Plant the Seed

Seeding & establishing Lucerne Pastures Having said this, the following needs to be taken into consideration these include:

- Advance Seed provides insight into effective use of coated seeds when seedbed preparation (fine tilth), depth seeding Lucerne pastures

There is a misunderstanding amongst farmers that as there are less coated seeds in a 25kg pocket than there are in a 25kg pocket of uncoated seeds, meaning that establishing stands with the required population is compromised.

According to Niels Harmuth, chief agronomist at Advance Seed, there are about 400,000 seeds in a kilogram of uncoated Lucerne seed, whereas there is an approximated average of 220,000 seeds in a kilogram of coated seed. This may vary slightly depending upon the size of the original seed before

Generally speaking 25kg of uncoated Lucerne seed is recommended to establish a 1ha field or stand. This equates to approx. 10,000,000 seeds, broken down at 25 bags x 400,000 seeds per kg.

However what is important to note, is that 3 - 6 months after sowing, a well established Lucerne pasture will present approximately 60 - 90 plants per square metre with a total of 600,000 - 900,000 actual plants per ha. The balance will have been crowded out or would have died due to natural causes, in addition to this approximately 5% of seeds simply don't germinate.

The point here is that a final stand of 60 -90 plants per square metre is more than

sufficient to achieve optimum yields. "Now lets take coated seeds. After crunching the numbers, when sowing 25kg of Agricote coated Lucerne seeds, the actual number of seeds sown totals approximately 5.5 million per ha," adds



Harmuth. "The coating provides a more sustainable seedling during the germination phase, as the nutrients it requires are in the coating. As a result, the final population of plants, 3 to 6 months after planting, will also be at 60 - 90 plants per square metre."

According to Harmuth Advance Seed has proven, through qualified research, that there is simply no need for a farmer to plant more than 25kg of seed per ha, whether the seeds are coated or not.

of planting and the availability of moisture throughout the germination phase. Where any of the above are, for whatever reason not achievable, then, and only then, should consideration be given to seeding at rates in excess of 25kg per hectare, for coated or uncoated seeds. He also adds that soil temperature during germination is critical. Lucerne will ger-

> minate at low soil temperatures and ideal temperatures vary between 10 - 18°C. Seeds bedded in soil at temperatures between 1 - 5°C will take longer to germinate (3 - 4 weeks). During this period seedlings are subjected to unnecessary stress, and it is in such instances that coated seeds have an advan-

> However according to Harmuth one should avoid planting at these temperatures, if possible. He adds that accurate and even placement of seed is critical to ensure a suitable

total stand. Good seed to soil contact is enhanced when using Agricote seed; something that rolling after sowing can also improve significantly.

Other agricultural practices that are important in order to maximise yields are weed control, correct soil fertility, insect and disease control.

"Stick to good practices, take mother nature into consideration and ensure you follow each step properly and yields will be as expected." ends Harmuth.

Advance Seed head appointed chairman of SANSOR

The members of SANSOR, the South African Seed Organisation have appointed, Advance Seed managing director Brian Lever as its latest chairman of the

Established as a private not for profit company in 1989, through the amalgamation of a myriad of associations that represented the seed industry, SANSOR's mission is to act as a representative of the seed trade, protect and promote industry interests, serve as a secretariat, and render specific services to its members.

As the managing director of one of Southern Africa's super seed suppliers and seed coating specialist, Advance

Seed, a division of Alliance Grain Traders Inc., SANSOR says Lever brings with him years of experience in the industry in both the local and international trade, and has strong affiliations with leaders in the field both locally and abroad.

"SANSOR is a fantastic organisation that stands for its members, and works with industry and government to assist in answering and thwarting challenges facing all of us within the industry," states

Today SANSOR's objective include: representing the seed trade nationally and internationally; liaising with parties relevant to the seed trade such as government, institutes, universities,

etc.; acquiring and analysing statistics and trends: facilitate consultation and training for members in line with national and international standards; to act as a licensing body for cultivars of seed crops developed by the Agricultural Research Council (ARC); assist with the collection of industry-related statistics; promote the use of good quality seed as well as high standards of ethical conduct by way of having all its members subscribe to a code of conduct and a mission statement.

According to SANSOR Lever's appointment was confirmed at the 23rd Annual Congress of SAN-SOR, held between 8 - 10 May 2012 at the Irene Country Lodge, Pretoria, Gauteng.









The time for men to be healthier is now

Our health choices affect the people around us and our families - the

time to change bad habits is now

It is a well-known fact that men are notoriously bad at looking after their health, or themselves for that matter, because they are simply too busy worrying about more important things in life.

That said the Men's Health Network reports that men are more inclined to suffer or die from the top ten cause of death such as heart disease, cancer, strokes, pulmonary disease, accidents, pneumonia and flu, diabetes, suicide, kidney disease and liver diseases, than women.

"The statistics are what they are, not because men are not as well genetically designed as women, but rather because they neglect to get to a doctor when they are sick and seldom have routine health checks performed," states Justine Pearl, brand manager at Pouyoukas. "Simple routine check ups such as cholesterol, blood pressure and blood sugar checks are things that simply forego most men's calendars."

While a massive generalisation, and there are men that are taking better care of themselves, the former definitely outweighs the latter. While for the most part men themselves are not to blame, as society expects men to be tough and endure pain, and mothers often do all

of this for their sons until they enter the world – men need to take the responsibility for their health back and do something about it.

"Many of the aforementioned diseases are preventable and can be treated if found early on, but they can be even further prevented with the lifestyle choices one takes," states Pearl. "Risk factors such as stress, obesity, lethargy and bad diets can be converted should one just take the time to focus more on one's self than rushing from work to make the rugby on time."

The combination of a balanced diet that combines the right levels of fresh fruits, foods and vegetables with the right intake of high fibre energy sustaining carbohydrates can assist in reducing many of the above factors. Pearl says they can also assist with general energy levels and the bodies own propensity to deal with stress.

According to Pearl many diseases are not inevitable, they are brought on by our own uninterested approach to our health. And where women fuss over themselves, sometimes to the point of distraction, men are the polar opposite and simply don't care.

"Age, nationality, geography and genetics, which often attribute significantly in increasing risk factors, can't be changed,



but they can be assisted by the way that you approach your lifestyle," adds Pearl. "It is about balance and approach. Men are no different to women in wanting to look good, so what is holding you back from doing exactly that? In fact men are in a better position to be able to look good as they generally have a higher metabolism, stronger immune system and better bone density and muscle structure — it is a no brainer."

In short the time for men is now, there is no need to allow yourself to become a statistic of a preventable disease, if you head to the gym, opt for rolled oats in the morning instead of a garage pie, and feed and care for your body correctly today.





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011 762-5261 or 0861 AGRICOTE email: sales@advanceseed.com

PLANTING CALENDAR WHEN TO SEED!

JULIE / JULY

Beplanning van u saadaankope vir die somermaande

Planning for purchases of summer crops **AUGUSTUS / AUGUST**

Bemesting van somerweidings kan nou al in sommige streke oorweeg word.

Fertigation of summer pastures can now be considered in warmer areas. Grondvoorbereiding vir somerge-

Soil preparation for summer crops Ideale tyd vir die aanplant van groenmielies in die warmer besproeiings

Ideal time for the establishment of green mealies in the warmer areas.

Kry nou jou SC701 groenmielie saad. Buy SC 701 green mealie seed now.

SEPTEMBER / SEPTEMBER

Planttyd vir meeste permanente grasse.

Planting season for most cultivated grass

Onthou om onkruidbeheer gedurende die vestigings periode toe te pas.

Remember to apply weed control measures during establishment period Baie belangrik!!!! Beloon uself deur gebruik te maak van ons "nuwe bees, skaap en perde weidingsmengsel.

Very Important!!! Treat yourself to the use of cattle, sheep and hprse pasture mix

OKTOBER / OCTOBER

Ideale planttyd vir ons eenjarige (Supergraze) en meerjarige voersorghum (Silk) en babala.

Ideal time to establish annual forage sorghum (Supergraze) as well as perennial forage sorghum (Silk) and Babala Saad teen bilikke pryse nou beskik-

Seed available at affordable prices now. **NOVEMBER / NOVEMBER**

Tyd om mielieaanplantings in die oostelike dele van ons land te finaliseer. Time to finalise establishment in the eastern parts of the country.

DESEMBER / DECEMBER

ldeale planttyd vir akkerbone en ander eenjarige peulgewasse (Sonhennop / Dolichos)

Ideal time for establishment of cowpeas and other lugume crops i.e. sunhemp and Dolichos

Laaste kans om Teff te vestig. Last chance to establish Teff.

Improve the seed. Improve the survival. AgriCOTE it!

Seeds are a precious commodity to any farmer, meaning their survival is paramount to the success of your farm. Why then do we continue to gamble with their survival?

For years it was believed that the coating of seeds had negative effects on seeds due to the introduction of harsh chemicals to the coat of the seed - but no more. Coating of seeds has been proven to enhance the viability of the seed as well as ensure its ability to survive and

It is with this that Advance Seed's AgriCOTE is growing in popularity, providing farmers with a unique seed application technology that is not only not harmful to the seed, but that is in fact beneficial to the overall longevity of the seed itself.

When using an AgriCOTE seed you can take advantage of benefits such as:

- · Improved handling through increased flowability of the seed
- · Improved seed to soil contact
- · Added protection against insect predation

- · Added protection against seeding rot
- · Added nutrition to the developing seedling
- · Improved seedling survival / establishment In order to keep in line with global best practices Advance Seed ensures that when coating its seeds with AgriCOTE, the materials it uses are accurately applied by means of a computer-assisted, automated, batching process, making use of only the best in rotary coating equipment.

It also ensures that each different variety of seed has its own application formula and application recipe and that the materials are added in a gradual layer to ensure even and consistent build-up on each individual seed. The process itself is a wet process, which means that the drying of the seeds directly after application is crucial, something that Advance Seed is able to achieve with its fluidised bed dryer with independent speed and temperature settings.

In short the process is done in line with the best in industry practices – ensuring that an AgriCOTE seed is a quality seed.

SWEET POTATO AND LENTIL SOUP

INGREDIENTS:

- 2 Teaspoons curry powder
- 3 Tablespoons olive oil
- 2 Onions grated
- 1 Apple grated
- 3 Cloves of garlic crushed
- 20g coriander chopped
- 1 Thumb size piece of ginger, grated 800G sweet potatoes
- 1.2L vegetable stock
- 100g pouvoukas world lentil mix
- 300ml milk
- Juice of 1 lime

PREPARATION:

Put curry in a large pot and toast over medium heat for 2 minutes.

Add olive oil stirring as the spice sizzles.

Then add onions, garlic, coriander and ginger.

Season lightly with salt and pepper and allow to cook gently for approximately 5 minutes, stirring

Peel and dice sweet potatoes (the smaller they are the quicker they will cook) and tip into the pot with stock, lentils milk and seasoning.

Simmer with lid on for 20-30 minutes until potatoes and lentils are soft and tender.

Blend until smooth using a blending wand and stir in lime juice.

Season to taste and serve.



Have your say!

Do you have something you wish to add to the newsletter? Perhaps you have some insights or a column you would like to submit. Or maybe some tips and tricks you have applied in your business?

> We would love to hear from you. Email us on dean@advanceseed.com OR justine@pouyoukas.co.za



Farming is by no means a hit and miss career, it requires foresight, planning, accurate execution and above all extreme attention to detail.

For those looking to use farming as a means to retire, start taking it easier or to leave the stresses of a city job – take caution! To be a farmer requires knowledge and understanding of a lot of disciplines: spanning financial planning, business acumen, environmental knowhow as well as patience and cash flow.

The first step to being a successful farmer is the understanding that your farming efforts are not merely limited to the confines of the boundaries of your farm. Make no mistake farming is big business and in order for your efforts to be sustainable and profitable you need to be able to plan and prepare not only for the obvious, and the desired outcome, but also for the unforeseen and the unplanned.

As with any business farmers need to undertake to follow a set of key performance indicators that guide and govern if their efforts are in fact a success. This leads us to the second step in success-

ful farming – process management. As a farmer you need to check and recheck the effectiveness of your management processes, farming processes, workforce management processes and ensure that these line up with your financial stability as well as the desired outcomes for your farm. Whether that be crop yield, beef production or the like.

Step three is to think like a farmer but to act like a businessperson, so strip out emotions from all decisions, throw away good luck talismans and archaic beliefs.

A good farmer knows that while something might be done with all good intentions, if factors such as an economic downturn, a production surplus or erratic and unpredictable weather patterns come into play there is little one can do to turn a bad situation into a good one.

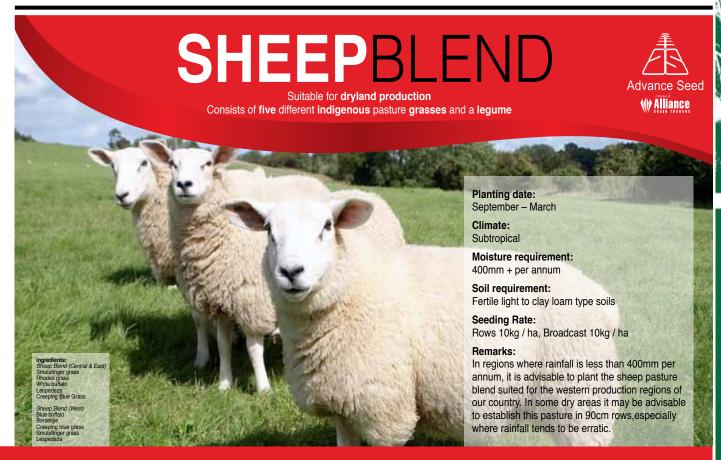
It is also critical to understand that stock, crop and financial losses may be inevitable, and to this end a sustainable farm is built on the back of good risk policies, where these factors are taken into consideration and their impact can be shouldered should they occur.

Step four is key and it is the easiest step

as at the end of the day you are not alone in what you do. Turn to the experts, align yourself with associations, peer groups and institutes that are geared to provide useful tips, advice, a key understanding of farming as an industry and a business, and tap into their knowledge and use it to your advantage. In South Africa there are a myriad of these bodies that are in a perfect position to help you – so make use of them.

The fifth and last step is by no means the last step in farming, but it is a critical one. Employ the right people and empower them to do their jobs; deploy the best farming practices you know and don't rely on myths and hearsay; and lastly ensure that what you do today doesn't have a negative impact on what you are planning for tomorrow.

Sustainability in farming is not a pipedream, it can be attainable and it is achievable. But one needs to approach farming as a career and a business, not just a calling and a passion. Successful farmers are rewarded not only by doing what they love, but by also reaping the returns a successful farm can yield.



From Producer to the World



