



527 OLD RENWICK ROAD, RD2, BLENHEIM 7272
MARLBOROUGH - NEW ZEALAND
PHONE +64-3-578-0468, FAX +64-3-578-0806
EMAIL: info@kiwiseed.co.nz
WEBSITE: www.kiwiseed.co.nz

NEWSLETTER

January 2019

HAPPY★NEW★YEAR

Welcome 2019

New year resolutions often present a big opportunity for self improvement.

It was "the old me" who failed to change, but this year will be different, sounds familiar?

Habits, including bad ones can be changed, when you strengthen your willpower and replace the routine while keeping the cue and the reward in the "3 step loop" the same (see C Duhigg).

By repeating a new routine, even for a month or two your chances are high in establishing a new favourable habit.

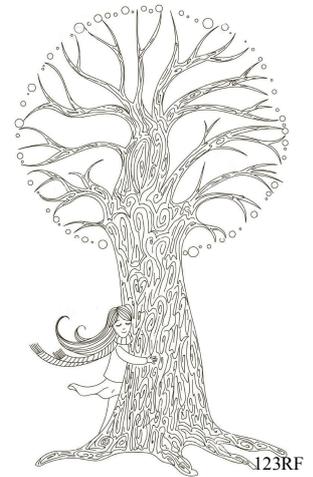
You are likely to come across something you are very good at and you feel pleasure while doing it, when you try different things. In this context, failure also doesn't seem to hurt as much.

Common new year resolutions are to exercise more, to eat healthier, to spend more time outside, rest more often from your racing mind and world, as well as more positive thinking in general— you know where I am heading.

Yes! Starting your own veggie garden by growing some quick veggies like radishes, spinach, baby carrots, lettuces etc. could be a new routine instead of going to the supermarket. Before mentioned vegetables can still be sown now.

Gardening gives you plenty of chances to try new things and to succeed. If you aren't into veggies you could plant a tree which you could give a secret long hug from time to time.

In this sense we hope you have a wonderful start, plenty of positive experiences and you keep an open mind this year.



What is Gypsum and why should it be used?

Gypsum is known as calcium sulphate di-hydrate ($\text{CaSO}_4 - 2\text{H}_2\text{O}$) and is widely used in horticulture and agriculture operations, conventional and organic.

Gypsum can be widely used to improve the fertility and functioning of productive soils. It:

- Improves soil structure, aeration and drainage.
- Reduces soil compaction and cracking.
- Improves root penetration.
- Alleviates problems of high aluminium and manganese in some clay subsoil.
- Increases soil calcium balance without changing pH, works faster than lime.
- Increases available sulphur in the soil.
- Stabilises the organic components of the soil.



Timing

Gypsum can be applied any time but best in early spring or after harvest followed by rainfall.

To improve soil structure in heavy soils, gypsum should be applied at rates between 0.2-0.4 kg/ sq m. Gypsum can be mixed with lime to help reduce the cost. A 60:40 lime: gypsum mix should be applied at around 0.5 kg/ sq m. Digging your soil over after application will help to speed up the process.

Gypsum soil life—

is the fine ground form suited to the domestic market and **available here at Kiwi Seed.**

Clovers are great to have in the lawn. They help to fertilise your grass by naturally fixing Nitrogen from the atmosphere and the round shape of leaves also prevent a lot of other weeds to germinate in lawns that are especially mown short. A lawn full of clover stays green in a dry summer, uses less water, needs less mowing, adds diversity and a habitat for beneficial insects such as parasitoid wasps. Just ask your kids, clover feels great on bare feet and white blooms have a lovely smell.

Oh no, not again! Bee sting number 5 this year. If you can't convince your kids to keep shoes on while playing on a clover rich lawn, here is what you can try if you would like to keep clovers in the lawn.

- 1) Fertilize your lawn with good fertilizer especially in the spring and autumn to give grass the advantage, clover thrives in under fertilised grass.
- 1) Clovers don't mind being mown short (under 3 inch) but grasses don't love it. Mow high and give grass an advantage over clover.
- 3) Grass stresses under heat and drought especially ryegrass based blends, so water properly for grass to thrive.
- 4) If above ideas don't work, spray high traffic areas with suitable herbicide as compromise only.

Back into Store — KINPACK Sheep manure natural soil conditioner

Offering a natural source of nitrogen, phosphorus and potassium

- Add to compost to accelerate decomposition, microbial and worm activity.
- Use as liquid fertiliser on all gardens and is a good stimulant for all plants.

Tip: Place KINPACK in a bucket or drum, (NOTE: The strength of the liquid manure depends largely on the ratio of manure to water and the size of your container). Suggested: 1kg of KINPACK to 10 litres of water. Adjust to suit your requirements. Leave the liquid in your container for a few days, stir regularly, then apply as required.

- Add straight to the garden 1- 3 kg/sq m (poorer soils require greater rate), lightly water before digging in.



The deep litter method of coop cleaning for small scale poultry flocks

Begin with several inches of bedding material and add a small amount of DE per layer. Every few weeks use a rake or fork to break up the clumps and redistribute the moisture. Add a few more inches of material and DE depending on coop size, number of birds and time birds spend in their coop.

The idea behind this method is to allow older bedding and chicken waste to break down, slowly decomposing in the coop while providing a natural warmth.

Add a handful of grains daily and your chickens will stir the litter for you incorporating the oxygen to aid the decomposition.

This method saves the chicken keeper time, energy and the back ache. It also keeps the backyard coop smelling fresh as a more frequently cleaned coop and creates a healthy balance between "good germs" and "bad germs".

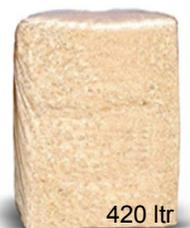
Chickens are healthier and have an interesting material to pick through.

Once a year or twice (cleaning time) this method provides an excellent supplement to your garden or compost. Leave base layer in place to inoculate the new material with established beneficial microbes.

Suitable as bedding material for this method are pine-wood shavings, pine needles, leaves and straw.

The deep litter method can also be used in the run. No more tiptoeing through the mud in the run to get the eggs.

100% natural
untreated
Wood shavings
available at
Kiwī Seed



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Thank you from all at Kiwi Seed.