Its highest pollutions are not 'cow', but mercury from the Kinleith Paper Mill and E.coli from dogs swimming at the Narrows 'Dog beach'.

They are made in USA where the government found that pollution has made all their 300 rivers too high in mercury for human consumption.

Auriel in Hospital

On Monday 2nd February my 'young 84 year old' wife of 60 years, Auriel, fell on to the concrete path while gardening, and fractured her right hip, so is in hospital with severe pain. A CT scan at Waikato Hospital showed it was serious, so she was told not to put any weight on it for at least eight weeks, to avoid further damage. Waikato Hospital Care Ward is full, so she has been moved to the Matariki Hospital, which specialises in Continuing Care at 389 Kihikihi Road (SH 3), in Te Awamutu.

It is horrible being on my own, without her company, love and help, but she is in pain in the hospital which is worse. At Matariki she is very relaxed and happy in pleasant surroundings from a window bed. Her skilled production continues - knitting garments for premature babies which she has done for hundreds. (Luckily you can't see the tears in my eyes.)

Replies from me

If you haven't received answers to emails or questions, or not had something analysed that you sent, please repeat it, using vaughanjones1@xtra.co.nz because sometimes emails have not got to us. Our web site server had a problem and has improved things and it now seems to be better, but some Grazinginfo email addresses are still not working. vaughanjones1@xtra.co.nz is the best at this stage. Please don't use any other. Please resend any that bounced back to you using the above.

Supplements & Health

Some companies try to deceive people, possibly trying to keep the medical profession promoting more treatments rather than preventions. Some of them are against all supplements because they make their money out of the treatment business, not by curing, and some do it simply to sell their own products. Join and read Dr Mercola's useful health newsletters. He also complains about it. We have received his newsletters for a decade and find them excellent. Google for 'Dr Mercola newsletter' and click 'Subscribe to'. He is now very commercial, but we buy none of his products because some contain manganese which is low in USA's dry alkaline soils, so needed at 2 or 3 ppm, and much too high in our wet (sometimes!?) acid soils (99% of them) at up to 40 ppm in vegetables, and not much lower in organic ones, unless they applied adequate LimeMagPlus. Supermarket vegetables have about twice as much Mn as organic ones, which have about ten times more than ours, which are between one and four. In USA they aim for between 2 and 3 ppm. Some cheap supplements have 30 ppm which is toxic.

The best current boron I now know of is Boron Glycinate Pure Encapsulations. One 2 mg capsule am and pm was prescribed to me by Chris Rhodes. It reduces joint stiffness and problems and is recommended by top health specialists. Read both Borons.

Bad trials

A UK trial about five years ago claimed no benefit from taking selenium, but didn't take vitamin E with it, and UK people average 1,200 nmol per litre (17 kiu/l) of blood, which is OK. NZ average is 600. I aim for 1,300.

Trials like the UK one described in this paragraph, which claim to show how bad it is to take cobalt, are plain wrong and want us sick to be on injections, surgery and/or medical drugs treating arthritis and joints, rather than prevention. They wrote, "Administration of 50 mg of cobalt chloride to rats for 3 weeks, caused incipient multifocal myocytolysis (whatever that is) and a severe decrease in blood pressure and blood flow to the heart." Chloride is mostly a cheap toxic form so should not be consumed. 50 mg of cobalt chloride is 12 times too much for a person, so miles too much for rats, so no wonder there was a bad reaction, which they must have wanted to occur. Bad chloride forms should not be consumed - nor should oxides, which are fertilisers. It is bad enough showering in council waters that have chloride, added to kill bugs in their dirty E.coli water. Be quick in chloride showers without having it running over you all the time. Wet your body, turn the shower off and apply a cleaner. Some people are allergic to soaps, some of which are toxic to them. The company making Ego QV 'cleaners' is genuine and makes several without soap. They include 'QV Wash' for hands and bodies, and 'QV Bath Oil' for those with a dry thin skin, like I have. It leaves a thin oil on the skin and reduces itches. Chemists stock them.

Vets

Some vets are also more interested in selling, than fixing, unfortunately with cheap 'high heavy metal' products such as magnesium chloride that has made cows stressed and sick with high milk cell counts and mastitis. Read both Manganese chapters and Dairying > Milk Profit & Quality.

Some vets sell their own mineral mixes containing no salt, the most important and deficient element in most of New Zealand. Read both Salt chapters.

Some vets are selling subsoils under fancy names like Humates, Abron*, with some deficient elements added in minute amounts, so worth nothing. One had selenium at 5 ppm which is a level teaspoon per tonne, which is nothing, so just a con trick, unless spread at 20 tonnes per hectare.

* I saw two Abron vet trials and have photos including two consultants to vouch for it. One the soil they used had weed seeds and no earthworms in a high earthworm farm, so must have had a toxin. In the other, the chicory in the paddock was wilted. Who knows why?

I've been told that the Humate sales people in the south say that the Humate comes from up north, and in the north, they say that it comes for down south.

New Members

Now that GrazingInfo is free, more people are joining, which is pleasing. Some answers they give to the 'Why did you join?' are -

I had thought that there must be a better and healthier way to grow plants.

Interested in improving sustainable pasture production for profit.

Recognise a wealth of knowledge in Vaughan Jones.

Want to learn about the mineral deficiencies you state stock in NZ suffer.

We would like to farm organically if possible.

To improve my health with reading human health chapters.

I am dumb at farming.

Had too many Animal Health problems in spring 2014.

I like what I see and read from Vaughan's direction in farming magazines.

You can access the previous Newsletters in their folder, but the older ones have less of what is needed today.

Weather

As all know, the weather is not what it used to be. Some have had too much rain and most not enough. Most have had too much wind, and for too long. The DairyNZ demo farms on Vaile Road got 90 mm in a cloud burst in January. We are five km from them and got only 28 mm.

To do well on pastures all year without making silage or hay and without growing forage crops would be ideal, but is seldom possible because the pasture growth times are not the same as the grazing animals' requirements, especially with seasonal dairying. Irrigation is costly, but helps, as does fertilising with LimeMagPlus as opposed to lime only, and Phosphorus Nutrient Planner as opposed to superphosphate which acidifies soils. Both are slow release alkali fertilisers which increase balanced pasture growth during shortages, and the toxins from heavy metals become less available in neutral

balanced soils. Good elements and minerals like most straight phosphate (P), magnesium (Mg), zinc (Zn), selenium (Se), cobalt (Co) and a few others become more available in neutral soils indicated when calcium is 0.8% in ryegrass leaves and stems. pH is a useless indicator because humus, moisture, potash and salt all affect the pH level.

Insufficient LimeMagPlus and applying superphosphate make acid soils that make bad heavy metals like manganese more available and the good elements like magnesium, cobalt and selenium less available. Cows become unwell and mastitis increases, as shown in Milk Profit & Quality.

Summer forage crops

Drystock farmers also benefit from summer forage crops. The dry summer in 2014 caused dairy heifer grazers paid on weight gains, to get little income for three months, and the owner stunted cows for ever. Check yours now and monthly.

Growing forage crops is the best solution, but not if they yield less than the optimum amounts, which is common because of insufficient LimeMagPlus and Phosphorus Nutrient Planner applications and not chisel ploughing the lime and fertilisers in deeply. See Cultivation. Low yielding crops, poor seed beds and insufficient compaction to bring up moisture and ensure soil is packed fully around all seeds for good germination, are other reasons for failures. Weeds have ruined crops. Sowing within two days of starting to cultivate can give weed-free crops. See Soils > Cultivating and Subsoiling.

Those (such as the 'establishment') who were critical of forage cropping for a decade or so before 2012 said that favourable weather can provide plenty of lush pasture and the extra feed grown may not be used, and can't be conserved, which admittedly can't be done with root crops. Surplus Pasja with Nutrifeed (Best by far in warm areas.) or millet can be conserved, as can the surplus pasture, while the crop is grazed. Anyway, too much is better than too little, and not as costly as buying feed which is highly unprofitable in New Zealand because of its high cost and the low milk price, even in last season's \$8.40 payout. In the early 1960's the payout was \$14/kg of milk solids in today's money, so when Fonterra claims the highest ever payout, they are wrong, but it massages their colossal ego.

The frequent Waikato summer droughts since 2008 have caused many hungry thin animals and low animal production, that adversely affected farms at the end of the seasons. Future seasons could be the same if CSIRO, Australia, and what I've read come true, caused by Chinese pollution making large drops form around their large soot particles, so most rain coming from the north falls in Queensland and Coromandel in New Zealand, leaving little, if any, for those further south. So summer forage crops are advisable every year, as done by most dairy farmers up until the establishment criticised it using their figures based on their bad farming figures of 5 tonnes/ha yield for turnips at Ruakura, when the farmer average was 12 t/ha even last year and the best Pasja and Nutrifeed, 15 tonnes which produced more milk than other crops and removed the butterfly problem. See Forage Crops.

Any high producing high-feed-value forages that extends the grazing season will provide livestock with lower-cost feed than bought feed at normal prices; however, waste products, such as brewer's grains, chaff, screenings, grain dust, palm kernel extract (PKE), reject vegetables and fruit, can be cheaper, but are not always so, and not always available, and incur buying, transport and feeding costs. Feeding of some of them must be limited to avoid animal health problems, as occurred in Southland in 2014 when simply too much swede roots without tops were fed, and without the 30% pasture based feed known to be necessary with all brassicas since 1955 when we bought our first farm.

Before deciding to crop on a long term basis, consider growing appropriate permanent pasture species to reduce the summer slump at a lower cost than annual cropping. Research summer growing species, such as NZ Grasslands Endurance Plantain or Lancelot Plantain for sheep, endophyte-free tall fescues, new palatable cocksfoots (orchard grasses), the new phalaris, red clovers (summer growing only and low survival under high P levels and over grazing) and some new legumes, especially lucerne sown in all paddocks at 1 kg/ha with grass and clover mixes. Don't sow more than a paddock or two until you have proved that the new varieties are suitable for your systems on your farm. The new pasture varieties, developed and selected under optimum fertility, liming and fertilising, will not last under low fertility and over grazing.

Choice chicory (there are now several) and Endurance plantain seed oversown at only one kg/ha (0.9 lb/a) yield well in some fertile summer-dry pastures, and if included in pasture mixes can reduce summer feed shortages. Chicory doesn't like being pugged (but will grow well when sown in pugged paddocks after it is warm enough), being over-grazed down to less than 8 cm from the ground, heavy

clays or waterlogged wet soils, and will all be gone after three years. Some other chicories may not yield or last as well. Check the ones best suited to your farm. Endurance plantain does not yield as much, but lasts for years. It doesn't yield much, but gives it in dry summers when more valuable. It takes only 0.25 kg/ha of chicory and 0.25 kg/ha of Tonic plantain.

Suggested Waikato high fertility soil mix at kg/ha, Superstrike coated and legumes inoculated.

Order now, before they sell out of the good ones. Do a germination test of at least 20 seeds on double kitchen paper on a large dinner plate, with double paper over the seed and kept moist (not wet) twice a day in a warm (not in sun) spot.

Try and get this year's seed. Old seed loses its endophyte strength for ever. Being stored cool helps.

- 7 Trojan NEA2 Diploid.
- 7 Bealey NEA2 Tetraploid.
- 2 Best cocksfoot.
- 0.1 Best Timothy for your area = 30 seeds/m².
- 0.2 Weka white clover = 30 seeds/m².
- 0.2 Tahora 2 white clover, the highest N producer = 30/m².
- 1 Colenso or best Red clover for your area = 10 seeds/m². It grows in summer.
- 0.2 Endurance Plantain = 12/m².
- 0.2 Choice or best Chicory = 40/m².

NEVER buy any AR endophyte ryegrass because cows don't like it so milk drops and it causes ryegrass staggers, especially if your selenium is low, which most are, especially organic farms because Selcote Ultra selenium is not allowed.

NEA2 endophyte is far superior.

If your supplier KNOWS of better varieties for your area, sow them.

Read and apply 'Cultivation' to ensure an optimum seed bed. Don't sow before ABOUT mid March. Double roll (half the roller over the previous rolling) to reduce dust and to ensure a wet firm seedbed before broadcast sowing and after sowing double roll again and brush (branches dragged behind roller), to get good soil contact with seeds.

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