

Photos of 2019



Human Health—CONTINUAL-G—Revolutionary Breakthrough (Please consult your medical practitioner before starting any supplement)

The most important nutritional breakthrough in the last 100 years, offering potential benefits that few could have imagined just a few short years ago.

As many of you may have realised human health and nutrition is one of my passions; to stay healthy, fit and vital are my goals. **enter Continual G.**

Almost every living organism from simple bacteria, to plants, to animals and humans that uses oxygen also produces and uses **glutathione**. Every living organism uses glutathione to protect against the oxidative stress that is brought about by simply breathing and living.

Why is Glutathione Important?

It is important to our health that every cell in the body has the capacity to make its own supply.

Why do we need to Supplement Glutathione?

As we age, we lose the capacity to maintain our glutathione at healthy levels to protect our cells against oxidative stress.

Studies have shown that chronic diseases are related to having constant low glutathione levels.

Glutathione is also rapidly lowered by smoke inhalation (bush fire smoke), consuming alcohol, during anxiety and stress and when we are sick, and after strenuous exercise.

Continual—G—Who should take it

1. Healthy people so that they can keep their glutathione levels up and continue to stay and feel healthy, happy & fit.
2. Those exposing their bodies to undue stress by strenuous exercise, alcohol, smoking or drug use.
3. The elderly and those suffering chronic conditions related to glutathione depletion and oxidative stress who would like to feel and live better.

Suggested Use: Take one sachet of CONTINUAL-G UP TO TWICE DAILY MIXED WITH 150 ML OF WATER. I suggest that you visit the CONTINUAL-G website and learn more about this incredible supplement.



YLAD Living Soils News

Free Call 1300 811 681
www.yladlivingsoils.com.au

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From Rhonda's Desk—2019



Reading over my 2018 Christmas message I am loath to say that the drought did not ease and 2019 turned out to be a harder year for so

many. There is no denying there is an imbalance in the world today.

For me personally, I achieved a lifelong ambition of visiting Egypt and getting up close to the unbelievable pyramids, sphinx and all the other wonders of this ancient civilization. In February after our trip I really wanted to take my personal evolution to a new level and went on a 67 day cold pressed juice fast. Such an incredible experience to cleanse the body, mind and spirit and loose 9 kgs in doing so!!

We cannot go into our future hanging on to the beliefs of the past. On a daily basis we need to monitor our thoughts, eating habits and spiritual practice to ensure we create a future full of potentiality.

Two areas that I am always harping home on is, soil structure and planning and budgeting. As I travel around Australia I see the

biggest problem our soils have is a lack of soil structure. Soil compaction is one of the top limiting factors to successful production. Weeds, disease and poor water penetration are symptoms of a compacted unhealthy soil. Minerals alone can not amend soil structure, microbes are required to create the hallways and rooms within the soil for oxygen and water to flow.

Correcting the cause of soil compaction restarts the soil eco-system allowing oxygen and water to penetrate the soil profile.

With times very very tight it is imperative not to bury your head in the sand and avoid planning and budgeting. It is far less stressful to know your financial position and plan for the next 12 months. This also prepares you for business meetings with partners/family or meetings with the Bank.

As the old saying goes, "if you fail to plan you plan to fail"

Farming is still the most noble profession producing food for society and also looking after the country's most precious asset, our Soil.

18 years ago I put my neck on the chopping block and followed my purpose to heal the soil and help others. Most people thought I was mad but just remember MAD & DIFFERENT are good, normal is boring!!

Merry Christmas & here's to a wet 2020!!

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"Determine that the thing can and shall be done, and then we shall find the way".

Abraham Lincoln

NSW Farmer of the Year - Chris Hall of Hall Family Orchards



Congratulations to Chris Hall on a very very successful year, firstly being named Carbon Cocky of the Year and last week winning the very prestigious New South Wales Farmer of the Year.

Chris is a 3rd generation mixed enterprise farmer, with his wife Lee, specialising in growing and packing export premium cherries as well as cross breed sheep, angus cattle, cereal and mixed species cover crops.

Chris first came to YLAD Living Soils in November 2013 inquiring about biological amendments to make his soils healthier. The journey has continued with Chris incorporating YLAD Humus Compost and other biological and nutritional products into his program.

Chris has a strong affiliation to partner with Nature rather than controlling it, an approach that has now enabled him to farm pesticide and herbicide free for more than two years.

The 3 L's really apply to Chris' reasoning, Learning, Life Choices and Legacy. Chris has continually sought out many educational opportunities through various programs and certifications, he then has made many life choices to implement these learnings and change his practices and inputs and the ultimate, the legacy he is creating.

We look forward to Chris been an advocate for soil microbiology and assisting other producers make the move to more regenerative agriculture with confidence.

Save the Date: Have your say!! Join a Free Workshop on Milgardara Young on February 12, 2020 to help develop the e-nose, a new tool to help farmers monitor soil biology. This is a Soil CRC Funded Research Workshop. Limited to 50 people. More will be posted in 2020. If you are keen to have your say please call 0263 822165.

Carbon Conference & Expo October 2019

Ahem measured soil organic matter in Australia in the 1840's at 11 to 37%. Customer soil test results now come back with 4–6% OM, this being the best, but most are as low as 1–2%. The impact on production, water holding capacity, microbial activity are all driven by levels of Organic Matter (Carbon).

Louisa Kiely and her band of many helpers ran the Carbon Conference & Expo for producers and associated people to gain a greater understanding of the potential and possibility of trading soil carbon.

As we all know soils are one of the **proven methods** of sequestering carbon and reducing green house gas emissions, helping to avert the future destruction of climate change. 2019 saw the first soil carbon traded, setting the example of what is possible in the future.



Photo shows waves in our 2019 wheat crop where canola residues were left on the ground after harvest in 2018. The stubble residue conserved more moisture, provided more microbial activity and increased production up to 3 times greater than the dips. WHY ARE FARMERS BALING THEIR STUBBLES AND TAILINGS?? Maybe short term gain for long term pain!!! - Alarm Bells should be ringing!

Soils for Life Video

Bill and Rhonda were very privileged to be invited to feature in the recent Soils for Life Video to highlight the benefits of biological/regenerative farming.

The video features a range of farmers practicing regenerative farming illustrating how there are many and various ways to achieve healthy, living soils.

Below is the link which is very long, probably the easiest way would be to join the Soils For Life Facebook Group page and access it through there.

<https://www.facebook.com/470199393003277/posts/2688896577800203?vh=e&d=n&sfns=mo>

MicroBIOMETER® is an important tool because it allows us to measure the level of microbes in our soil as well as measure the quality of commercial composts, such as organic fertilizer, and composts that are produced on the farm. Our thinking is that each farm is different and you need to create your own patterns to correlate and compare. Biological agriculture is the way to regenerate and create more resilient soil that will supply nutrients and higher immunity to the plants. This is why microBIOMETER® has become an invaluable asset to their soil management efforts.

To order your Microbiometer call the YLAD Living Soils Office on 1300 811 681 and start testing.

Relocation of YLAD Living Soils Office 186 Milgadara Road Young



YLAD Living Soils saw the celebration of 17 years of business in October 2019. For the first 8 years we ran Living Soils from an office in the back of our house. Feeling the need to expand and 'get my house' back we made the move to 2 Chillingworks Road Young. We absolutely loved our town office and over the past nine years I have travelled to Young to work everyday. Earlier this year I decided it was time to bring the office closer, within walking distance!! I have renovated a 100 year old cottage on Milgadara to become the **New Office**. Over the past two weeks we made the big move, what a job. YLAD Living Soils will continue business as usual servicing our customers around Australia. You are all welcome to come visit Julie and I at the new office and have a coffee with us. Pick

up of product can be arranged from Milgadara or be dropped into Young.

The phone numbers 02 6382 2165 & 02 6382 1760 & Free Call 1300 811 681 will remain the same.

However the fax number 0263 82 5439 will now be changed to 02 6382 3053

In the first week in the new office we have experienced a few teething problems, hopefully they are now all sorted now. Apologies for any miscalls!!

Germinate, Germinate Plus and Legume Plus - outstanding results in drought conditions

I can never speak highly enough of our three signature down the tube granular sowing blends.

As tough as 2019 has been the crops sown with these signature blends have out performed conventionally sown crops. As we all know roots are the stomach of the plant and supplying nutrients in a form that don't leach or lock up ensures full season nutrient supply. **Why pay for NPK fertilisers that lock up or volatilise???** The idea is to ensure that the plant has all its nutritional needs supplied by microbial, root and soil interaction, when they are needed, rather than just in soil water. The supplying of trace minerals in these blends allows for quick germination and early vigour and uptake of other nutrients.

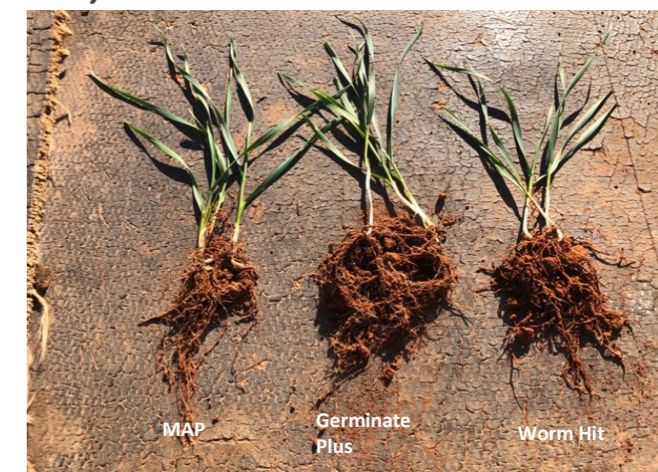
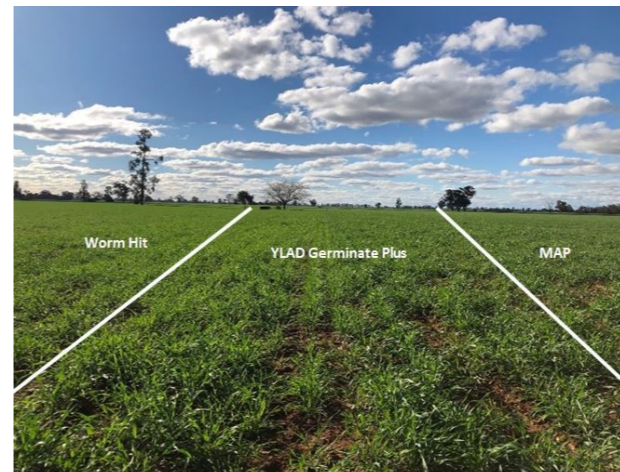
Germinate is a granular fertiliser for cereal sowing, a microbe friendly, carbon based blend, supplying soluble and slow release nutrients to improve soil, root, and plant dynamics for greater yields and quality. Benefits include reduced leaching and lock up, less fertiliser root burn associated with all acid based fertilisers and the development of **greater root mass** and 'dreadlock' roots.

Germinate Plus is a granular down the tube fertiliser for canola and grazing crops sowing. Germinate Plus contains more nitrogen and sulphur in a buffered form to ensure quick germinate and early plant growth. A microbe friendly, carbon based blend, supplying soluble and slow release nutrients to improve soil, root, and plant dynamics for greater yields and quality. Benefits include reduced leaching and lock up, less fertiliser root burn associated with all acid based fertilisers and the development of **greater root mass** and 'dreadlock' roots.

Legume Plus is a granular down the tube fertiliser ideal for sowing lupins, Lucerne, pastures and clover or any crop symbiotic with rhizobium. Legume Plus contains more calcium than any of our other blends to ensure excellent **nodulation** and **active nitrogen fixing**. A microbe friendly, carbon based blend supplying large amounts of slow release nutrients to encourage active roots growth.



Ganmain Trial—Germinate Plus, MAP , Worm Hit



Trial Results:

These trial plots of Ford Wheat were cut for hay so grain yield are not available. Feed test results below:

Results	Units	Germinate Plus	Worm Hit	MAP
Cut	Tonnes/ha	3.12	2.04	3.45
Dry Matter	%	93.2	91.4	92.5
Moisture	%	6.8	8.6	7.5
Crude Protein	%	9.5	9.8	7.6
AFIA Grade		A1-A2	A1-A2	A2-A3
DMD (NIR)		72	73	69
Nitrate	Mg/kg	514	286	131

STOP PRESS: (It is going to rain one day:)

Order Germinate, Germinate Plus and Legume Plus now to ensure timely delivery.

All blends are available in bulk, bulka bags and 25 kg bags.