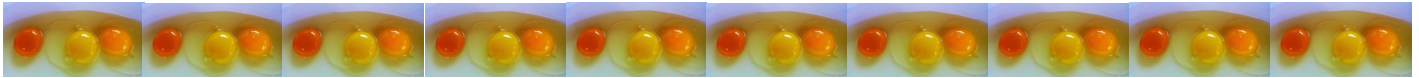




527 OLD RENWICK ROAD, RD2, BLENHEIM 7272  
 MARLBOROUGH - NEW ZEALAND  
 PHONE +64-3-578-0468, FAX +64-3-578-0806  
 EMAIL: [info@kiwisseed.co.nz](mailto:info@kiwisseed.co.nz)  
 WEBSITE: [www.kiwisseed.co.nz](http://www.kiwisseed.co.nz)

## NEWSLETTER

## FEBRUARY 2018



### The egg yolk colour — which is healthiest?

It is difficult those days to tell whether an egg comes from a chicken with access to the outdoors or one that never sees the light of the day. Dark orange yolk colour can come from natural food high in pigments or processed food with chemicals added.

Marion Nestle, professor of Nutrition, Food Studies, and Public Health at New York University, says “the colour (of an egg yolk) doesn’t reflect the nutrient value in any significant way.”.

There we have it but isn’t it nutrient value that really matters?

To me it seems logical that nutrient rich, delicious eggs with firm yolks come from hens that are raised on green pasture with access to sun, bugs and fresh air. Colour may change throughout the year depending on feed available at the time.

Because eggs must be a feast for eyes as well as the palate, feed your home flock with spray free grass, lettuce, beet greens, kale, spinach or whatever green scraps you have in your kitchen as well as Corn, Grains and Pellets – later are a good supplement to their natural diet as well as contributing to the richness of the yolk. Chickens are omnivores, they need animal protein to produce those really healthy eggs.

Keep chickens out of your veggie patch but allow them access to the compost pile from time to time. Instead of you doing the backbreaking work of turning your compost, it will take almost a year before you can use the compost this way, with chickens, your compost will not only be ready in about 4-6 months but your fertilizer will be mixed in.



Sven Nordqvist

Regards Maren

### FEEDING & WATERING YOUR POULTRY

Birds must never be without clean water. If they have insufficient water, even for a day, they become stressed which can lead to them moulting and egg production will drop or cease altogether. Hens body weight is 75% water as are their eggs.

#### Do chickens need grit and are there different types available?

There are 2 types of Grit—the insoluble type (not digested and of no nutritional value) is composed of small stones, generally granite and helps chicken with digestion of larger food particle such as whole grains. Chicken on a crumble or pellet diet generally don’t require this type as they are already ground fine enough.



The other type of grit is soluble (digestible) and is often made of flaked oyster shells. Soluble grit is a calcium supplement and helps your chickens build strong egg shells.



There are different sizes for both types available. It’s recommended to match the size of grit with the size of your birds.

**High quality drinker, feeder, grit and more are available in store.**

February is the time to take advantage of any empty space to carry on with a productive veggie garden as we should still get a few more months of warm weather. Some beds should come clear after harvesting the summer crops. Split up those beds into two.

Bed 1: Prepare bed and plant following veggies for a autumn feast now:

Beetroots, beans, broccoli, onions, Asian greens, kohlrabi, lettuces, peas, cauliflower, radishes

Once harvested prepare your bed again and sow a cover crop mix to improve the soil fertility and structure over winter.

Bed 2: Plant below veggies for a nutritious winter feast:

Leeks, onions, silverbeet, parsnip, carrots, chicory, broccoli, cabbages, cauliflowers, swedes, kale, celery and spinach.



Other than that keep weeding, feeding and harvesting other crops.

Plant flowers for winter and early spring colour like calendula, columbine and others.

Also start summer pruning peaches, apricots and plums. This makes winter pruning easier and there is less chance of disease

## New Products here at Kiwi Seed



### Fiber Earth Garden mix plus

Boosts garden fertility, improves soil structure and moisture retention, helps to control weeds through mulching effect.

Fiber Earth Garden mix plus is free from additives and fertiliser, easy to use anywhere in your garden.

### DEBUG- Diatomaceous Earth

**DE is natural, non-toxic, chemical free, non-staining and environmentally friendly with no withholding periods.**

The abrasive powder (DE) from the fossilised remains of ancient algal shells is called Diatoms or Phytoplankton and is used as an insecticide.

The fine powder absorbs lipids from the waxy outer layer of insects' exoskeletons. By cracking open their joints and by rubbing holes through their outer shells the bugs die quickly through dehydration.



DEBug is great for slugs, snails, aphids, caterpillars, earwigs, beetles, fruit flies, borers, thrips and more.... It is also great around the home for fleas, spiders, cockroaches and other pests.

DEBug is the only Biogro organic certified DE in New Zealand for pest and disease management for the home gardener.

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**Thank you from all at Kiwi Seed.**