



# WE WON!!!!



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~AGRIBUSINESS ~  
FOOD AND BEVERAGE



HI FORM

THE SCIENCE OF NATURAL HEALTH



December News 2021



Our new feed program enables us to achieve optimal accuracy.

We are now able to personalise nutrition plans depending on your pasture, current diet, hay type and quality; enabling us to ensure every vitamin, mineral and nutrient is met as well as customising a diet plan to suit the individuality of your horse.

Considering the uniqueness of your horse's current and past health history, breed, height, weight, workload, etc. There is also a medical section, covering the most common conditions horses may be affected by.

Take the guesswork out of feeding with our professional approach to natural nutrition. This price includes a years' worth of consultation time with one of our qualified nutritionists for one horse.

Supporting the horse's long-term health and well-being with a balanced daily nutrient intake increases performance levels, improves temperament, skin and coat, and supports the gut microbiome.



*"Your feed programs changed everything for me!"*

*Tom. W*

**SIGN UP TODAY!**

\*\*\* Accurately designed for each horse no matter what discipline. Once you purchase one program, you will be sent a code for two more for the same price! Applies to one-time purchases, for everyone, limit of 2 uses, one per customer

# Weeds Weeds & More Weeds

## PASTURE MANAGEMENT



What are some of the common weed types, why they grow and how you can control them? This time of the year is a great indicator for weeds and assessment of how good your pastures are and plan to eradicate the weeds and possibly sow some more preferred species in their place next autumn. Weeds are really an indicator plant. They can indicate problems such as poor soil fertility and soil structure, soil acidity, poor drainage and possibly salinity. They can become a problem in a pasture due to cultivation, hay cutting, overgrazing (common with horses) and even under grazing. They can also appear due to climatic reasons such as a wet summer or drought. By Steve Dickson

### COMMON GRASS WEEDS

**Barley Grass** Often occurs when pastures are bare, with patches of soil, grows well with lack of competition from preferred species of pasture plants. They are very quick to germinate in the autumn, which at this stage are the first green pick, it is later in spring /summer they are a real pest. They are a high fertility weed so love manure, high organic matter, gateways etc.

What can you do to control - Don't bare your pastures out through overgrazing - Stop the seed head setting seed in the spring/summer? The seed head can be nasty as it can get in the horses' eyes or stuck in the throat. Light rates of glyphosate when the seed head is green in the spring is a great way to control the spread of the weed. If you were to do this for 1-2 years and plant competitive pasture species, you can beat barley grass quite easily. - You may choose to slash the seed head in the spring, the barley grass plant is very smart and just keeps trying to set seed closer to the ground, every time you cut it. If you have old dry seed heads run a harrow or mesh over the pasture to smash the seed head to the ground so to avoid problems for the horse

**Bent Grass** Is a sign of low fertility in the pasture. Soils are often acid (low pH), and the paddocks are poorly drained and may suffer from waterlogging. It is a matted type of weed which can take over a pasture. Under grazing a pasture can cause it to take over and can be spread by cultivation.

What can be done to control bent grass - firstly fertilise your pastures to get fertility higher - the main elements are phosphorous and sulphur. This may also involve applying lime to improve the soil pH. - A further method of control is like barley grass is to spray the weed in end of October early November with glyphosate at light rates to control seed set of the grass. Then back it up with heavy grazing, horses are very selective so this might need some other animals to help like sheep or cattle. - If really bad a pasture renovation program is the best form of control. Spray with heavy rates of glyphosate in the spring/early summer, then cultivate (dead material at this point so won't spread weed) and sow in the autumn with improved pasture species and fertiliser

**Fog Grass** Again, a low fertility weed, acid soil weed. Loves wet waterlogged areas, very little nutrition value. This weed does send out toxins to prevent other grass species growing around it. It can be controlled quite easily with improving soil fertility with fertilisers and sowing preferred competitive pasture species.

What can be done to control fog grass - spray top pastures in the spring with glyphosate to stop it setting seed - fertilise pastures - pasture improvement through sowing improved pasture varieties - always do a soil test to gauge your soil status in regards to soil fertility and pH - slash or graze heavily spring summer

**Silver Grass** Again, often occurs in a poor pasture with low fertility. It comes in with overgrazing and takes over bared out areas. Very competitive grass.

Control of silver grass - spray top in the spring - improve soil fertility with fertilisers - resow paddocks to improved competitive pasture species

**Paspalum** Active summer rainfall weed. Loves heavy wet soils with poor drainage. Loves to be under grazed. Stock can get the staggers from a fungus that can appear on this plant at certain times of the year. Very common in irrigation areas.

Control of paspalum - graze heavily over spring and summer (may need cattle or sheep for this) - spray top to stop seed set. - pasture renovation by sowing competitive grasses to compete against it







Wishing you all a very Merry Christmas

FROM THE HI FORM TEAM



Happy Holidays



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in December 2021



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# Horse Talk

## STAY HYDRATED

### How does your horse cope with the hot weather??



Dehydration can be a problem in performance horses. Horses sweat naturally to help with removing heat from their body but when it is a hot day at an event the horses can struggle with this. Horses should always have ad lib access to clean fresh water. Water is an essential nutrient for horses. The functions of water is to dissipate heat, pH control and the transportation of nutrients. This is where a natural product made here at Hi Form can help with recovery after strenuous exercise.

ElectroPlus formula contains nutrients that have a role in maintaining normal electrolyte balance in body tissues during heavy exercise.

This formula has been designed for horses who also have a history of "Tying Up", heavy sweating, dehydration or colic and can prevent electrolyte imbalances because of its buffered acid/alkaline effect. ElectroPlus does not contain Sodium Bicarbonate. The ingredients used in ElectroPlus have been chosen for their proven diuretic and buffering activity in regulating electrolyte balance. The main electrolytes are sodium, potassium, calcium, magnesium, chloride and phosphorus. Minor electrolytes are iron, copper, zinc, cobalt, selenium, sulphur and iodine, which are required in trace amounts. One litre of sweat contains approximately 10gms of salt (8gms of sodium Chloride and 2gms of potassium chloride). About 95% of the sodium that leaves the body, is excreted in the urine. ElectroPlus acts as a preventative from electrolyte imbalances because it is a buffered acid/alkaline neutraliser, electrolyte and mild diuretic formula.

ElectroPlus also contains the herb Uva Ursi that is used because of its urinary antiseptic action, diuretic action and astringent. Vitamin C is also used in the ElectroPlus for its enormous benefits.





Sales Sales Sales

END OF YEAR SUPER SALE



Merry Christmas

Use the code:

**HOHOHO2021**

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Completavite  
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Your health with Hi Form

## ECO TAN & ECO BY SONYA DRIVER PRODUCTS.

### What Glory Oil Does

The holy grail. This supernatural, cold pressed oil, Glory Oil, is a powerhouse of omega 3, 6 & 9.

There's not much it can't do, it's pure liquid gold.

Glory Oil offers compassion to your skin and is used on scars, fine lines, skin irritations and problematic skin - or just those that are chasing a radiant complexion.



Xmas Specials

**WEBSITE FOR SPECIALS**  
**USE CODE ECOTANXMAS21**  
**FOR 15% OFF**



Thankyou for all your support this year,  
Wishing you all a very  
*Merry Christmas,*  
The team at Hiform



## Gingerbread Cookies

- 110g butter
- 150g dark brown sugar
- 80ml golden syrup
- 1 egg
- 340gm plain flour
- 1 tsp bi-carb
- 2 tsp ground ginger
- 1 tsp ground cinnamon



## EquiSoy

Containing full fat debittered soy flour (human grade), EquiSoy is a palatable source of protein

PRODUCT DESCRIPTION: EquiSoy Full Fat Debittered is made only from non genetically modified Australian grown (No genetically modified soy beans are grown in Australia),

The product is made from pure dehulled soybeans. The process alters the protein structures to render them more digestible; significantly lowers moisture content and micro-biological activity and imparts a pleasant, lightly roasted flavour. The oil/fat component contains lecithin, a valuable natural emulsifying agent and antioxidant/preservative, which extends the shelf life of most products to which it is added.

### Method

- Mix butter and sugar until pale and fluffy
- Add golden syrup then the egg
- Add sifted ginger, cinnamon, flour and bicarb until it forms a dough
- wrap in kitchen film and put in fridge for 30 minutes
- roll in desired size and cut using cookie cutters
- cook in moderate oven (180C) for 10 minutes or till firm
- allow to cool on a wire tray
- decorate with icing and sweets

