

**Livestock For Sale**

Organic Black Galloway pedigree cattle. "Bulls, Heifers, Cows for sale" from Organic Farm (Full Symbol IOFGA Licence No. 418), Galloways of Lecarrow, Spencer Harbour, Drumkeeran, Co. Leitrim. Contact Joachim Schaefer 071-9648960 or

[gallowaysoflecarrow@gmail.com](mailto:gallowaysoflecarrow@gmail.com)  
[www.galloways.ie](http://www.galloways.ie)

4 year old purebred Aberdeen Angus bull for sale or lease. Very good quality. Galway area. Contact 087 4141368.

5 top quality Aberdeen Angus bullocks for sale. 18-20 months of age. Approx 500 kgs. Wexford area. Contact 087 2343102.

13 heifers for sale. Ranging from 15 months – 1.5 year old. Laois area. Contact 086 0552291

**Produce For Sale**

Organic Galloway Beef from Organic Farm, Galloways of Lecarrow, Spencer Harbour, Drumkeeran, Co. Leitrim. Contact Joachim Schaefer 071-9648960 or [gallowaysoflecarrow@gmail.com](mailto:gallowaysoflecarrow@gmail.com)  
[www.galloways.ie](http://www.galloways.ie)

**Stock Wanted:**

Store cattle wanted 400-500 kgs. Also store lambs wanted for farmer in the Galway area. Contact 087 6482772

**For Sale**

30 tonne of rolled oats for sale. Available whole or rolled. Monaghan area. Contact 042 9741653 (10-11am or after 9pm)

2 tonne of organic whole oats for sale saved in 2013. Roscommon area. Contact 086 8222085.

**Wanted**

**Farmland and Residential holdings in all locations!**

Following on from recent successful sales, we have a number of disappointed underbidders actively seeking land in all locations, both residential and non-residential holdings.

**Wanted Growing Plantations.**

Maturing forestry especially Sitka Spruce all areas, Lots of 20 acres plus considered aged 10. Years or older, Non premium 20 year old plus plantations particularly sought after, Immediate decision and prompt payment, Replies in confidence to the auctioneer.

**Wanted Lands Suitable for Afforestation All Areas.**

We have a number of private investors ready to go actively seeking forestry type lands. Lots of 15 acres plus considered in all areas with immediate decision. Call us today in complete confidence, enquiries to **Cathal O'Brien Estate Agent MIPAV. Cleaboy, Ballintubber, Co. Roscommon. 094/96 55313 or 087/2613617. Or [www.cathalobrien.ie](http://www.cathalobrien.ie)**

**Property For Sale**



**CHARMING 3 BEDROOM BUNGALOW PRICED TO SELL!!!**

This week Cathal O'Brien Auctioneer is offering for sale a 3 bedroom cottage located at Frenchlawn, Ballintubber, Co Roscommon. Priced to Sell at €60,000 or nearest offer! This original bungalow is presented for sale in excellent condition throughout, having been renovated in recent years, the property boasts generous site area within walking distance of the famous River Suck. Located on a quiet roadway in a peaceful countryside setting.. Viewing is a Must!! **087 2613617 or 094 96 55313**

**New to the Market...**

**Quality holding of lands containing C. 35 Acres Located at Laragh, Ballintubber, Castlerea, Co. Roscommon.**

Prime farm of lands the majority of which have been re-seeded in recent years and are presented for sale in excellent condition also incorporating lands with frontage onto the River Suck. The lands possess excellent road frontage and site potential, ideally located just off the main Roscommon to Ballymoe road convenient to both Ballintubber and Ballymoe

**New to the Market...**

**2. Prime Roadside Parcels of Lands being C. 7 Acres at Raheela, Frenchpark, Co. Roscommon and C.6.5 Acres at Mullen, Frenchpark, Co. Roscommon.**

Good quality lands in a good farming district, convenient to Frenchpark just off the main N5. Route. Detailed maps available and we invite viewings and offers.

Contact Cathal O'Brien Auctioneer on **087 2613617 or 094 96 55313 or e-mail: [info@cathalobrien.ie](mailto:info@cathalobrien.ie) or visit our website at [www.cathalobrien.ie](http://www.cathalobrien.ie)**



Summer 2014

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**Breeders and visitors at the Irish Moiled Cattle National Open Day at Lough Bishop House, Derrynagarra, Collinstown, Co. Westmeath.**



**Organic Market increases by 2%**

Kantar Wold panel announced the increase in consumption in the Irish market after a long period of decline. The increase was not across all categories with Meat Eggs and Fruit showing the largest increase but vegetables showed a decline of 10%.

The market is now worth €99 million per year with 75% being traded through the large Supermarkets. LIDL now

accounts for almost 11% of all organic food sold in Ireland with the remainder going through independent retailers, farmers markets and other outlets.

Young families with children are now purchasing more organic food and much of this is being sold through the discounters. In the absence of strong brands in the sector, Private label products are

delivering strongly for Tesco and Lidl. With the new scientific data now becoming available that demonstrates the positive differences between organic and conventional food, together with an improvement in disposable income as the economy improves, 2014 should prove to be a brighter one for all involved in organic food.

## Managing to reduce Dark Cutting Beef

### Avoid social regrouping – or mixing mobs

Mixing mobs of animals or social regrouping is a major stress for cattle. Cattle form tight social bonds within a group or mob. Mixing mobs, or introducing a small number of animals to a mob close to slaughter time, greatly increases the risk of dark cutting beef.

Social regrouping causes physical and/or psychological stress to an animal. In most instances the increase in activity causes a rapid decline in muscle glycogen. This activity may include fighting to establish social dominance, mounting, mock fighting and chin resting.

### Temperament

Cattle with excitable (poor) temperaments have a higher incidence of DCB, as well as lowered daily weight gains in the feedlot compared with cattle of better (calm) temperament.

Animals with excitable or 'stirry' temperament also have the potential to cause physical and psychological stress to other animals in the mob. These animals should be culled from the herd and treated as a high risk for dark cutting beef.

### Minimise noise and disturbance

Cattle in lairage on the farm or at abattoirs, need rest. Disturbances and noise should be minimised.

### Safe transport of stock

There is no magic formula for predicting the effect of transport. Neither the distance travelled nor the time in transit can be used to predict the final pH of the carcass.

Transporting stock on rough roads can increase stress as the animals struggle to maintain balance. To minimise DCB, take stock to their final destination via the shortest, smoothest route and avoid travel in severe hot or cold weather conditions.

### Avoid fasting

Fasting cattle show a gradual decline in muscle glycogen levels. Providing some fibrous feed, such as hay, before dispatch can assist in slowing the animal's rate of digestion.

### Sex

The sex of an animal and its stage of development affect the incidence of dark cutting meat. This effect can be explained in a number of ways:

- The general behaviour of some type of stock, e.g. bulls' antagonistic behaviour—mounting, fighting and chin resting. Heifers and cows in oestrus—mounting behaviour.
- The nutritional demands of different classes of stock, e.g. pregnancy and lactation in cows and cattle in high growth periods.

In terms of risk, bulls have highest levels of dark cutting,

followed by cows, heifers, spayed heifers and finally steers.

### A checklist for minimising DCB

- Cull poor temperament cattle.
- Train and educate your cattle. Yard weaning can reduce sickness and increase performance in feedlots.
- Keep the time from mustering to slaughter as short as possible.
- Avoid selling stock during extreme weather or seasonal conditions e.g. hot, humid, cold, wet.
- Do not slaughter heifers in oestrus.
- Do not paddock steers or spayed heifers with unjoined heifers before sale
- Ensure that cattle grazing pasture are growing at an adequate rate, greater than 0.6 kg/head/day before slaughter. Pastures should provide a minimum herbage mass of 1000 kg of green DM/ha, which is 70% digestible, to achieve this growth rate in stock.
- If pasture quantity and quality is poor, supplementation may be required at least two weeks before dispatch. The supplements must have a high ME (>12 MJ/kg). Examples would be high quality silage, grain or pelleted feed rations. If feeding grain, producers should use rumen modifiers to minimise grain poisoning and introduce grain gradually into the cattle diet.

**Continued on page 11.**

## Managing to reduce Dark Cutting Beef - contined

### A checklist for minimising DCB

- Minimise the activity of stock from the start of mustering to slaughter. Muster slowly and quietly, and allow stock to rest before transport.
- Do not mix mobs less than two weeks before slaughter.
- Keep noise to a minimum.
- Cattle treated with Hormonal Growth Promotants should be slaughtered only after the payout period for the product has expired.
- Avoid poor handling facilities. These restrict the natural flow and movement of stock. Avoid boggy or poorly drained yards.
- Do not use electric prodders.
- When trucking stock, ensure the truck is of good construction—non-slip flooring, trailer suspension and bruise free panelling. Cattle should never be over loaded or under loaded. Stock mixed in transport from different mobs should be immediately re-drafted at their destination yards. Identify different stock and inform the transporter.
- Do not present sick or injured stock for slaughter.

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Greenhouses on display at Highbank Organic Farm,  
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### Application for Associate Membership

- Associate Members have access to all Co-op services.
- Receive free quarterly Newsletter (Organic Producer)
- Can advertise Small Ads free in the newsletter or website
- Can sell organic beef, lamb & other produce to the Co-op
- Can attend general meetings and contribute to discussions
- Can participate in all Co-op activities and training sessions
- Are eligible for co-option onto the management committee.

An Associate Member does not hold a shareholding and receives no dividends.

The cost of Associate Membership in 2014 is €50.00 per year. Payment can be made annually by standing order with your bank. Please request a standing order form from the office.

### Membership Application Form

I wish to become a Member of LOFC and enclose €50 please send me a standing order form

Name: .....

Address: .....

.....

County: .....

Telephone: .....

Email: .....

.....

Organic Status .....

Producer of .....

.....

Please make cheques payable to:  
**Leitrim Organic Farmers Co-op,**  
**The Enterprise Centre,**  
**Hill Road,**  
**Drumshanbo,**  
**Co. Leitrim.**  
**071 9640868**

## Organic Payment Rates Increase Under New Rural Development Programme

An increased allocation to €44m for [organic](#) farming was among a suite of measures announced today by the Minister for Agriculture, Food and the Marine, Simon Coveney.

The announcement was made as part of the final detail of Ireland's [Rural Development Programme \(RDP\)](#), 2014-2020 which also outlines the range of supports and schemes which will underpin sustainable growth in rural Ireland in the coming years.

Following on from the recent consultation process, a significantly increased budget of €44m is being allocated to the Organic Farming Scheme in order to support growth in the sector more effectively.

In addition, a dedicated [Capital Investment Scheme](#) for the organic sector has been included in TAMS II.

All rates of payment are being increased: the standard rate of payment is €220/ha for conversion with maintenance rate of €170/ha, with higher rates of €300 (conversion) and

€200 (maintenance) applying for Horticulture operations, and €260 (conversion) and €170 (maintenance) for Tillage operations.

In addition, a top-up of €30/ha for red-clover is included. The higher horticultural rates will apply to the first six hectares only; thereafter the standard rate applies. For tillage farmers, the higher rate ceiling is 20 ha.

The draft RDP will now be submitted to the European Commission for approval.

## Timac now Grassland AGRO

**Grassland Agro** was formed on the 1st February 2013. It was created from the coming together of Freshgrass Group's – Grassland Fertilizers business and Groupe Roullier's Timac Agro Ireland business. It is now a 50/50 Joint Venture Company between [The Freshgrass Group](#) and [Groupe Roullier](#).

### Further Info Contact

Frank Convey 0872352892 Roscommon/Longford/Leitrim  
Daphne Scott 0879831614 Cavan

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**FEATURES:**

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- Enhances greater nutrient movement and availability
- Improves soil structure and earthworm activity
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ON FARM TRIALS IN IRELAND AND EUROPE HAVE SHOWN USING PHYSIOLITH INCREASES GRAIN YIELD BY UP TO 1.2 TON/HA AND SILAGE YIELDS UP TO 1 TON DM/HA

For further information contact:  
South West & Mid West. (086) 241 0602 East Ire. (087) 626 4900 N.I. (0044) 7825 908555

## Knockvicar Organic Garden

August 2014

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Knockvicar, near Boyle

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Sat. 2nd August	12-4	Clay Oven <b>Bring and Bake:</b>
Tue. 12th August	1-3	<b>Green manure</b> workshop with Wayne Frankham. <b>Green ground good, bare ground bad! € 5</b>

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For further information, please contact:  
Eamonn Moulds, Tel: 087 6779567  
John Brennan, Tel: 087 2703603

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## National Organic Training Skillnet

Enterprise-led learning networks

NOTS will be providing a range of training courses throughout the country in 2014. The NOTS training programme is available to farmers, growers, processors, food businesses, and consultants working in the area of the food. New entrants, farmers considering the organic option and commercial producers interested in developing their enterprise into an organic business are also eligible. We would welcome any ideas that individuals have on training needs that would help their business develop.

### Course listing

**Increasing Soil Fertility and Animal Health**, 1 day course with Mary Lynch, the course will assist farmers with increasing soil fertility and how to increase animal health while minimise problems such as parasite's etc. **Cost €50.00 22<sup>nd</sup> of July, The Mills Inn, Ballyvourney, Co Cork** free limited places available for the unemployed

**Raising Poultry and Eggs on Pasture**; 1 day course will cover all aspects of poultry and egg production all the way through to processing. Trainees will be able to see, first-hand the housing and equipment best suitable for poultry production and processing. **Course dates: 4<sup>th</sup> of August, in Atherny, Co.Galway, €40.00p/p. Lunch is NOT provided.** free limited

places available for the unemployed

**Herb Production**- A one day course on the production of herbs. Location; Westside Gardens, Galway. **Monday 18<sup>th</sup> of August 10.00.a.m. to 4.00.p.m.** €20 per person or free places for the unemployed (limited places available).

**Ice Cream Production**; 1 day practical course on artisan ice cream production; the course will offer participants to see the process from milk right through to production

Including required equipment and ingredients for ice cream production. **Course takes place in September; the course cost is €50 includes lunch.**

**Organic Egg Production**; 1 day course on setting up an organic egg unit on your farm covering housing, feed, breeds etc. **Course will take place in October 2014 and takes place in Co. Clare. Cost of the course is €40.00**

**DIY AI Training, Bovine Scanning & Hoof Trimming**: Courses take place in **Laois and Leitrim**. Courses take place **monthly**, call 0719640688. Lunch not included.

**Introduction to Organic Production**: This course covers the following; background to organic production, Principles of organic production, Organic Standards, Economics of Organic production and Organic Scheme requirements. This course is a 25 hour intensive training course and takes place over 2 weekends.

2014. Course cost is **€220** per person. Winter 2014

### Certificate in Organics

**(Distance Learning)**: This FETAC level 5 courses offers a distance learning option to obtain a Certificate in Organic Horticulture through the completion a choice of modules. In addition to the online training there are also two practical experience days per module. Duration: 1 year commencing September 2014.

### MSc PG Dip in Organic Farming:

This is a part time on-line distance learning course in which there are 8 taught modules over two years and a subsequent MSc project in a topic related to organic farming. Commences in September 2014; Duration 3 years; requires a full application process.

### MSc in Organic Horticulture:

1 year part time MSc in organic horticulture delivered over 2 semesters. Commences in September 2014; Duration 1 year; requires a full application process and prior educational qualifications.

**To book or discuss training or mentoring requirements, please contact National Organic Training Skillnet (NOTS) on 0719640688 or 086 1728442 or email [info@nots.ie](mailto:info@nots.ie) or check out [www.nots.ie](http://www.nots.ie) for further details.**

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Robert: 086 2002574**

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## Rare Breeds look to a Brighter Future

Irish Rare breed have received a shot in the arm through their inclusion in Tier 1 of the new GLAS scheme. This was achieved through a consultation process by breed society representatives with the Department of Agriculture. The inclusion of rare Breeds in Tier1 of GLAS is very important for organic farmers as many of them farm rare breeds. They can choose Rare Breed from

GLAS knowing that there is no risk of double funding as this measure is not supported in the organic farming scheme. Rare Breeds require low inputs in terms of getting them to the market and therefore work very well in Organic farming. The rate of payment has been set at €200 /livestock unit. The breeds of cattle which qualify are Kerry, Dexter and Irish Moiled, for sheep

it is The Galway Ewe, Horses – Irish Draught and The Connemara Bog Pony, and The Old Irish Goat. Recognition is also being sought for the Droimeann Cattle from the department of Agriculture. More information on the exact workings of the scheme will become available in the next few weeks in the farm and press and on [www.agriculture.gov.ie](http://www.agriculture.gov.ie)

## GRUNDTVIG LEGOCIE PROJECT COMES TO AN END IN ATHENS!



Included in the picture is Tom Martin, John Brennan and Fergal McPartland representing The Food Hub, Drumshanbo, Co. Leitrim.

### LEts GO Cooking In Europe

Since October 2012, when the project kicked off with a meeting in Newcastle, local adult training organisation

Accentuate has been working with 8 similar organisations across Europe to encourage healthy eating through developing cooking skills.

Meetings have been held in Cyprus, Italy, Portugal, Slovakia and Greece, with cooking workshops and demonstrations, with the aim of sharing the unique dishes

and cooking techniques of the participating countries, and encouraging participants to cook for health.... but also taste and flavour!

The final meeting in Athens this month introduced participants to the benefits of the ultra-healthy Mediterranean Diet, as well as a healthy dose of Greek music and dancing!

Now the project has concluded, we are left with a "LEGOCIE" (legacy) of healthy and delicious recipes

available to everyone on the project website [www.legocie.eu](http://www.legocie.eu)

Why not visit it and discover the delicious taste of true European co-operation?

More information from Accentuate (North East) on 07957 309022

Or from [stewart@accentuate.uk.com](mailto:stewart@accentuate.uk.com)

## Organic Demonstration Farm Walks 2014 - 2015

A nationwide series of national organic farming open days will take place from Summer 2014 to Spring 2015. Teagasc, the Department of Agriculture, Food and the Marine, and organic organisations invite all interested to see organic farming in practice and to meet and speak with the producers and sector's experts.

### AUGUST

**Thurs, 21 August**

**2pm**

Alan Jackson, Lacka House, Riverstown, Birr, Co. Offaly  
Beef, Cereals

**Tues, 26 August**

**2pm**

Kay O'Sullivan, Garrynagearagh, Mourneabbey Mallow, Co. Cork  
Beef, Sheep, Cereals  
(BTAP APPROVED)

### SEPTEMBER

**Wed, 10 September**

**5.30pm**

Darren & Patrick Byrne, Strifeland, The Hill, Balbriggan, Dublin  
Horticulture, Poultry, Direct Sales

**Thurs, 18 September**

**2pm**

Pat Mulrooney, Manganstown, Kilsheelan, Clonmel, Co. Tipperary  
Dairy

**Tues, 30 September**

**2pm**

Anthony Boyle & Morgan Hurley, Thornhill Organic Farm, Skibbereen, Co. Cork  
Horticulture, Direct Sales

### OCTOBER

**Tues, 7 October**

**2pm**

Kenneth Keavey, Greenerth Organic Farm, Caherlea, Carrundulla, Co. Galway  
Horticulture, Direct Sales

**Wed, 15 October**

**2pm**

John Curran, Moygrehan, Fordstown, Navan, Co. Meath  
Beef, Sheep, Cereals

### NOVEMBER

**Wed, 5 November**

**2pm**

Mark Duffy, Bellview, Cloger, Ballybay, Co. Monaghan  
Beef

**Wed, 19 November**

**2pm**

Pat Booth, Heath, Killone, Stradbally, Co. Laois  
Beef

### MARCH 2015

**Wed, 25 March**

**2pm**

Mark Gillanders, Ballinagall, Monaghan  
Beef, Arable

# Organic Food is Better

## Differences between organic and non-organic food

New findings – organic crops, such as fruit, vegetables and cereals, and crop-based foods are up to 60% higher in a number of key antioxidants than non-organic crops. The findings shatter the myth that how we farm does not affect the quality of the food we eat.

A landmark paper to be published in the British Journal of Nutrition on Tuesday 15 July, concludes there are significant differences in the nutritional content of organic and non-organic crops. The study, the largest of its kind carried out by an international team of experts, led by Newcastle University is the most extensive analysis of the nutrient content in organic vs conventionally-produced foods ever undertaken.

## Key findings by Newcastle University were:

\* Farming method affects quality: The analysis is the most extensive and reliable to date and clearly supports the view that the quality of food is influenced by the way it is produced.

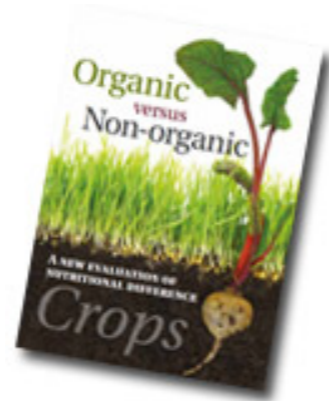
\* More antioxidants: Organic crops (cereals, fruit and vegetables) have significantly higher concentrations of antioxidants/(poly)phenolics compared with non-organic produced counterparts. This

includes more phenolics (19% higher), flavanones (69% higher), stilbenes (28% higher), flavones (26% higher), and flavonols (50% higher). A switch to consuming organic crops would allow a 20-40% increase in antioxidant/(poly)phenolics consumption without an increase in calorie intake.

\* Fewer pesticides: The frequency of occurrence of detectable pesticide residues is four times higher in non-organic crops. Non-organic fruit had the highest pesticide frequency (75%), compared to non-organic vegetables (32%) and non-organic crop based processed foods (45%). By contrast pesticide residues were found in 10% of organic crop samples.

\* Less cadmium: The analysis detected 48% lower concentrations of the toxic heavy metal cadmium in organic crops.

\* Less nitrogen: Nitrogen concentrations - linked in some studies to an increased risk of certain cancers such as stomach cancer – were found to be significantly lower in organic crops.



"...While 5-a-day should be the starting point for everyone, switching to food produced using organic standards can lead to increased intake of nutritionally desirable antioxidants, as well as a reduced intake of potentially harmful cadmium and pesticides."

"We know that people choose organic food because they believe it is better for them, as well as for wildlife, animal welfare and the environment, and this research backs up what people think about organic food," says Soil Association Chief Executive Helen Browning. "In other countries there has long been much higher levels of support and acceptance of the benefits of organic food and farming: we hope these findings will bring the UK in line with the rest of Europe, when it comes to both attitudes to organic food and support for organic farming."

(Courtesy Soil Association)

## House For Sale with Land and Native Woodland

WOODLAND FARM and house, 30acres inc. 8acres native woodland, meadows, grazing and 1acre gardens. Delightful timberframe house, 3bed, south facing. Farm

buildings, tunnel, greenhouse, old cottage and barn. Lake and mountain views. Good walking, riding. Secluded riverside location, 1 mile from the village of Ballinaglera,

Co. Leitrim, 30mins Carrick-on-Shannon, 50mins Sligo, 45mins Enniskillen. €290,000, stock at valuation. mreading(at)eircom.net



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