



**HELPING FARMERS REACH NEW LEVELS OF PROFITABILITY,  
RESILIENCE, HEALTH, AND PEACE OF MIND**

# EDUCATIONAL RESOURCES

## Community Forums

- [Quorum Sense](#) - nationwide network by and for New Zealand farmers.
- [Kind Harvest](#) - John Kempf's international farming community.
- [Regenerative Agriculture Group](#)

## Videos

- [On Farm Story: Greg & Rachel Hart](#) - Farmers "using nature as a guide" at Mangarara Station, Hawkes Bay, New Zealand.
- [On Farm Story: Simon Osborne](#) - Farmer from Leeston, New Zealand.
- ["What Does an Ideal Pasture Look Like?"](#) - Presentation by Allen Williams from the Wallace Centre in USA
- ["Soil Health Principles"](#) - Ray Archuleta
- ["On regenerative farming"](#) - Charles Massey
- ["The Phosphorus Paradox"](#) - Christine Jones
- [Kiss The Ground – "A Regenerative Secret"](#) - Mini documentary by the makers of the 'Kiss The Ground' movie (available on Netflix).
- [Allan Savory's TED talk](#) "How to green the world's deserts and reverse climate change".
- [Johnson Su Bioreactor construction](#)
- [Gerry Gillespie SPICE composting webinar](#) - Quorum Sense
- [Regenerative Viticulture Case Study](#) - Quorum Sense
- [A Biological Approach to Growing Healthy Crops](#) - Tom Parton webinar, Quorum Sense
- [Fantastic Fungi](#) - movie on Netflix
- [The Nitrogen Cycle](#)



## Youtube Channels

- [Nicole Masters \(Integrity Soils\)](#).
- [Jono Frew](#)
- [Happen Films](#)
- [Regener8](#)
- [Quorum Sense](#)
- [David Johnson](#)

## Websites

- [Biological Husbandry Unit](#) at Lincoln University
- [The Jena Experiment](#) - one of the longest-running biodiversity experiments in the world
- [Glenlands Farm](#) - Dean & Antoinette Martin
- [Chaos Springs](#) - Waihi
- [Soil Food Web NZ](#)
- Graham Shepherd's [Visual Soil Assessment](#) method
- [Amazing Carbon](#) - Christine Jones' collection of resources
- Detailed process for '[Estimating soil texture by hand](#)'.
- [Symbiosis Seeds](#)
- [Linnburn Station](#)

## Podcasts

- [Regenerative Agriculture Podcast: John Kempf](#)
- [Quorum Sense Podcast](#)
- [The Plant A Seed Podcast](#) - Jono Frew
- [The Regenerative Journey](#) - Charlie Arnott
- [Down To Earth Podcast](#)
- [Biological Farming Round Table](#)



## Books

- [Call of the Reed Warbler](#) - Charles Massey
- [Dirt to Soil](#) - Gabe Brown
- [For the Love of Soil](#) - Nicole Masters
- [Restoration Agriculture](#) - Mark Shepard
- [The Farm as an Ecosystem](#) - Jerry Brunetti
- [Teaming with Microbes](#) - Jeff Lowenfels
- [Management Intensive Grazing](#) - Jim Gerrish
- [Growing a Revolution](#) - David Montgomery
- [Mycorrhizal Planet](#) - Michael Phillips
- [Braiding Sweetgrass](#) - Robin Wall-Kimmerer
- [When Weeds Talk](#) - Jay McCamen
- [Entangled Life](#) - Merlin Sheldrake

# BIOLOGICAL STIMULANTS

## EMNZ (Effective Microorganisms) Products

- Great for use in spray out and in foliar or bare soil application.
- EM (effective microorganisms) contains diverse living effective microorganisms and spores so should not be stored or applied in direct sunlight as UV will degrade these organisms.
- EM products are also great for speeding up decomposition for thatch layers and trampled litter as well as composting piles etc.
- Fulvic acid in EM Fulvic is a very strong detoxifying agent with its CEC of 1400! EM Fulvic is a great product for chelating glyphosate to increase efficiency whilst inoculating the soil with Effective Microorganisms. With a high percentage of Fulvic acid and its low application rate and cost, EM Fulvic is a great addition to any biological spray regime.
- EMNZ has a wide range of solid and liquid products to suit many applications.

Contact [Jono Frew](#) at [Natural Performance Ltd](#) directly or through our [products page](#) on our website for all your EMNZ requirements

## Trichoderma

- Great for adding to seed at drilling to balance fungi-bacteria ratios and increase root growth, or for spraying as part of a mix to prevent disease.
- Trichoderma is known as “the workhorse fungi” because of its ability to make nutrients available to the plant.

Contact Alistair Pullin at [Agrimm](#) on 021590329.

## Fish Hydrolysate



- Great for feeding fungi as they love the complex carbon forms and oily proteins.
- Fish also has great disease prevention properties as well as a good nutrient profile.
- Plain fish hydrolysate by [Bio Marinus: United Fisheries](#) is a great option.

## Humates

- Humates are a fantastic way to feed fungi in your soil and build organic matter and CEC.
- Humates can be applied in solid form direct to pasture or crop. Humates can also be fed to animals to increase gut health and balance carbon-nitrogen ratios. Feeding Humates to animals is especially important when animals are on high protein and ME diets.
- Humic acid is a liquid extraction of raw Humates. Humic acid is a great way to increase efficiency and stability of liquid N applications.

Contact [Jono Frew](#) at Natural Performance directly or through our [products page](#) on our website for all your Humates requirements.

## Kelp

- Kelp is a great food source for bacteria. It contains many nutrients and vitamins as well as microorganisms to increase soil, plant, and animal health.
- Kelp can be sprayed as a foliar or put down the spout with seed as a seed treatment. It can also be fed to animals.

Contact [Jono Frew](#) at [Natural Performance Ltd](#) for your NZ Kelp requirements

## Lime

- Calcium is the most biologically consumed mineral. Calcium therefore plays a huge role in the soil food web.
- Calcium is also great for opening up or flocculating soils to increase porosity (i.e. aeration & gas exchange, water drainage & retention)
- Lime is the best way to balance calcium-magnesium ratios - see [Base Saturation | Linnburn Station](#)
- Fine lime can be used in prill form - see [Optimise – CP Lime Solutions LTD.](#) Coarser Aglime can be used with added trace elements and biological stimulants - see [Avoca](#).

## Molasses

- Molasses (a type of sugar) is a great way to increase brix of plants as a foliar spray. It's also a great way to feed bacteria.

## Connect with Us

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*This document was created by the Natural Performance Ltd team. It is a collection of resources that we have found useful and some tips for the use of products that we have had experience using. The inclusion of content here does not mean we endorse the organisation or agree with all of its information.*