



# Merry Christmas from us all here at Carrs' Seeds

## Trading Hours

December 2022

Mon - Fri

8.30am - 5.30pm

**\*\*Please note that we do not open on Saturday mornings from October to April**

## Christmas & New Year Trading Hours

Monday 19<sup>th</sup> Dec - Open

Tuesday 20<sup>th</sup> Dec - Open

Wednesday 21<sup>st</sup> Dec - Open

Thursday 22<sup>nd</sup> Dec - Open

Friday 23<sup>rd</sup> Dec - Open

Monday 26<sup>th</sup> Dec - Closed

Tuesday 27<sup>th</sup> Dec - Closed

Wednesday 28<sup>th</sup> Dec - Open

Thursday 29<sup>th</sup> Dec - Open

Friday 30<sup>th</sup> Dec - Open

Monday 2<sup>nd</sup> Jan - Closed

Tuesday 3<sup>rd</sup> Jan - Open



## Canola Seed Supply 2023

Seed supply for next season is under some pressure, mainly from adverse climatic conditions .

With the currant floods in the eastern states, this is making matters worse, along with moisture events now that harvest has started.

Most Seed companies won't have final numbers in until harvest is complete, grading and cleaning is done, and the seed is in the bag.

There are already indications some varieties will be under allocation, and given we have healthy Canola prices for next year, demand is likely to be strong.

Now more than ever we have more choice on seed varieties that have herbicide tolerance namely triazine tolerant, imidazolinone tolerant, or glyphosate tolerant.

Combine this with multiple stacked varieties that can tolerate two herbicides, we have more options, to control weeds with more modes of action, and potentially longer residual control as well.

We would encourage you if you haven't already order your seed requirements for next year, to look at doing it soon.

Any queries about seed orders, give Denis a call to discuss on 0428762016.



@carrs\_seeds



@carrs'seeds

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MON-FRI 8:30 -- 5:30



## Laugh, it makes you feel good!

# harvest health

Laughter is critical to relaxation and wellbeing. It's FREE, low calorie, and available without a prescription. When you laugh...

- ◆ 17 muscles in your face relax
- ◆ blood circulation is improved
- ◆ respiration is increased
- ◆ muscles in your abdomen are massaged
- ◆ the brain's natural pain killers are stimulated through the release of endorphins



**Carrs' Seeds thank you for your support this season & wish you all the best for harvest!**

*Here are some practical strategies farmers can use to reduce the impact of fatigue during harvest:*

### Did you know?

**"Being awake for 17 hours continuously is the equivalent of having a blood alcohol level of 0.05 or 0.08. Your reflexes and co-ordination are significantly impaired and it's not the sort of state you want to be in, driving a machine worth hundreds of thousands of dollars."**

Short, timely breaks. A 15-20 minute nap in the early afternoon fits in with the body's natural clock. A short nap in the morning will be less effective.

If you are working around the clock, try to take a longer break during the high risk period for accidents and exhaustion – between 11pm and 6am.

Stay hydrated. Dehydration will exacerbate feelings of weariness.

Use caffeine in moderation, but reduce your use in the hours before you need to sleep.

If you are feeling stressed before going to bed, try writing a to-do list for the next day.

Have the air conditioning on in the cabin of your machinery. Working in a cool environment will also reduce fatigue.



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